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

Persona	l Details APP00246
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Credit Ca	ard (one-off)
I would like to m	
€45	€75 €125 €250* OTHER €
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*If you are a PAYE ta	ax 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 yo
	he signature strip on the reverse of your card.
Preferer	Do you need a postal receipt?: Yes No (saves us 54c)
I am happy to red	ceive 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 Debits participate. of such Direct Debit, and in any event
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guaranteed an immediate refund by your Bank of the amount so charged where you notify your

You can instruct your Bank to refuse a Direct Dehit payment by writing in good time to your Bank. You can cancel the Direct Debit Instruction by

PLEASE RETURN IN AN ENVELOPE TO:

THE IRISH HEART FOUNDATION. 50 RINGSEND ROAD, DUBLIN 4

Lets 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

T: 045 980990

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

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Naas Ring Road Slí na Sláinte

Supported by Naas Town Council, Kildare Sports Partnership, Kildare County Council and the HSE.









Supported by Naas Town Council, Kildare Sports Partnership, Kildare County Council and the HSE.

The Naas Ring Road Slí na Sláinte is a 10km circuit starting at the K-Leisure Centre on the Caragh road and following the Ring Road, Sallins Road to Tandy's Bridge where the Canal Walk is followed via the Canal Harbour to Ploopluck bridge and back to K-Leisure. The route incorporates the old and the new of Naas with the use of the modern ring road and the old Canal Walk and 'Historic Trail'.

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 five 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

