



**Irish Heart
Foundation**

Irish Heart Foundation

Portarlinton - Cúil an tSúdaire Slí na Sláinte



For health benefits you need to walk at a hearty pace for at least 30 minutes 5 days a week. You can accumulate the 30 minutes or more over two or three shorter sessions.

You should be able to walk 3kms in 30-40 minutes depending on your pace.

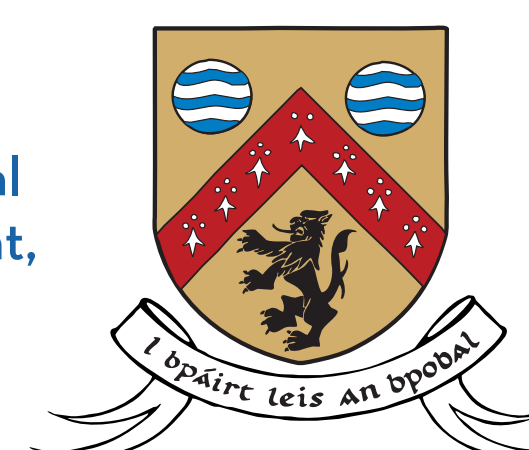
Slí na Sláinte is a health promotion initiative of the Irish Heart Foundation aimed at encouraging people to walk on a regular basis.

www.irishheart.ie

www.stroke.ie



Sponsored by Laois County Council, Comhairle Chontae Laoise & Department of Rural and Community Development, An Roinn Forbartha Tuaithe agus Pobail



Department of Rural and Community Development

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