

Winkler Trail Map

Walking - Activity for Life

Health Canada recommends accumulating 30-60 minutes of moderate physical activity every day to stay healthy or improve your health.

Benefits of regular activity -

- Better Health
- Improved Fitness
- Better posture and balance
- Better self-esteem
- Weight Control
- Stronger muscles and bones
- Feeling more energetic
- Relaxation and reduced stress
- Continued independent living in later life

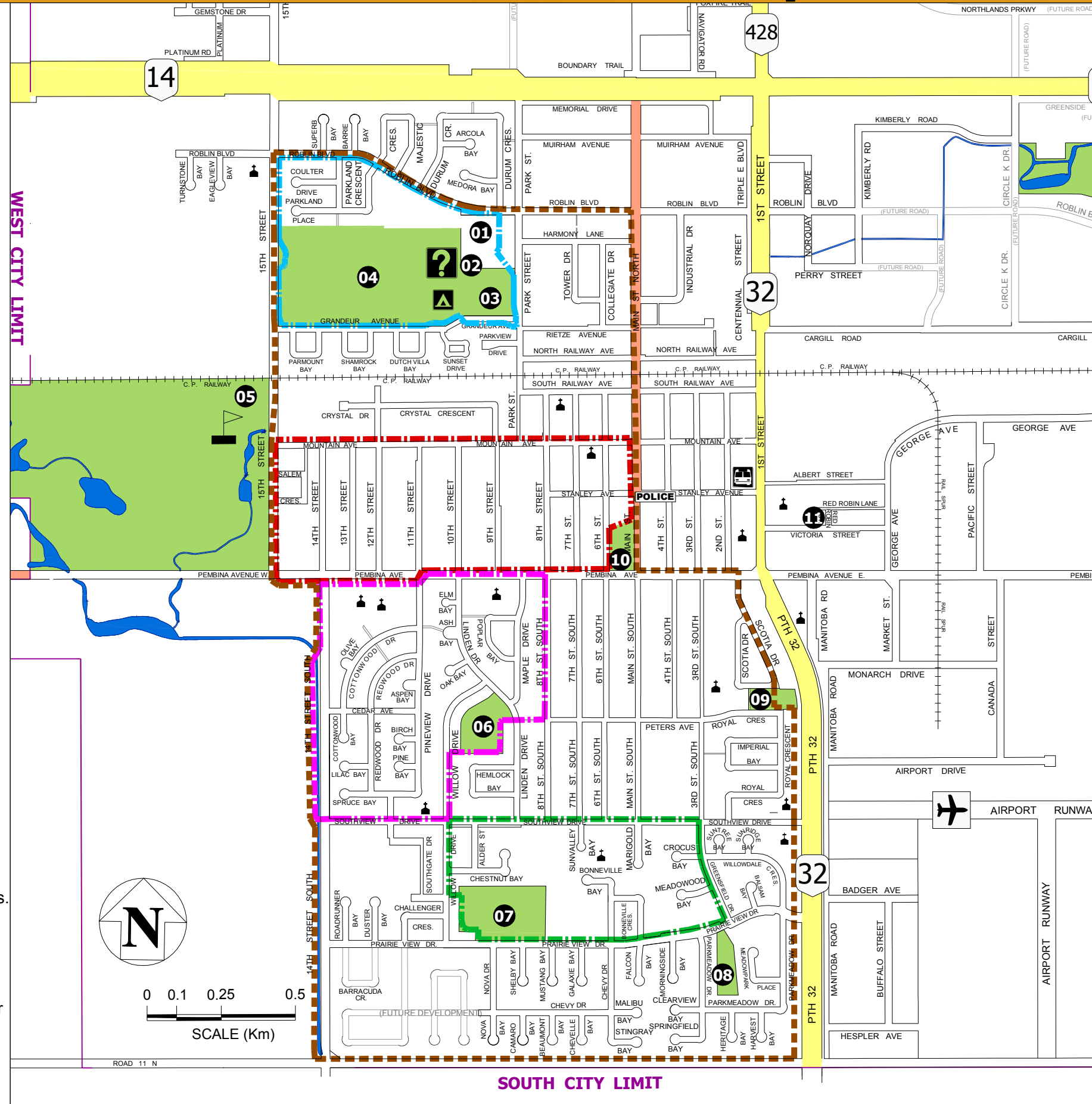
Health Risks of Inactivity-

- Premature Death
- Heart Disease
- Obesity
- High Blood Pressure
- Adult Onset of diabetes
- Osteoporosis
- Stroke
- Depression
- Colon Cancer

Walking Tips

- The most critical period to sticking with a physical activity program is the first 2-4 weeks. Plan to maintain your walking program at least a month to give yourself a fair chance of "sticking with it"
- Make specific plans to walk and write them down. Include when, where, with whom, how long, how hard and how often
- Add activity to your life. Walk during coffee breaks. Park in the far corner of parking lot and enjoy the walk to where you are going.
- Walk with a friend, and you will be encouraged to walk even on those days you feel "lazy".
- Vary your walking route, the setting you walk in, or your walking partner to add variety and interest

-Adapted from Manitoba *in motion* website



TRAIL DISTANCES

- - Parkland Trail 2.6 Km
- - Downtown Trail 3.3 Km
- - Pembina Trail 3.2 Km
- - Emerado Trail 2.5 Km
- - Perimeter Trail 9.3 Km
(Portions of the trail along the dike are unpaved)

POINTS OF INTEREST

1. RECREATION CENTRE
2. AQUATIC CENTRE
3. WINKLER PARK
4. PARKLAND PARK
5. WINKLER GOLF COURSE
6. LIONS PARK
7. EMERADO PARK
8. PRAIRIE GREEN PARK
9. SCOTIA PARK
10. BETHEL HERITAGE PARK
11. VICTORIA PARK

Comfort and Safety Tips

- If you cannot walk and talk without becoming breathless, then slow down
- Listen to your body. If you feel pain, dizziness, nausea, or sick in any way, stop exercising.
- Do proper warm-up and cool down exercises.
- Drink small amounts of water before, during and after your walk, particularly in warm weather when you are sweating heavily
- Dress in layers so that you can adjust for weather conditions
- Wear a hat and sunscreen in summer

The average Canadian is awake for 15-19 hours a day, but only needs to be active for ONE of those hours. The 60 minutes doesn't need to be all at once, it can be accumulated in 10-minute bouts throughout the day.