



Slí na Sláinte

Westerns GFC Slí na Sláinte



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 - 540 meters (6 minutes)



**IRISH HEART
 FOUNDATION**
 Fighting Heart Disease & Stroke

www.irishheart.ie
www.stroke.ie

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.

