

## 12 Benefits of Walking

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

# Chilliwack WALKS

## 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

WIN  
GREAT  
PRIZES!

### 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](mailto: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.\*



Contact City of Chilliwack - Recreation and Culture for more information: 604.793.2749

or visit: [www.chilliwack.com/chilliwackwalks](http://www.chilliwack.com/chilliwackwalks)