

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:
 Portumna Council
 t. 090 974 1261

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...



Portumna, Forest Park Slí na Sláinte

This route is sponsored by the FIT Towns Initiative and supported by Galway Sports Partnership, Galway County Council, the Office of Public Works and Coillte.

Portumna Forest Park Slí na Sláinte 6km



Portumna was the overall winner of the Fit Towns Initiative 2015, as a result they received the funding to develop their Slí na Sláinte route. Portumna is a translation from the Irish language of 'Port Omna' meaning 'Port' or 'Landing Place of the Oak Tree'. It's one of Galway's most attractive towns and ideally situated where the River Shannon meets Lough Derg.

Portumna Slí na Sláinte is a 6 kilometer walk which starts at the heart of the town in the Square and can also be started at any point along the route. Starting at the Square walk westwards towards Portumna Forest Park (R352 towards Mountshannon).

Turn left into the forest at the main entrance and continue towards the car park. Then follow the Forest Friendly road to the left of the main building – this route is suitable for wheelchairs, buggies and prams, childrens bicycles and walkers of all abilities.

Continue on this road, bearing left at the 3km mark, following the signs for the Marina. The next major point is the town Marina itself which will be your first sight of Lough Derg on your right and the magnificent Portumna Castle and Demense on your left.

Follow this road, passing by the ruins of thirteenth century Cistercian Abbey on your left. Follow route towards the main Castle Gates. Turn left passing the Public Library on your left. Once you reach the end of Castle Avenue turn right where you arrive back to the Town Square.

This route is recommended as a daytime walk.



This route is sponsored by the FIT Towns Initiative and supported by Galway Sports Partnership, Galway County Council, the Office of Public Works and Coillte.

Distance-Time	6 kilometres/approximately 75mins
Difficulty	Easy
Terrain	Road and forest paths
To Suit	All levels of fitness
Minimum Gear	Walking shoes and rain gear
Grid Ref	M 852 045

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