



Irish Heart
Foundation

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Leixlip West Slí na Sláinte

- Red Loop -**
4.9km/60mins/6,125 steps
- Green Loop -**
3.8km/47mins/4,750 steps
- Yellow Loop -**
1.8km/22mins/2,250 steps



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.irisheart.ie www.stroke.ie

