

Pedestrian Trails

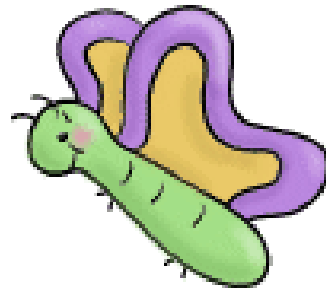
The Town of Taber now sports two designated sections of pathways for pedestrians who enjoy walking as their preferred choice of recreation. These pathways interconnect with local streets and sidewalks to extend your walking experience.

The trail begins at the Cornstalk located near the Aquafun Centre and follows along the perimeter of the Taber Golf Course to highway # 864 and from there to 50th Avenue where it joins existing sidewalks. The second completed leg of the trail begins at 64th Avenue and continues north to Ken McDonald memorial Sports Park. We expect completion of these areas in 2006 to include benches, an information kiosk, and garbage receptacles.

We acknowledge and appreciate contributions by the Kiwanis Club, Taber Elk's Lodge, Rotary Club, Venture Holdings, MD of Taber, Jensen's Welding, Riverbend Rock Products, Trail Planning Committee, and CFEP grant funds for the 2005 Trail Construction Project.

General Use Guidelines:

- Be courteous and respectful of others
- Stay to the right of the pathway
- Motorized vehicles are prohibited
- Please clean up after your pet
- Use available garbage receptacles for waste
- Be aware that vehicles may cross the pathways at specific locations
- Caution, be aware of golfers in the area



Walking is inexpensive and highly accessible, requires little skill or equipment, and is the most recommended exercise prescription by physicians, and other health practitioners.

Pedestrian Trails Cont...

Benefits of Walking:

- Controls weight, blood sugar and cholesterol levels
- Improves cardiovascular fitness and circulation
- Facilitates medical rehabilitation and recovery from many ailments
Generates a sense of well being, and can relieve depression, anxiety and stress

S.M.A.R.T. Walking Tips:

S - STRETCH - before, during and after activity

M - MOVE - today for tomorrow

A - ADD IT UP - an hour is power

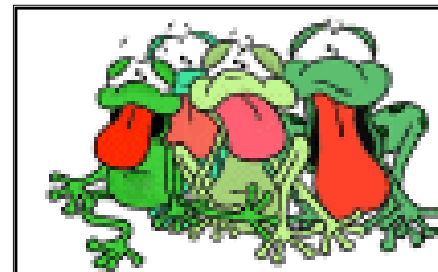
R - REDUCE STRAIN - use tools(shoes/backpacks) that work for you

T - TALK - to your physician prior to undertaking a new activity and to your health care professionals as to the best methods to achieve your goals.

Getting Started:

- Choose clothing that won't restrict movement and is appropriate for the weather.
- Protect your eyes and skin during all seasons.
- Wear appropriate footwear
- Pick safe routes and walk with a buddy

Start slowly and build up.



Has it been a long Winter of doing nothing? This is a great/free way to get back in shape and enjoy the new spring at the same time!