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 (HDL).

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.
* Edmonton's trails and shared-use paths are shared by many users, including walkers, cyclists, runners and dog-walkers.
* Most City trails and parks require owners to walk dogs on leash.
* Some parks have specific off-leash areas where your dog can run and play. Off-leash areas are multi-use, so expect to share the space with other park users. Your dog should be trained to respond to voice commands immediately before being allowed off-leash.
* Dogs are prohibited at all times from picnic areas, playgrounds, sports fields, school grounds and golf courses.
* Visit: Edmonton.ca/offleash for details on all locations and their specific boundaries.

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