



Irish Heart Foundation



COMHAIRLE
CONTAE AN CHLÁIR

CLARE
COUNTY COUNCIL

Shannon Slí na Sláinte



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.



www.irishheart.ie

www.stroke.ie