

# Kerrisdale Community Centre Walking Routes

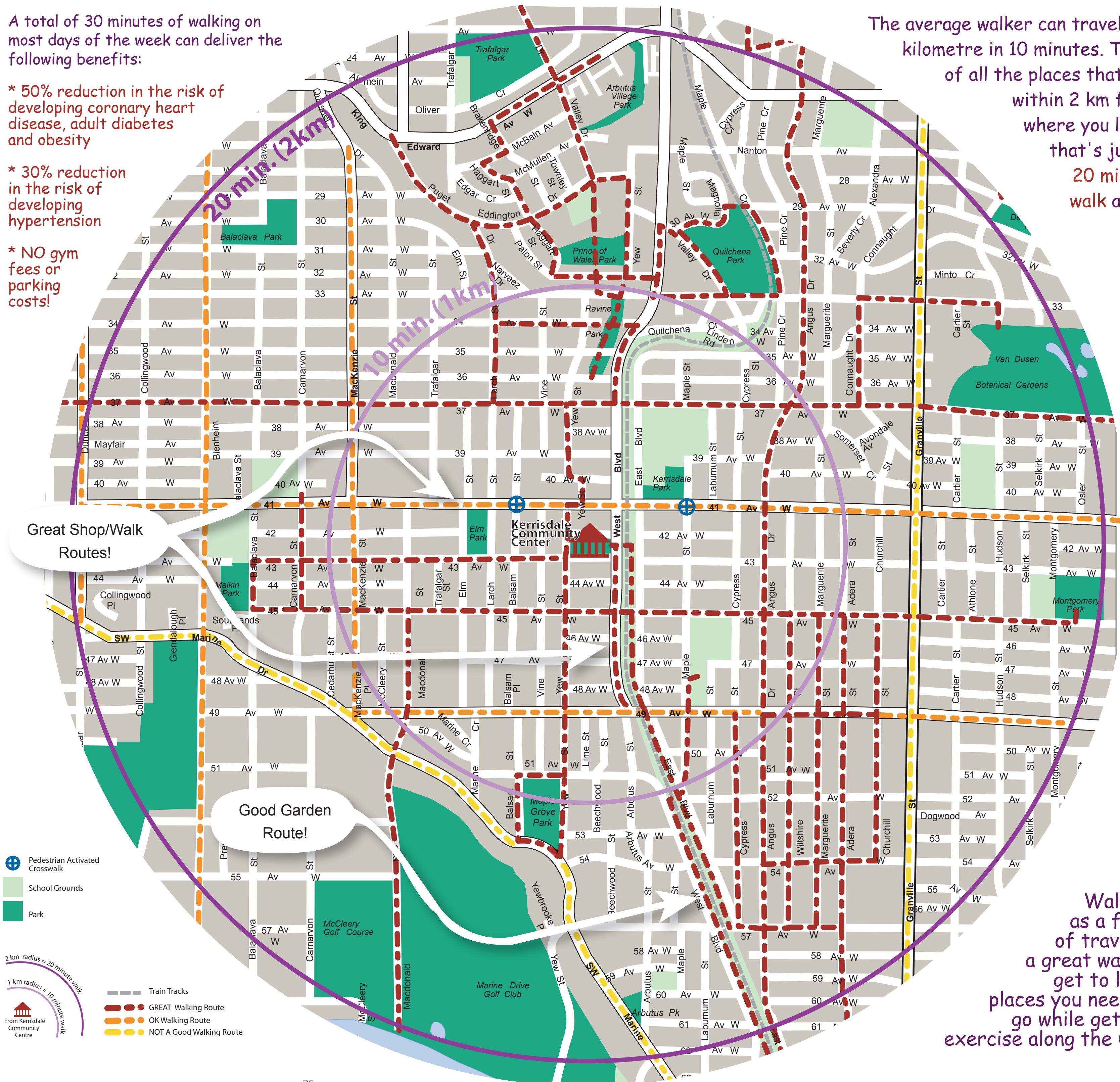
A total of 30 minutes of walking on most days of the week can deliver the following benefits:

\* 50% reduction in the risk of developing coronary heart disease, adult diabetes and obesity

\* 30% reduction in the risk of developing hypertension

\* NO gym fees or parking costs!

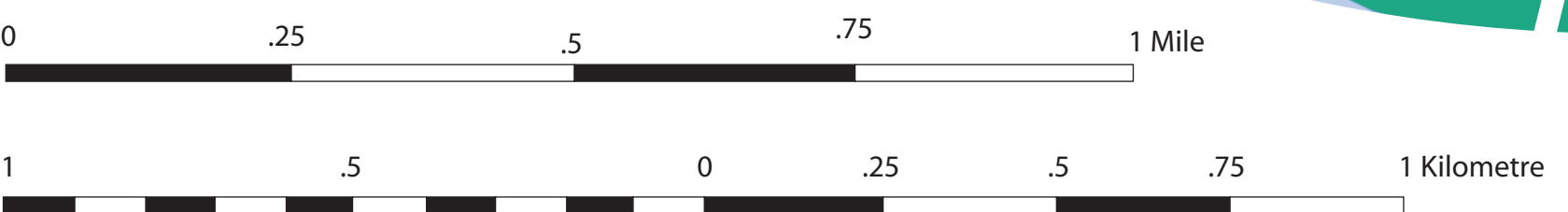
The average walker can travel one kilometre in 10 minutes. Think of all the places that are within 2 km from where you live - that's just a 20 minute walk away!



Great Shop/Walk Routes!

Good Garden Route!

- Pedestrian Activated Crosswalk
- School Grounds
- Park
- Train Tracks
- GREAT Walking Route
- OK Walking Route
- NOT A Good Walking Route
- From Kerrisdale Community Centre
- 2 km radius = 20 minute walk
- 1 km radius = 10 minute walk



Walking as a form of travel is a great way to get to local places you need to go while getting exercise along the way!

