

## 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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The Irish Sports Council.



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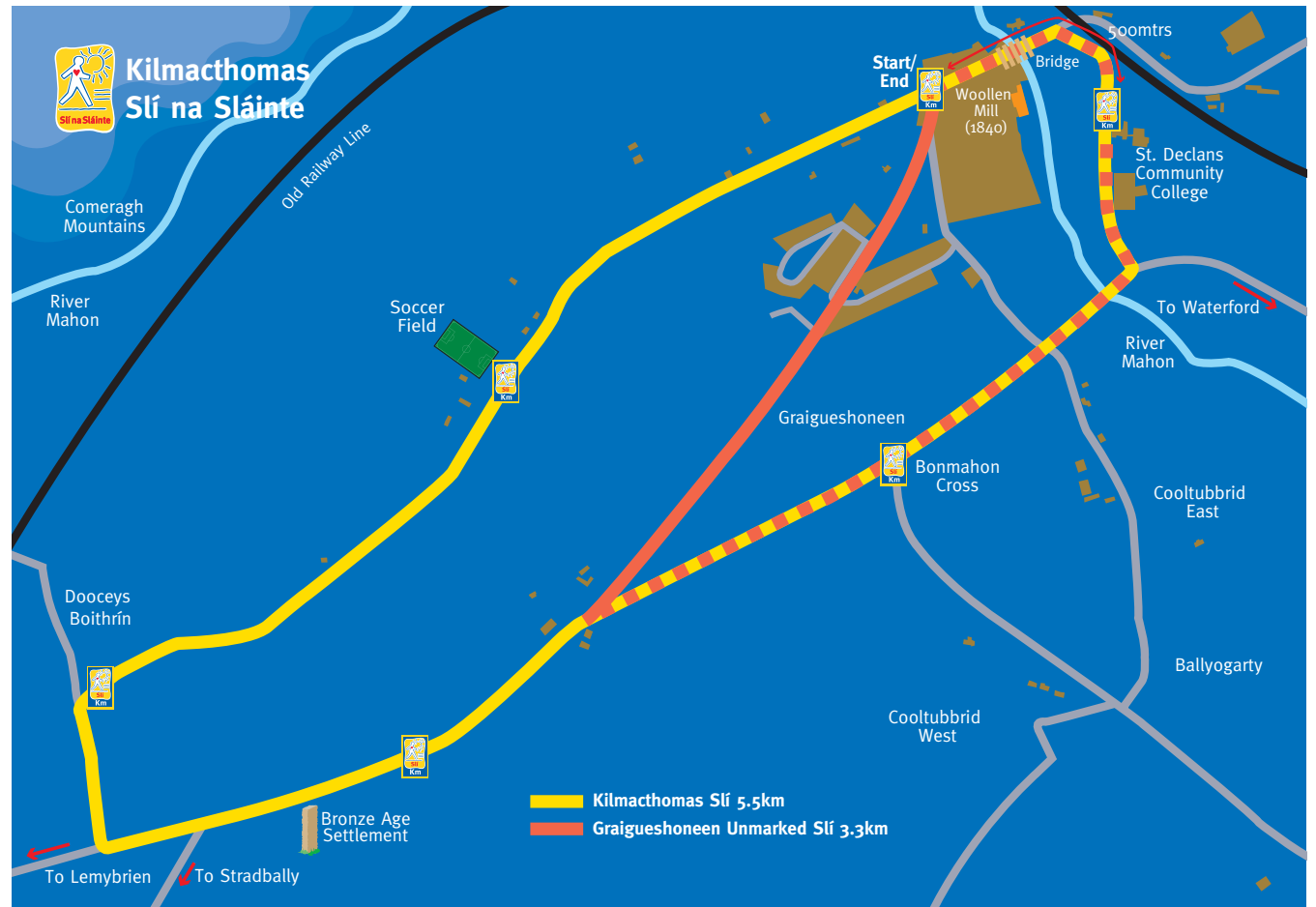


Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for more enjoyable. Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's 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.



## Kilmacthomas Slí na Sláinte 5.5km

The Kilmacthomas Slí na Sláinte is a 5.5km route starting at the old Post Office in the village and continuing uphill towards the soccer field, where you will pass the first Km mark. Continue downhill, noticing the picturesque Comeragh Mountains to the right, towards Dooceys Boithrín and on to the cross. Turn left onto the old main road and pass the Stradbally junction (where a recent archaeological dig revealed a bronze-age settlement) and continue for over two km passing Bonmahon Cross and turning left at the next t-junction. Walking back towards Kilmacthomas village (the birthplace of Hollywood legend Tyrone Powers' ancestors!), notice the old woollen mill on the left, started by Lady Waterford. Turn left at the junction and cross the historic bridge over the River Mahon (where in December 1649 Cromwell and his Roundhead army were stopped for several days by flood waters before being able to proceed onto Dungarvan), this will take you back to your starting point at the old Post Office.

Suitable as daytime walks only and both routes can be walked in either direction



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