The Benefits of Walking

Walkings… 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!
North Glenora

Legend

North Glenora Community League

North Glenora is a welcoming, family oriented, mature neighbourhood that was developed between 1952 and 1953. The original land was homesteaded by pioneer Malcolm Groat, who having left the employ of the Hudson's Bay Company in 1878, farmed the area bounded by the North Saskatchewan River, 111 Avenue and 149 Street.

The North Glenora neighbourhood was planned, as were several of the same era, by then chief City planner Noel Dant, who designed the neighbourhood’s distinctive street layout and central park space. The North Glenora Community League has been a heart of the community since 1953, and the hall, which started as a simple rink shack, has undergone a number of incarnations with the current facility being opened in 1981. The League has been a leader in Edmonton: several of our volunteers have gone on to be president of the Edmonton Federation of Community Leagues; the League hosted Edmonton’s first recycling fair; and our volunteers started the Partners in Parks Program with the City.

North Glenora is a very walkable community, with easy access to transit, shopping, sports and recreation, schools and the River Valley.

Funding for this project provided by Office of Great Neighbourhoods.

North Glenora

Sample walking routes:
- 1 km Coronation School Loop
- 1.6 km Estes’ Walk
- 2.4 km Lilley’s Flower Walk
- 4 km Lilley’s Flower Walk
- 3.6 km Perimeter Walk

Scale:
0.375 Kilometres = About 5 minutes walking
About 500 steps walking
About 1.5 minutes cycling

To River Valley