Active Edmonton
Active Edmonton is a great place to turn for all things “active”. Resources, web links, and contests! Get Up, Get Out, Get Active and make Edmonton Canada’s most active city.

Our aim?
To build awareness and to encourage Edmontonians to value and participate regularly in physical activities.

www.activedmonton.ca
780-496-1144

Walkable Edmonton
Walkable Edmonton is an initiative bringing Edmontonians together to build a more walkable community by providing grass roots resources and building civic support.

www.edmonton.ca/walkable
780-944-5339

The Benefits of Walking
Walking . . . a healthy journey!
Ranked the number one activity of choice among Canadians, walking is the 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 (HDL’s).

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 is an easy activity to do, costs very little money and the benefits to health, fitness, and mental well-being are priceless!

Here are some tips to keep you on track:
• For starters, take a leisurely walk around your block. Slowly increase your walking time by 5 – 10 minutes a day until you are walking for 30 minutes. A duration of 30 minutes a day is what you’re after but don’t stop there! Once in a while, go for a 45 – 60 minute walk.
• Walking with a buddy can be very motivating.
• Gear up with loose clothing and proper walking shoes. Comfort is key.
• Walking to a destination — grocery store, mailbox, school, etc. is a way to fill your walking prescription of 30 minutes per day.

The Communities on Foot series are walking guides, promoting active communities and forming a community league. The Communities on Foot series are walking guides, promoting active communities and forming a community league.

About the Communities on Foot Map Series
The Communities on Foot series were created by Walkable Edmonton, Active Edmonton and local Community Leagues 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.
Walkableedmonton@edmonton.ca
780-946-1144

www.activedmonton.ca
780-946-1144

Shaping the Community
Get involved with Walk to School Week and Walking School Bus Programs

edmonton@shapeab.com
780-406-8530

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

- Parkwatch: 6.9 km
- NET: 4.6 km
- Allin Park: 2.5 km
- Canora: 2.5 km
- Glenwood: 2.3 km
- West Jasper Place: 2.2 km
- The Strip: 2.2 km
- Britannia Youngstown: 2.1 km
- Youngstown: 1 km

Scale

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0.75 Kilometres = About 10 minutes walking
About 1,000 steps walking
About 3 minutes cycling

The commercial destinations in the Stony Plain Road area are too numerous to show on this map. For a current list of businesses go to: www.stonyplainroadbrz.ca