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:

Debit was charged to your account, you are

guaranteed an immediate refund by your Bank of the amount so charged where you notify your payment by writing in good time to your Bank.

You can cancel the Direct Debit Instruction by

writing in good time to your Bank

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 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 missing or damaged signage to: Recreation & Amenity Department, Galway City Council: parks@galwaycity.ie

> 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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Salthill Slí na Sláinte

Sponsored by Boston Scientific and supported by Galway City Council and Galway Sports Partnership

SLIGO SLI_Layout 1 30/09/2013 10:32 Page 5

Salthill Slí na Sláinte

5km - Linear Route



Sponsored by Boston Scientific and supported by Galway City Council and Galway Sports Partnership.







Salthill Slí na Sláinte

Salthill Slí na Sláinte is a 5km linear walk and can be started at either end or any point along the route. Starting at Spanish Arch you walk across Wolf Tone Bridge and turn left along the side of the River Corrib and the Claddagh Basin. Over the lock gate and left onto Claddagh Quay. Take a left turn again on to Nimmo's Pier with views of the city. Near the end of the pier you turn right along the sea front of South Park. Across the Bay are views of the Burren and straight ahead is Mutton Island with her beautiful lighthouse. Continuing along we pass the causeway to Mutton Island and onto Grattan Road. At the end of Grattan Road turn left onto Seapoint Promenade and past Toft Park on your right. Continue along the Prom with its many beaches and parks along the way. The next major point is Blackrock with it's iconic diving board and tradition of "Kicking the Wall". From the wall going left, journey past the diving tower and along the water front to Tobermaconry 5km marker with it's fantastic views of Galway Bay. On a good day you can see the Aran Islands in the mouth of the Bay. If you start at Tobermacrony the sea and the Burren in Co. Clare will be on your right all the way with views of the city climbing closer and closer as you near Claddagh.

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

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