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. Please remember that all sites where dogs are permitted to be off-leash are multi-use areas used by all. Your dog must be leashed when not in a designated off-leash area. The dog icons shown on this map are placed in the approximate location of each off-leash area, but do not show the precise boundaries. For more information, including details on off-leash boundaries, check the Parks for Paws Brochure or go to edmonton.ca (keyword off-leash).

There are 1,440 minutes in a day, schedule 30 of them for walking!
CLAREVIEW
Legend
- Crosswalk with Signal
- Bus Stop
- Childcare Centre
- Coffee Shop
- Community League Hall
- Late Night Store
- Liquor Store
- Medical
- Memorial Tree
- Off-Leash Area
- Pharmacy
- Picnic Site
- Playground
- Place of Worship
- Recreation Facility
- Restaurant
- School
- Shopping Area
- Skating Rink
- Sports Field
- Spray Park
- Toboggan Hill

Sample walking routes
- Commercial
- Parkland
- Residential Area
- Rail
- Railroad
- Roadway
- Sidewalk
- Stairs

Scale
0.00 0.15 0.30 0.45 0.60 0.75
Kilometres
0.75 Kilometres = About 10 minutes walking
About 1,000 steps walking
About 3 minutes cycling

WALK EDMONTON