

Benefits of Walking

Walking is a simple way to improve overall health and reduce the chances of developing the health concerns associated with inactivity.

Increasing physical activity through walking is associated with many health benefits including:

- Reducing the risk of coronary heart disease
- Lowering blood pressure
- Reducing high cholesterol
- Reducing body fat
- Enhancing mental well-being
- Increasing bone density
- Reducing the risk of colon cancer
- Helping to control body weight
- Helping osteoarthritis
- Helping to increase flexibility



*Make your heart
happy—take a walk*

Be Prepared

For 8 weeks, we will meet at the start point of the scheduled walk. For the safety and enjoyment of all participants:

- All walks start at 6:30 pm
- Wear comfortable clothing—weather appropriate—we will walk rain or shine
- Wear comfortable walking/running shoes
- Hydrate—bring a bottle of water
- Ear phones/buds not permitted
- Do wear your “FitBit”, or other step tracker
- Dogs are welcome on leash—you are responsible for your animal—please bring poop bag
- Nobody is left behind—everyone is welcome to walk at their own pace,
- Please let the walk “leader” know of any medical/health issues prior to the walk
- Texting while walking is discouraged—if you need to respond, please stop
- This is a family friendly challenge—every one is welcome; however, please be aware of the challenges of certain walks, such as Terrace Mountain—this walk does require a certain level of fitness



8 WALKS IN 8 WEEKS

Walking Log



Phone: 250-615-3000

8 WALKS IN 8 WEEKS—TRACKER

WEEK 1—July 13 Grand Trunk Path	Details: Meet at Chill ice cream shop @ 6:30pm	Notes:
WEEK 2—July 20 Ferry Island	Details: Meet in main parking lot @ 6:30pm	Notes:
WEEK 3—July 27 Howe Creek Trail	Details: Meet in parking lot of Christie Park @ 6:30pm	Notes:
Week 4—August 3 Terrace Mountain	Details: Meet at Johnstone trail head @ 6:30pm	Notes:
WEEK 5—August 10 The “Bridges”	Details: Meet in Staples parking lot @ 6:30pm	Notes:
WEEK 6—August 17 The Terrace “Bench”	Details: Meet at the Sportsplex @ 6:30pm	Notes:
WEEK 7—August 24 Ferry Island	Details: Meet in main parking lot @ 6:30pm	Notes:
WEEK 8—August 31 Grand Trunk Path	Details: Meet at Chill ice cream shop @ 6:30pm	Notes: