

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.

For health benefits you need to walk at a hearty pace for at least 30 minutes most days of the week.

You can accumulate the 30 minutes or more over two or three shorter sessions

Slí na Sláinte®

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IRISH
HEART
FOUNDATION

SUPPORTED BY
SOUTH TIPPERARY COUNTY COUNCIL

Fethard, Co.Tipperary

Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking far 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 or 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 walking 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.



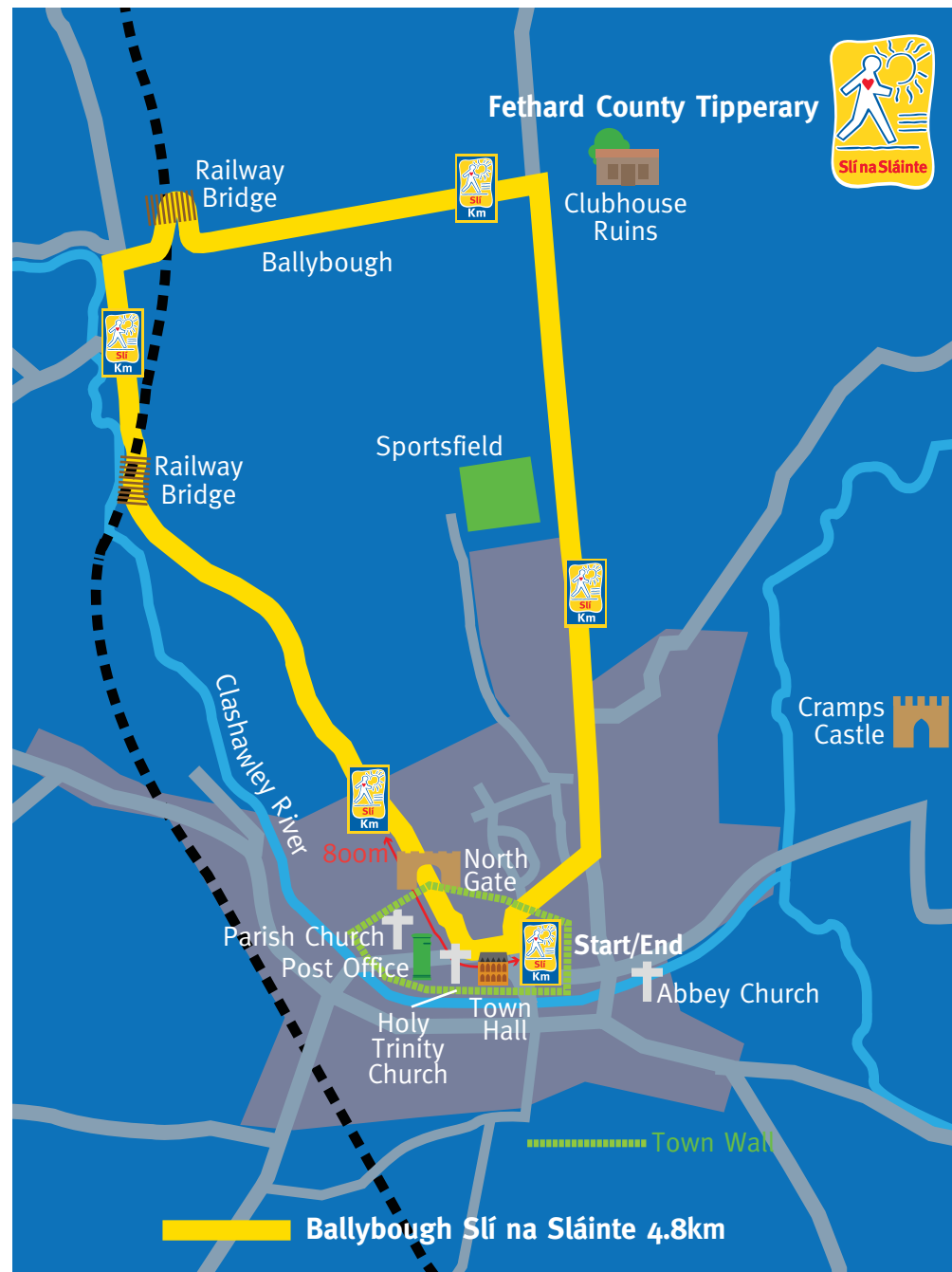
IRISH
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FOUNDATION

Fethard Slí na Sláinte 4.8km

The Ballybough Slí na Sláinte is 4.8km in length and starts outside the Town Hall in the centre of Fethard. To follow the route, cross the street and turn right onto Barrack Street following the signpost for Killenale. Continue along this road passing Calvary Cemetery on your right, followed shortly by Fethard Community Sportsfield on your left. Take the next turn left. Before turning, notice the ruins of the old Fethard Golf Clubhouse (c.1920s) on Kilnockin Hill on the right.

Walk for just under 1km, passing under one of Fethard's railway bridges at the end of the road. The Clonmel to Fethard railway line first opened on 23rd June 1879 and ran until 1963. Turn left at the next junction and follow the road back to the starting point in Fethard, crossing another railway bridge on the way.

As you approach Fethard you will enter under Fethard's only surviving gateway, 'North Gate'. This is part of the medieval town wall. You can see the bell tower of Holy Trinity Medieval Church on the horizon as you make your way back to the Town Hall.



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