Walk Edmonton
Walk Edmonton is an initiative bringing Edmontonians together to build a more walkable community by providing grass roots resources and building civic support. Check out our website for links to other walking resources, maps, walking groups and places to walk in Edmonton.
edmonton.ca/walkedmonton
@WalkEdmonton
780-944-5339

Other Walking Resources
Alberta Centre for Active Living
centreactiveliving.ca
780-492-4863
Canada Walks
canadawalks.ca
UWALK
UWALK.ca

Shape
(Safe Healthy Active People Everywhere)
shapeab.com
Get involved with Walk to School Week and Walking School Bus Programs.
edmonton@shapeab.com
780-406-8530

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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 tails 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!