

## Let's Go Walking...

Here are a few useful tips to enjoy your walk and keep your heart healthy.

- If you are 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, choose layers rather than thick, chunky clothes.
- 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 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 least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over two or three shorter sessions.

### Help to maintain Slí routes

Please report any dangerous obstacles or missing / damaged signs to:  
Ray Bell, Offaly County Council,  
Áras an Chontae, Charleville Road,  
Tullamore. Tel: (057) 9346800

## Slí na Sláinte®

The Irish Heart Foundation  
4 Clyde Road, Ballsbridge, Dublin 4.  
Tel: 01-668 5001 Fax: 01-668 5896  
e mail: info@irishheart.ie • www.irishheart.ie • Helpline: 1890 432 787

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The Irish Sports Council



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SUPPORTED BY  
ST RYNAGH'S FOOTBALL GAA CLUB, HSE,  
OFFALY LOCAL DEVELOPMENT COMPANY,  
WEST OFFALY ENTERPRISE FUND (ESB),  
LEINSTER COUNCIL (GAA) AND  
CLOGHAN DEVELOPMENT ASSOCIATION

Cloghan, Co. Offaly

# 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 the outgoing 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 30 minutes of physical activity on most, or preferably all 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 1 km 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.

**Cloghan K Slí na Sláinte** route is a 1 km route which starts at St Rynagh's Football GAA Club on the Birr road. The route circuits the playing pitch and continues onto Hill Street via the Old Mass Path. The route is completed by turning back onto Banagher Street and then back to the starting point. The pathway is suitable for wheelchair users and has full lighting. The route has been developed in partnership between St Rynagh's Football GAA Club and the Cloghan Development Association with funding from Offaly Local Development Company, West Offaly Enterprise Fund (ESB), Leinster Council (GAA) and the HSE.

### SUPPORTED BY



Cloghan Development Association  
West Offaly Enterprise



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