

REGISTRATION FORM

NAME

STREET ADDRESS

CITY

PROVINCE

POSTAL CODE

PHONE (day)

EMAIL

DATE OF REGISTRATION

EMERGENCY CONTACT #1

PHONE

EMERGENCY CONTACT #2

PHONE

Yes, I would like to subscribe to the KP Insider email newsletter to find out more about upcoming sales, events, and new stores at the mall.

IT'S EASY TO JOIN US

Please take this completed form to Kildonan Place Shopping Centre administration office. You will receive a registration card and lanyard. Please wear this at all times while mall walking.

KILDONAN PLACE SHOPPING CENTRE
ADMINISTRATION OFFICE
8:30-10:00 AM
Monday to Friday



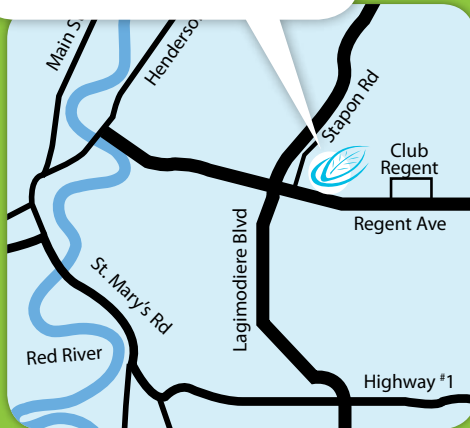
Printed on recycled paper

MALL WALKING HOURS

MONDAY - SATURDAY 7:00 AM - 10:00 AM*
SUNDAY 11:00 AM - NOON*

Only Lenscrafters entrance opens at 7:00 AM,
all others open at 8:00 AM.

WE'RE EASY TO FIND.



*Hours are subject to change

1555 Regent Avenue West
Winnipeg, Manitoba . R2C 4J2
T 204 661 6116 F 204 663 7606
info@kildonanplace.com

Find Us on Facebook

twitter.com/KildonanPlace



www.kildonanplace.com

everyday style.



LOOK YOUR BEST. FEEL YOUR BEST.

At Kildonan Place, we know that when you feel your best, you look your best. People with positive health habits feel better, are more productive, and have fewer health problems. Walking on a regular basis is great exercise for people of all ages and abilities. It helps increase stamina and endurance, improves muscle tone, and helps control your weight - so you'll feel great AND be able to pull off those new pants you've been eyeing.

Trekkers + Strollers gives you the opportunity to walk in a safe and climate controlled environment. You might even make a few new friends along the way. And when you're finished, we hope you'll stay to visit, grab a cup of coffee, or finish your shopping list.

TREKKERS FOR OLDER ADULTS

Walking is a safe exercise that's good for just about anyone. Mall walking lets you stay active no matter what the weather is like outside. Our registered mall walking program is structured enough to help you get the most out of your exercise program, but flexible enough to work for everybody. A convenient opportunity to grab a cup of coffee with a friend or do your shopping after you're done - it's a great start to your day, any day.

STROLLERS FOR PARENTS WITH SMALL CHILDREN

Turn a trip to the mall into your daily cardio workout (for real). Kildonan Place offers a registered mall walking program that lets you get into shape with your little ones in tow. Watch for special family-friendly events throughout the year. So take a friend - or make new friends as you stroll - to Kildonan Place, your destination for more than just shopping.

LOOK AND FEEL YOUR VERY BEST

If you have any questions,
PLEASE CALL 661 6116 EXT.222



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"I can exercise early,
I can socialize, and
I can enjoy my
morning coffee in a
safe environment all
year round."

- Barb (Trekker Mall Walker)



GET MOVING

WHAT ARE YOU WAITING FOR?

- Walking is safe and inexpensive exercise
- Allows time for yourself - or companionship, if you choose
- Increases energy, reduces stress, and helps you look and feel your best
- Strengthens your heart and lungs
- Helps to regulate your blood pressure and lower cholesterol levels
- Helps to control your body weight
- Improves flexibility in major joints and reduces stiffness
- Strengthens bones and helps control osteoporosis

HERE ARE A FEW TIPS TO GET YOU STARTED

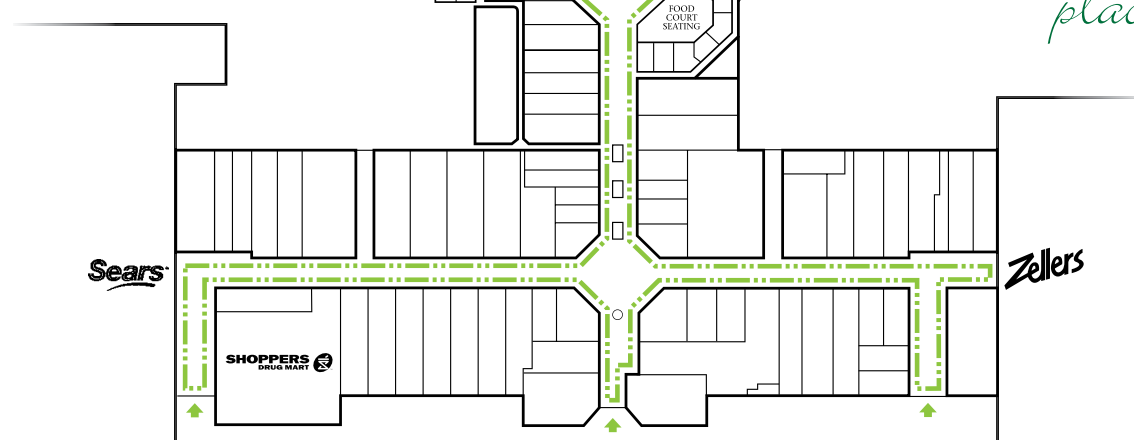
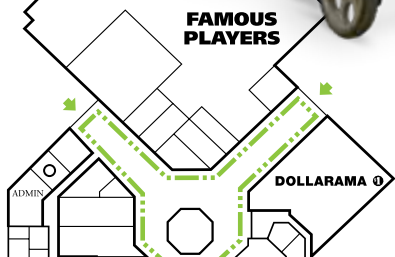
- Before you begin, talk to your doctor about a safe walking speed and distance for you
- Warm up at least 5-10 minutes, walking slowly and doing some basic stretches
- Walk at a comfortable yet brisk pace and steadily increase your daily mileage
- Remember to check your target heart rate
- For best results, walk 3-5 times per week for at least 20 minutes
- You can increase the duration and intensity of the walk as you progress
- Maintain a well-balanced diet, and drink plenty of liquids before and after walking
- Make walking for health a life long activity

READY SET GO!

LAPS	km	miles
1 (ONE)	.9	.56
5 (FIVE)	4.5	2.8

Each lap includes all corridors except the food court. Please do not walk through the food court.

- TUES/WED/FRI/SAT/SUN Counter-Clockwise
- MON & THURS Clockwise



WAIVER OF LIABILITY

In consideration of your accepting me as a participant in the Kildonan Place **TREKKERS & STROLLERS** Mall Walking Program ("the program") and permitting me to use the common area within Kildonan Place Shopping Centre for walking and fitness endeavors, I hereby for myself, my heirs, executors, administrators, and assigns, assume all risks arising from my participating in the program and I waive and release any and all rights or claims I may have against the Kildonan Place Shopping Centre and Ivanhoe Cambridge, and any other persons involved in the program, their agents, servants, representatives, successors and assigns ("the releases") from any liability to me, for any loss or demands of any kind or nature whatsoever on account of any injury to me or my property or injury resulting in my death, whether caused by negligence of the releases or otherwise which may arise from participation in the program at Kildonan Place Shopping Centre.

I am in good medical condition/health, and have no medical problems which would prevent me from participating in the program. I have fully informed myself of the contents of this waiver and release, by reading it before having signed it.

NAME _____

WITNESS _____

DATE _____

SIGNATURE _____