

# Trout Lake Community Centre Walking Routes

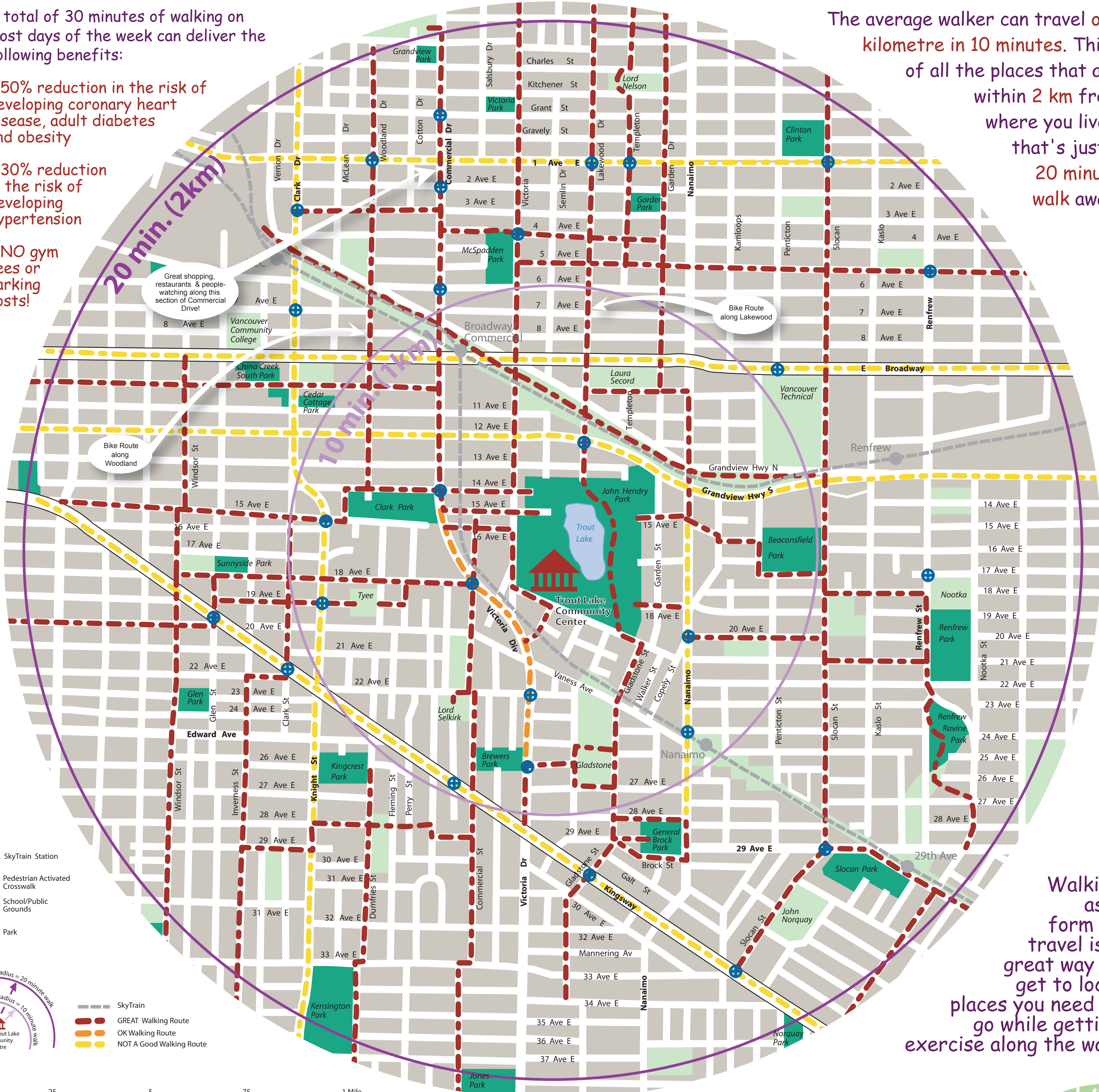
A total of 30 minutes of walking on most days of the week can deliver the following benefits:

\* 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!



- SkyTrain Station
  - Pedestrian Activated Crosswalk
  - School/Public Grounds
  - Park
  - GREAT Walking Route
  - OK Walking Route
  - NOT A Good Walking Route
  - SkyTrain
- 2 km radius = 20 minute walk  
1 km radius = 10 minute walk  
From Trout Lake Community Centre

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!

