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 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.

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

The Communities of North Clareview — Fraser, Hairsine, Kirkness, Bannerman and Clareview

The Communities on Foot series are walking guides, created as a joint project of 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
780-944-5339
www.edmonton.ca

The importance of these walking guides is to help citizens create a safe, healthy and vibrant city by promoting healthy lifestyle. The Communities of North Clareview — Fraser, Hairsine, Kirkness, Bannerman and Clareview Campus are featured in this map.

Thank you to the many volunteers — adults, youth and children alike — who contributed their time, energy and enthusiasm to this great North Clareview Community Walking Map!

Angie Eleniak, president of Clareview and District Area Council

Clareview and District Area Council
780-634-5621
Clareview.area.council@gmail.com

Bannerman Community League
14034 – 23 Street
780-475-5609

Fraser Community League
14720 – 21 Street
780-472-8281

Hairsine/Kirkness/Clareview Campus
3120 – 139 Avenue
780-456-8199

Weather
780-468-4940
City Information
Call 311
www.edmonton.ca

Police/Ambulance/Fire
911
Police Complaint Line
780-423-4567

Walking Resources
Alberta Centre for Active Living
780-427-6949
www.centre4activeliving.ca

Canada Walks
www.canadawalks.ca

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

Walking Map

The Communities on Foot Series

North Clareview — Fraser, Hairsine, Kirkness, Bannerman and Clareview Campus

Commuters are pleased in this map.

See the most discriminating visitor: Superhero, golf park, go shopping at 21, and simply enjoy the beautiful river valley system, unique and pristine community gardens, or just stroll the beautiful river valley system. There’s a ready system of parks, trails, and playgrounds.

The neighbours of Clareview and District Area Council enjoy the most discriminating visitor: Superhero, golf park, go shopping at 21, and simply enjoy the beautiful river valley system, unique and pristine community gardens, or just stroll the beautiful river valley system. There’s a ready system of parks, trails, and playgrounds.