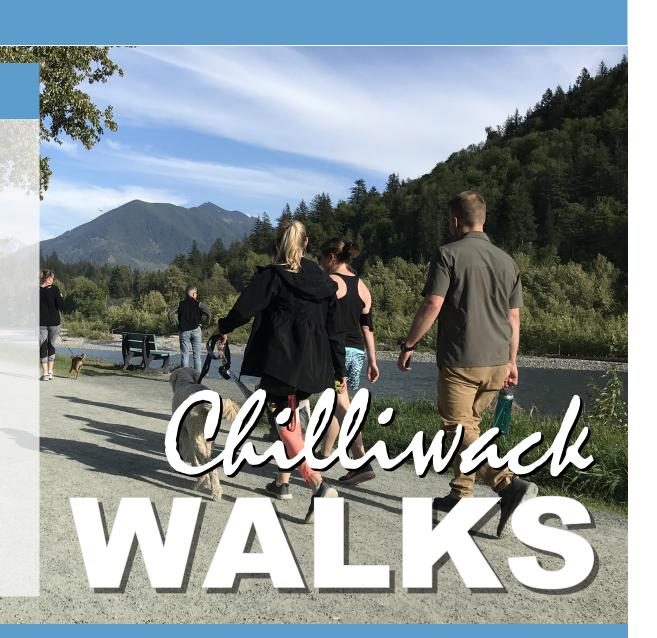
12 Benefits of Walking

- 1. Lose Weight
- 2. Healthy Heart
- 3. Increase Self-Esteem

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- 4. Tones Muscles
- 5. Increases Metabolism
- 6. Reduces Stress
- 7. Improves Mood
- 8. Increased Energy
- 9. Decrease Chance of Injuries
- 10. Low Impact
- 11. Reduce Risk of High Blood
 Pressure
- 12. Strengthens Bones/Joints



8 WALKS IN 8 WEEKS!

THE WALKS:

Week One Fairfield Island (Gwynne Vaughan Park)

Week Two Great Blue Heron Nature Reserve (no dogs permitted)

Week Three Cheam Wetlands (no dogs permitted)

Week Four Qoqo:lem Park

Week Five Vedder Rotary Trail (Lickman Rd)

Week Six Yarrow (Yarrow Church, 42479 Yarrow Central Rd)

Week Seven Chilliwack Community Forest

Week Eight Sardis Park



HOW IT WORKS

- Participate by completing up to eight walks in eight weeks (one per week) between July 11, 2023 and August 29, 2023.
- Walk around your own neighbourhood aiming for 3-6 kms or follow some of our pre-mapped walks that can be downloaded through the Chilliwack Walks website.
- Send a picture of yourself on your walk to community@chilliwack.com. Every picture you submit will count as one entry towards prize packages from the YMCA and the City of Chilliwack! Limit of one entry per week.*







