The Benefits of Walking

Walking... a healthy journey!

Ranked the number one activity of choice among Canadians, walking is a prescription for improved health and wellness. Walk briskly for 30 minutes a day, 5 days a week, and minimize your risk for cardiovascular disease, stroke, Type 2 diabetes and some types of cancer. Additional benefits include weight management, blood pressure control and boosting good cholesterol (HDLs).

Other benefits of walking:
* Releases the body’s tension and stress.
* Refreshes the mind and body, especially when walking outdoors.
* Allows you to connect with your community.
* Offers an excellent way to socialize with family and/or friends.
* Increases “eyes on the street”, enhancing community safety.

Walking with your Dog

Edmonton has over 40 locations where you can enjoy your walk while your dog is off-leash.
* Edmonton’s trails and shared-use paths are shared by many users, including walkers, cyclists, runners and dog-walkers.
* Most City trails and parks require owners to walk dogs on leash.
* Some parks have specific off-leash areas where your dog can run and play. Off-leash areas are multi-use, so expect to share the space with other park users. Your dog should be trained to respond to voice commands immediately before being allowed off-leash.
* Dogs are prohibited at all times from picnic areas, playgrounds, sports fields, school grounds and golf courses.
* Visit: Edmonton.ca/offleash for details on all locations and their specific boundaries

There are 1,440 minutes in a day, schedule 30 of them for walking!

Local Contacts

Westridge Wolf Willow Country
Club Community League
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About the Community Walking Maps

This Community Walking Map is part of a series of walking guides. Each map is created as a joint project of Walk Edmonton and local Community groups to promote walkable communities. Contact us to find out if your community has an edition of this map series or to find out more about creating a map.

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