

YES, I'd like to support the **Irish Heart Foundation's** goal to reduce death and disability from heart disease and stroke.

Personal Details

APPO0246

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:

Preferences Do you need a postal receipt?: Yes No (saves us 54c)
 I am happy to receive communications by: Email Phone Post

DD plus
 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.

PLEASE RETURN IN AN ENVELOPE TO:
 THE IRISH HEART FOUNDATION,
 50 RINGSEND ROAD, DUBLIN 4, D04 T6X0

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.



Supported by The Irish Sports Council and the HSE

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:
 Tipperary County Council,
 Civic Buildings, Rosanna Road,
 Tipperary Town. T. 0761 065000

The Irish Heart Foundation
 50 Ringsend Road, Dublin 4, D04 T6X0
 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...



Tipperary Town Slí na Sláinte

Sponsored by The Moorehaven Centre,
 IPB and Tipperary County Council

Tipperary Town Slí na Sláinte – 3.7km

1.4KM THE HILLS
3.7KM SCALAHEEN LOOP



Sponsored by The MooreHaven Centre, IPB and Tipperary County Council

Welcome to Tipperary Town — home of the Tipperary Peace Convention. This first Slí na Sláinte in Tipperary Town has a distance of 3.7 km. It starts at the MooreHaven Centre on O'Brien Street, Tipperary Town. The External Parking at the MooreHaven Centre can be used outside of office hours of Monday — Friday 8am — 6pm.

From MooreHaven Centre, cross road at Pedestrian Crossing and turn right to continue on O'Brien Street (R515) and proceed onto the Galbally Road (R662) (veer left at Tipperary Co-Op Home & DIY). Cross to footpath on right hand side of road and continue on R662 for approx 750m and then take a left at Griffins Cross (signposted L4107 Glen of Aherlow).

Continue for approx 300m and take another left at Danaher's Cross. Pass Scalaheen on left. At next junction take a left (signposted Tipperary R664). Continue straight until you reach the roundabout on Station Road, turn left — crossing to the footpath on the right hand side of the road. Continue for 900m, passing Sean Treacy Park (home of Arravale Rovers GAA), Tipperary Town Railway Station, The Abbey CBS School, Tipperary Co-Op Creamery and River Ara, until you reach the traffic lights on the Main Street. At the traffic lights, take a left onto Main Street and at next fork in the road, veer left to return to O'Brien Street (R515). Continue to pedestrian crossing to finish at MooreHaven Centre.

Distance-Time	3.7 kilometres/approx. 50mins
Difficulty	Easy
Terrain	Road
To Suit	All levels of fitness
Start Point	MooreHaven Centre
Minimum Gear	Walking shoes and rain gear
Grid Ref	R 887 356

The Hills Loop – 1.4km

The Hills Loop starts at the car park of Tipperary Hills Pitch & Put Club on the Old Monastery Road out of Tipperary Town. Take the path to the left of the Clubhouse, passing Clanwilliam Rugby Club on your right. Follow the path passing the Pitch & Put greens to your right. At T-junction, take left, signposted Motte & Bailey. At next junction, keep right, again signposted Motte & Bailey. Veer right at next junction and follow path to top of hill, then take a right. Follow path and keep right at next junction. Continue straight at next right turn and then take next right. Veer right at next junction, passing St John's Famine Graveyard on your right. Keep left at next junction — you will now be facing Clanwilliam Rugby Club. At next junction take a right to finish at the car park of Tipperary Hills Pitch & Put Club.

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
D04 T6X0