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

Personal Details APP		APP00246
NAME: ADDRESS:		
AUUNESS.		
EMAIL:		
PHONE:		
MOBILE:		

Credit Card (one-off)

۲

I would like to make a gift of:			
€45 €75 €125 €250* OTHER€			
Visa Mastercard Laser Laser Laser Laser Annual Mastercard			
Expiry date: / Security Code **			
Signature: Date:			
Direct Debit (monthly)			
€10 €15 €18 €21* OTHER € PER MONTH			
Bank Name:			
Address:			
Account Name:			
Sort Code:			
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 54c)			
I am happy to receive communications by: Email Phone Post			
This is a guarantee provided by your own Bank as a Member of the Direct Debit Scheme, in which Banks and Originators of Direct Debit participate.			
If you authorise payment by Direct Debit, then : You Direct Debit Originator will notify you in advance			

 OIN
 3
 0
 6
 3
 2
 2

 Vour Direct Debit Onginator will notify you in a of the amounts to be debited to your account.
 Your Back will account and nouncut debite.

In a signalance provides by your down bank as a downeo of the Direct Debits participate. If you and/ose payment by Orect Debits participate. You account. You are entitled to request a refund of any Variability our account. You are entitled to request a refund of any Variability our account. You are entitled to request a refund of any Variability our account. You are entitled to request a refund of any Variability our account. You are entitled to request a refund of any Variability our account. You react the third to the date of debiting of such Direct Debit to your account. You are entitled to request a refund of any Variability our account. You react the date of debiting of such Direct Debit to your account. You are entitled to request a refund of any Variability our account. You reant will accept and pay such debits, provide that your account has sufficient available finds. If it is established that an unalitorised Direct Debit to your account are guaranteed an immediate refund by your Bank. You can only the linet Hole Instruction to the file i

writing in good time to your Bank.

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

of the amount so charged where you notify your

bank without undue delay on becoming aware of

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 Clogher Road Sports Complex T: 01 222 8592

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

© Irish Heart Foundation 2012

www.irishheart.ie





Sponsored by Dublin City Council and Dublin City Sports Network



Crumlin Slí na Sláinte

Yellow route

passing the historic buildings of Glebe House, Melville House Crumlin Area Office. and Looceville House. The route turns left at St. Mary's Church, which is also a protected structure, onto Bunting Road and passes **Blue route** a replica Celtic Cross which was erected by the Crumlin Historical The blue route starts and finishes at the Crumlin Area Office and Somerville Avenue before continuing onto Somerville Park, Moeran Road and passing Walkinstown Library, before turning Red route left onto Cromwellsfort Road. The walk then heads east past the The red route also starts at the Crumlin Area Office but heads before turning left onto Lorcan O'Toole Park and left again at following the yellow route to the finishing point. Stannaway Avenue, with Stannaway Park on the left. It continues

The yellow route starts at the Dublin City Council Area Office in along Stannaway Avenue before turning left into St. Agnes Park Crumlin Village and proceeds towards St. Mary's Road while and right at Crumlin Garda Station before arriving back at the

Society. The walk turns into Bunting Park, which is still called follows the yellow route to the Ashleaf Shopping Centre before Mooney's Field by some older residents and exits the park at turning left at St Agnes Road before arriving at the finishing point.

Ashleaf Shopping Centre and along Kimmage Road West south to the Ashleaf Shopping Centre before turning left and

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 5 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.

THE IRISH HEART FOUNDATION **50 RINGSEND ROAD** DUBLIN 4