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!

Local Contacts
Cumberland/Oxford Community League
14804 – 129 Street
Edmonton, AB T6V 1C4
www.cocl.org

Elizabeth Finch School
13815 – 160 Ave NW
Edmonton, AB T6V 0C9
780-457-2022
www.elizabethfinchschool.com

Walkable 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.

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

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

www.centre4activeliving.ca
780-427-6949

Canada Walks
www.canadawalks.ca
780-427-6949

www.centre4activeliving.ca
780-944-5339

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UWALK
www.UWALK.ca
780-944-5339

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Sample walking routes:

- **1.00 km** Finch Express
- **1.04 km** Carlton Lake Loop
- **1.15 km** Cumberland Lake/Forest Loop
- **3.00 km** Power Walk
- **3.75 km** Finch Loop

Scale:

- 0.00
- 0.15
- 0.30
- 0.45
- 0.60
- 0.75

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