

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.

Slí na Sláinte®

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SUPPORTED BY
ATHLONE INSTITUTE OF TECHNOLOGY,
ATHLONE TOWN COUNCIL AND
THE HSE-MIDLAND AREA

Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for 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, 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 walk 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.

Recommended as a daytime walk and can be walked in either direction



IRISH
HEART
FOUNDATION



Athlone Slí na Sláinte - 4.8km

The Athlone Slí na Sláinte is a 4.8km route starting at the main entrance of the Athlone Institute of Technology (AIT) on the old Dublin Road. To follow the route, turn left at the main AIT entrance, heading out of town, then right at the roundabout onto Washhouse road. Continue on past Garrycastle Bridge, passing through Cartronroy towards the junction at the top of Killyon Hill. Continue straight at this junction and follow the road down through Retreat, passing the entrances to the Community School, Our Lady's Bowers Secondary School and the Marist Brother's Secondary School.

Turn left at the Irishtown junction onto the Old Dublin Road. Continue straight at the junction with Golden Island Road and follow the road over the railway bridge at Loughandonnig, travelling through Bonavalley and straight past the junction at the bottom of Killyon Hill to arrive back at starting point at the AIT entrance.

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