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

Personal Details		APP00246
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#### Credit Card (one-off)

I would like to make a gift of:			
€45 €75 €125 €250* OTHER €			
Visa Mastercard Laser Laser Laser only			
Card number:			
Signature:			
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 Debti Scheme, in which Banks and Originators of Direct Debts participate. If you authorise payment by Direct Debts participate. You authorised Direct Debt and an any availab			
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PLEASE RETURN IN AN ENVELOPE TO: THE IRISH HEART FOUNDATION, 4 CLYDE ROAD, BALLSBRIDGE, DUBLIN 4

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 Woodenbridge Hotel 0402 35146 info@woodenbridgehotel.com

The Irish Heart Foundation 4 Clyde Road, Ballsbridge, 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

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www.irishheart.ie



Let's Go Walking...



Slí na Sláinte

be route is supported by Wicklow County Council and sponsor by Woodenbridge Village Development Association and County Wicklow Partnership



#### Woodenbridge, Co. Wicklow 3km (6Km Return)

The Slí na Sláinte walk begins at Woodenbridge, which takes it's name from several timber bridges that were swept away by the flood of 1770 and replaced with the stone bridge. The old name 'Garnagowlan' means 'Garden of the river fork' describing the setting where the Aughrim and Avoca rivers meet. View the granite parapets and church of Castlemacadam that dates back to 1717, where the train once passed on the way to Shillelagh, the remains of the station can still be seen from the road, it was built in 1865. Pass by the Woodenbridge Golf Club which is the second oldest golf club in Ireland. The field beside the golf club is where John Redmond made his historic Woodenbridge speech in September 1914, which

This project was part funded by County Wicklow Partnership through the European Agricultural Fund for Rural Development: Europe investing in Rural Areas.

resulted in a split in home rule. Passing by the short stone walls, the words Sigfried/Maginot can be seen, this is a reminder of past history when the Second World War dominated. The entrance on the left is for Avoca Manor which was built in 1919. On the left, the ancient graveyard the new church was built in 1870. Walking under the mature mixed tree canopy you can view the fine specimen of 150 year old beech trees under Black Dog House. See the wide range of natural habitat, among which is the recently reintroduced Red Kite. These magnificent birds can often be seen over the vale.

## **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 4 CLYDE ROAD BALLSBRIDGE DUBLIN 4