

**YES**, I'd like to support the **Irish Heart Foundation's** goal to reduce death and disability from heart disease and stroke.

**Personal Details**

APP00246

NAME: .....  
 ADDRESS: .....  
 EMAIL: .....  
 PHONE: .....  
 MOBILE: .....

**Credit Card (one-off)**

I would like to make a gift of:  
 €45  €75  €125  €250\*  OTHER €   
 Visa  Mastercard  Laser  Laser only   
 Card number:                       
 Expiry date:  /  Security Code\*\*     
 Signature: ..... Date: .....

**Direct Debit (monthly)**

€10  €15  €18  €21\*  OTHER €  PER MONTH  
 Bank Name: .....  
 Address: .....  
 Account Name: .....  
 Sort Code:    Account Number:            
 Signature: ..... Date: .....

\*If you are a PAYE tax payer, gifts of €250 in one year (€21 per month) could be worth up to an extra 70% to us at no extra cost to you.  
 \*\* Last 3 digits on the signature strip on the reverse of your card.

**Preferences** Do you need a postal receipt?:  Yes  No (saves us \$4)  
 I am happy to receive communications by:  Email  Phone  Post



OIN 3 0 6 3 2 2

This is a guarantee provided by your own Bank as a Member of the Direct Debit Scheme, in which Banks and Originators of Direct Debits participate.  
 If you authorise payment by Direct Debit, then:  
 Your Direct Debit Originator will notify you in advance of the amounts to be debited to your account.  
 Your Bank will accept and pay such debits, provided that your account has sufficient available funds.  
 If it is established that an unauthorised Direct Debit was charged to your account, you are guaranteed an immediate refund by your Bank of the amount so charged where you notify your bank without undue delay on becoming aware of the unauthorised Direct Debit, and in any event no later than 13 months after the date of debiting of such Direct Debit to your account.  
 You are entitled to request a refund of any Variable Direct Debit the amount of which exceeded what you could have reasonably expected, subject to you so requesting your Bank within a period of 8 weeks from the date of debiting of such Direct Debit to your account.  
 You can instruct your Bank to refuse a Direct Debit payment by writing in good time to your Bank.  
 You can cancel the Direct Debit Instruction by writing in good time to your Bank.



AN CHOMHAIRLE SPÓIRT

Supported by The Irish Sports Council and the HSE

# Let's Go Walking...

Here are a few useful tips to enjoy your walk and keep your heart healthy.

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about and gradually build up to the recommended 30 minutes a day.
- Drink a glass of water before and after your walk and don't forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Loose clothing is more comfortable and in winter choose layers rather than thick, chunky clothes.
- Try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless.
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start. Stop if you experience unusual symptoms such as chest pain, dizziness or breathlessness and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking.
- Now that you are a regular walker, get fitter and be active for at least 60 minutes a day.

## Slí na Sláinte

A regular programme of walking...

- Keeps your heart strong
  - Improves muscle strength
  - Helps to manage your weight
  - Makes you feel good
- ... but above all walking is fun!

## Physical Activity

- Reduces risk for several chronic diseases including heart disease, stroke, high blood pressure, osteoporosis, anxiety and depression.
- For health benefits you need to walk for at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over 2 or 3 shorter sessions a day for optimum health benefits.

### Help to maintain Slí na Sláinte

Please report any dangerous obstacles or missing/damaged signs to:  
 Municipal District Adare/  
 Rathkeale Office: 069-64129

The Irish Heart Foundation  
 50 Ringsend Road, Dublin 4  
 T. 01 668 5001 F. 01 668 5896  
 E. info@irishheart.ie

Heart and Stroke Helpline 1890 432 787  
 www.irishheart.ie www.stroke.ie  
 Charity No: CHY5507

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www.irishheart.ie



# Let's Go Walking...



## Askeaton Slí na Sláinte

Sponsored by Limerick Sports Partnership and Limerick City & County Council

## Askeaton Slí na Sláinte, Co Limerick 3.8km



This 3.8km route begins at the map board in the car park of Askeaton Pool and Leisure Centre. Travel up the hill towards St. Mary's Terrace where you turn left and continue towards the main street.

Crossing the road the route then takes you left down through the town passing many local landmarks. Firstly you will pass Desmond Castle on the right and continue down Church Street passing St. Mary's Church and Coláiste Mhuire on the right.

The route continues straight until turning left into Askeaton AFC pitch and out through the entrance onto the main N69. For approximately 1km continue on the N69, staying inside the traffic bollards at all times.

Turning left, pass the Franciscan Abbey on the right and then pass the Community Centre on the left. At the top of the road turn right over the bridge and take the first right back into Askeaton Pool and Leisure Centre.

*This route is recommended as a daytime walk.*

<b>Distance-Time</b>	3.8 kilometres/approx. 40mins
<b>Difficulty</b>	Easy
<b>Terrain</b>	Road
<b>To Suit</b>	All levels of fitness
<b>Minimum Gear</b>	Walking shoes and rain gear
<b>Grid Ref</b>	R 339 505

*This route is recommended as a daytime walk.*

### The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

### Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation — the national heart and stroke charity — it's a sociable way to make walking far more enjoyable. Already, it's capturing the attention of young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun, healthy way for the average adult to accumulate the recommended minimum of thirty minutes of physical activity five days of the week.

You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright colourful signposts which are not numbered and are situated at 1km intervals. Simply follow the km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

PLEASE DETACH HERE, PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

THE IRISH HEART FOUNDATION  
50 RINGSEND ROAD  
DUBLIN 4



Sponsored by Limerick Sports Partnership and Limerick City & County Council