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

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PLEASE RETURN IN AN ENVELOPE TO:

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THE IRISH HEART FOUNDATION, 50 RINGSEND ROAD, 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 $\ensuremath{\mathsf{HSE}}$

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: Rural Recreation Officer, South Kerry Development Partnership walks@skdp.net

> 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 2013





Portmagee Slí na Sláinte

Co-funded under the Rural Development (LEADER) Programme, administered in this area by the South Kerry Development Partnership Limited.

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Portmagee Slí na Sláinte 8.5km

The Portmagee Slí na Sláinte consists of two routes which can be walked separately or together to give a total walking distance of 8.5km. The starting point for both walks is at the community centre car park and both routes can be walked in either direction.

Doora Slí na Sláinte 3.9km

The Doora Slí route heads along the seafront through the village turning left at the pier. The route continues on past the school and onto the Baintin Road. At the junction after the GAA pitch, keep left and remain on this quiet country road until you reach Lative Cross at the R565. This will take you towards the Coast Road and back to the village.

Old Bod Road 4.6km

The Old Bog Road Slí route is the same as the Doora route as far as the GAA pitch. Keep right at the junction and follow the Bog Road to Doora Cross where you join the R565 back to the village keeping left to pass the school on the outskirts of the village. Take a right at the pier to bring you back to the starting point.

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