

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

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:
The reception at ALSAA on 01 886 3332.

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



**IRISH HEART
FOUNDATION**
Fighting Heart Disease & Stroke

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Slí na Sláinte

ALSAA

ALSAA – Sports, Fitness & Social Association
Cloghran, Dublin Airport

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 30 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 1 km 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.

ALSAA Slí na Sláinte — 3.1 km

The ALSAA Slí na Sláinte route begins at the Clubhouse on the Dublin Airport side of the grounds. On leaving the mapboard, follow the path keeping the athletics track on your left hand side. You will walk past the lawn bowling club and lawn tennis courts on your right. Stay on the path for another 100 metres approx, passing along a soccer pitch on your left, crossing the stream and walking under overhanging trees and fencing. The total distance from the mapboard to this



stage is 400 m and you should use this time to warm your body up and stretch out the muscles before you complete the next 2.3 km loop which is signed at km intervals.

2.3 km Loop

At the right turn signpost you will leave the path, turn and follow the perimeter of the GAA pitch. Continue straight leaving the playing pitch behind you. Continue to follow the route around the perimeter turning right onto the next playing area. Follow the perimeter of this area, looking out for the turn left sign where you will follow the line of trees up and back down the

other side. At this point you will have passed your first km sign. Now you turn to your left to follow the perimeter again all the way down along a semi-circle of trees. Watch out for rabbits and rabbit holes along this area in particular! Now look out for the next 'turn left' sign. You'll follow this line of trees up and back down the other side. Then pass your 2nd km post following the perimeter back to the start of the loop. When you return to the clubhouse why not have a refreshing drink, coffee or bite to eat in the ALSAA bar or cafe!

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