

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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Supported by the Department of
Health and Children and
The Irish Sports Council.



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IRISH
HEART
FOUNDATION

SUPPORTED BY
SOUTH DUBLIN COUNTY COUNCIL
AND DUBLIN CITY COUNCIL

Glenaulin/California Hills, Dublin 7

Glenaulin/ California Hills Slí na Sláinte



Glenaulin Red Slí - 1.2km

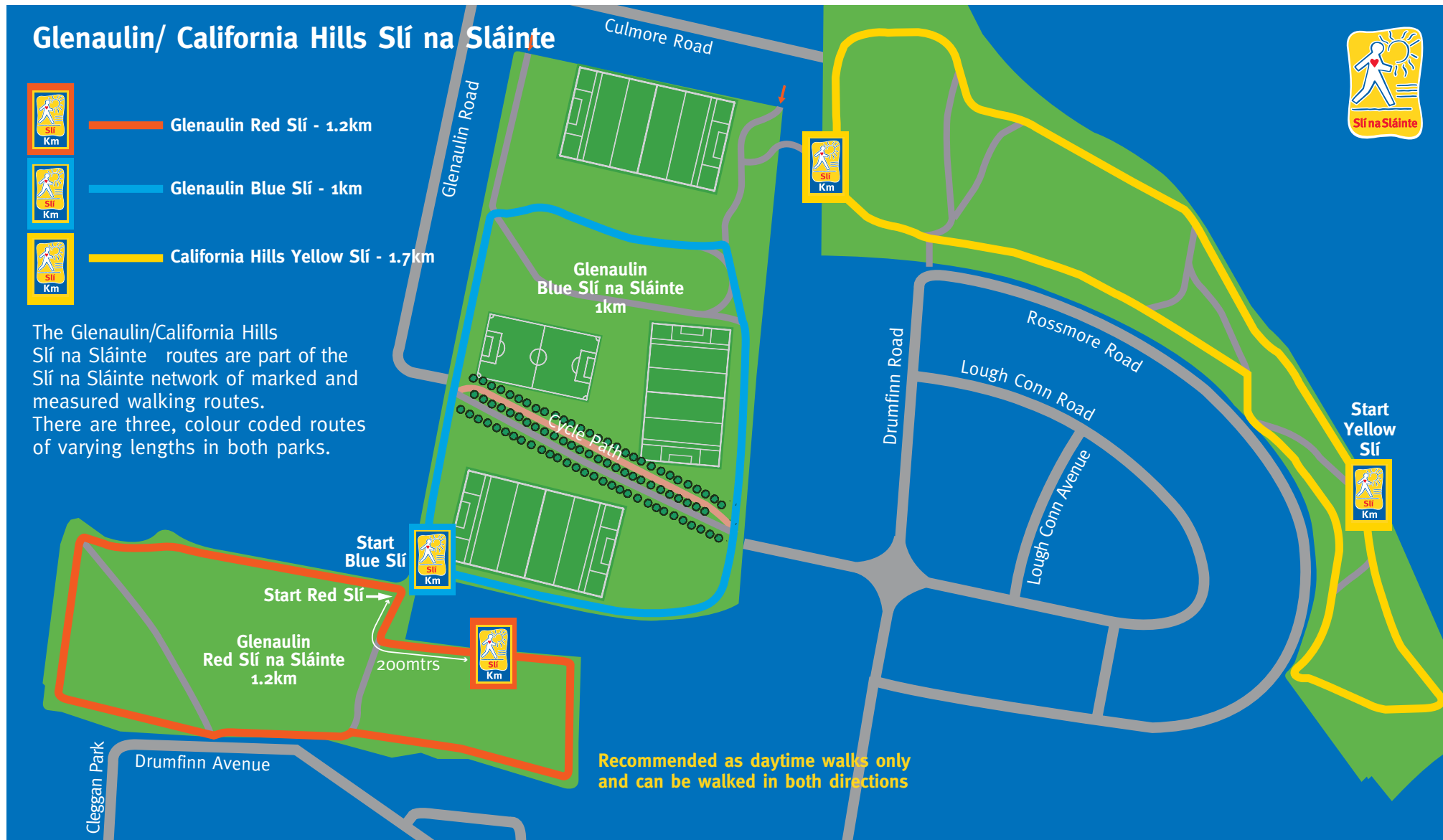


Glenaulin Blue Slí - 1km



California Hills Yellow Slí - 1.7km

The Glenaulin/California Hills Slí na Sláinte routes are part of the Slí na Sláinte network of marked and measured walking routes. There are three, colour coded routes of varying lengths in both parks.



Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the 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.

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