

Let's Go Walking...

Here are a few tips that will help you to enjoy your walk and do your heart good

- If you're not walking regularly, start slowly, just enjoy being out and bit by bit build up to 30 minutes walking a day.
- Drink a glass of water before and after your walk and wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Don't wear tight fitting clothes and, when it is cold, add light layers rather than thick, chunky clothes.
- If you have to go somewhere anyway and you've got the time...walk. Walk to the shops, to work, to the match.
- If you have a history of heart trouble or any other health problems, talk to your doctor before you start.
- Stop if you don't feel well or if you get chest pain, dizziness or if you are out of breath, and consult your doctor.
- Why not ask your friends or family to go walking with you.

Slí na Sláinte

The Irish Heart Foundation.
4 Clyde Road, Ballsbridge, Dublin 4.
Tel: 01-668 5001 Fax: 01-668 5896
email: info@irishheart.ie Web: www.irishheart.ie

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Supported by the Department of Health and Children and the Irish Sports Council

Useful phone numbers

Local Projects

Mayfield Community Development Project	4508562
Mayfield Community Pre-school	4506535
Newbury House and Art Centre	4507999
Mayfield Neighbourhood Youth Project	4501674
Lotamore Family Centre Ltd.	4503066
Mayfield Employment Action Project	4502471
St Josephs Community Centre	4500538
Mayfield Citizens Information Centre	4508300
Kerrigan Tyrell Youth Centre	4551903
Glen Resource & Sports Centre	4550511
Glen Community Development Project	4550519
Glen Neighbourhood Youth Project	4506147
Glen Community Sister	4504025
Mayfield Community Training Centre	4504822
Mayfield Community Adult Learning Project	4508562
Mayfield Write On Adult Literacy Scheme	4500434
Glen Youth Reach	4506147
Ables Literacy Group	4553180
Glen Community Creche	4550515
Glen Young Adults Project	4505495

Health

Health Action Zone, Community Health Worker	4529023
Community Welfare Officer Glen/Blackpool	4506577
Dr. A. O'Carroll Burns, Mayfield	4500305
Dr. L. Harty, Mayfield	4502907
Dr. N. Murphy & Dr. F o Connell, Mayfield	4503890
Dr Tadh O'Sullivan, Dillon's Cross	4503623
Dr Cyril Lane & Dr Joseph Devitt, Military Hill Surgery	4505987
Dr Roland P. Boland, Wherlands lane Medical Centre	4399199
Dr John A. Dorgan, Blackpool Bridge	4303543
Dr Patrick Hill, Blackpool Community Centre	4505118
Southern Health Board (Customer Care)	1850 742 000
Cork University Hospital	4546400
Mercy Hospital	427 1971
Emergency Services	112
Mayfield Health Centre including:	
Public Health Nurses	4504886 / 4552164
Mayfield Day Care Centre (Mondays and Wednesdays only)	4506338
Community Welfare Officer	4501578
South Doc	1850 335 999

Local Numbers

Mayfield Garda Station	4558510
St Josephs Church	4503531
Our Lady Crowned Church	4551276
Mayfield Leisure Sports and Fitness Centre	4505284
Riverview Health and Fitness Centre	4553466
Ogra Chorcai	4502112
Cork City Council (Ard Bhaile)	4551586
St Josephs Credit Union	4509695
Our Lady Crowned Credit Union	4504923
Mayfield Fun Walkers	4529023
Frank O'Connor Library	4924935
Watercourse Road Garda Station	4501498
Glen Parish Clergy	4301730



Let's Go Walking...

around Mayfield and The Glen



IRISH HEART FOUNDATION



Health Action Zone

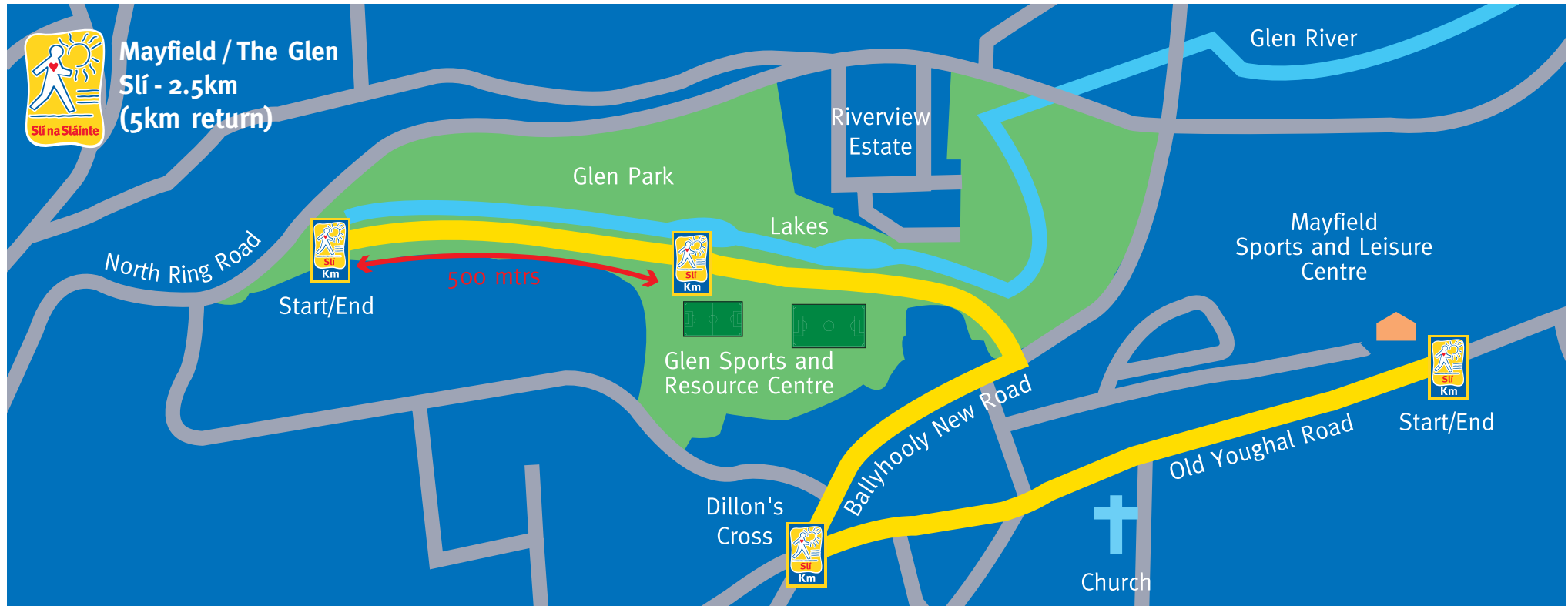
SUPPORTED BY CORK CITY COUNCIL AND RAPID MAYFIELD / THE GLEN HEALTH ACTION ZONE

Mayfield/The Glen, Cork

Slí na Sláinte

Slí na Sláinte stands for 'path to health'. It was introduced by the Irish Heart Foundation to make walking more fun. A lot of people have already taken it up as it is an easy way to get at least 30 minutes of physical activity per day. And the good news is 3 x 10 minute walks have the same health benefits as 1 x 30 minute walk.

The Slí na Sláinte walking routes are marked by bright, colourful signposts. The signposts are 1 kilometer apart, so you can work out how much you have walked. They are not numbered, so you can start and end wherever you like. Simply follow the signs, walk at your own pace and you'll quickly start to feel better and fitter.



The 2.5km route (5 Km return) begins outside Mayfield Leisure, Sports and Fitness Centre. From here turn right and walk along Old Youghal Road, passing the Library and Church, as far as Dillon's Cross. At Dillon's Cross walk across the pedestrian crossing and turn right along Ballyhooly New Road. Continue along until you reach Keating's Furniture Store. Here turn left and enter the picturesque Glen Park. This is a natural park, home to many wild species of flora and fauna and is an excellent retreat from the hustle and bustle of city life. You may follow the series of tracks around the lakes or alternatively take the direct route to the end of the park as far as the North Ring Road. At the end of the park turn around and walk back to the sports centre to complete your 5 Km walk.

Recommended as a daytime walk only.

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Let's Go Walking...

Regular walking... keeps your heart strong... improves your muscles... helps to keep your weight down... makes you feel good

