

Let's Go Walking...

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

- 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 walking 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.
- Remember, loose clothing is more comfortable and, in winter, add light layers rather than thick, chunky clothes. It's much better.
- Why not 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...

Slí na Sláinte

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, high blood pressure, osteoporosis, anxiety and depression.

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

Slí na Sláinte®

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Slí na Sláinte

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SUPPORTED BY
MAYO COUNTY COUNCIL AND
MAYO SPORTS PARTNERSHIP

Castlebar, Co. Mayo

Slí na Sláinte

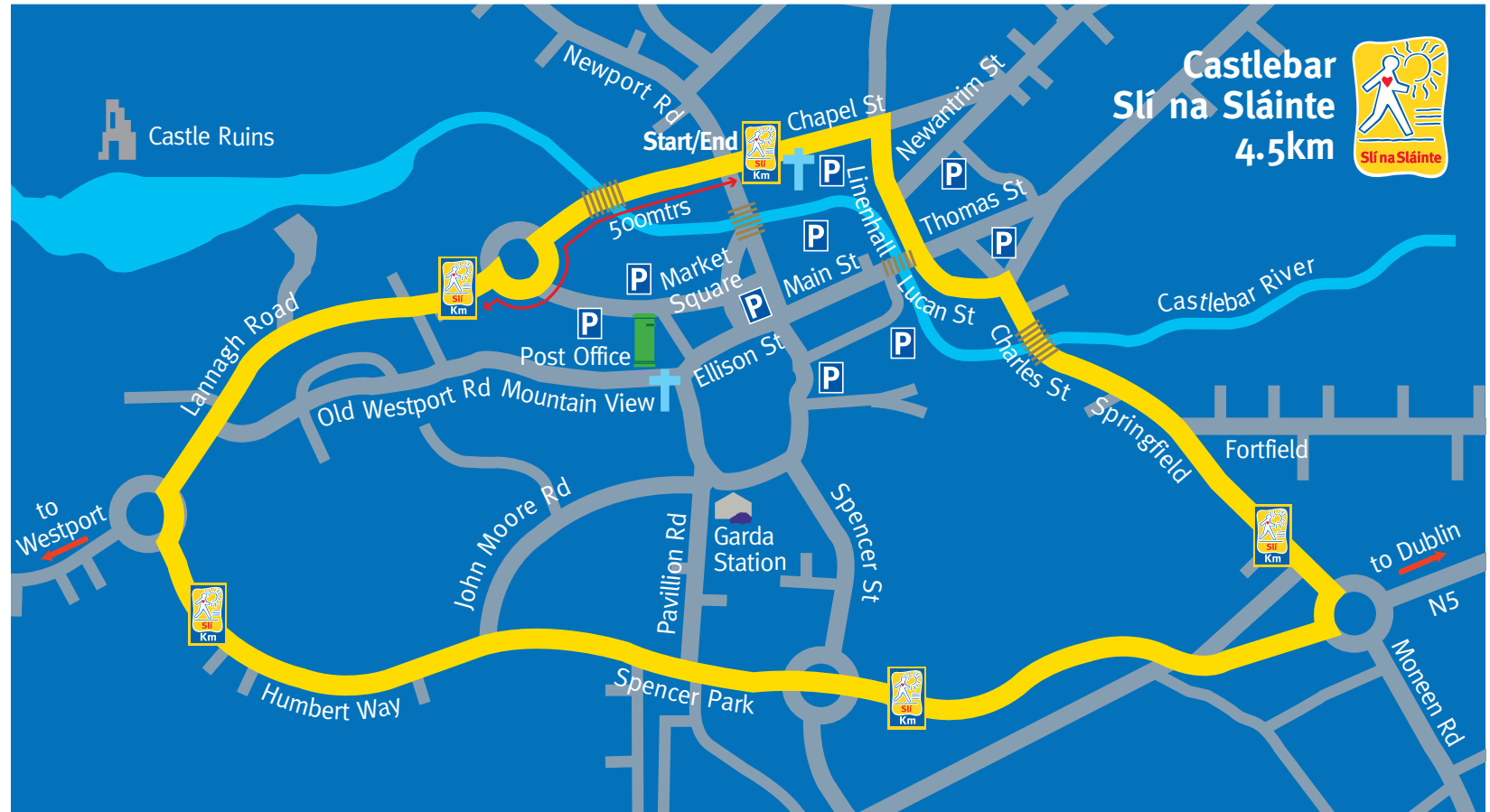


Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the outgoing way to make walking far more enjoyable. Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun healthy way for the average adult to accumulate the recommended 30 minutes of physical activity on most, or preferably all days of the week.



Marked by bright colourful signposts which are not numbered and are situated at 1 km intervals, you'll find Slí na Sláinte walking routes all over Ireland.

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.



The Castlebar Slí na Sláinte is 4.5km in length and follows the ring road around the town. Starting on Chapel Street turn right onto Tucker Street and Linenhall and walk through the crossroads onto Lucan Street.

Turning right onto Charles Street, follow the route onto Springfield and on to the first roundabout on the N5. Turn right and follow the ring road for over two kilometres, to the Westport Road roundabout. Turn right and continue along the Lannagh Road and back to the starting point on Chapel Street.

Suitable as a daytime route only and can be walked in both directions.



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Supported by Mayo County Council and Mayo Sports Partnership

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