

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 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 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 for 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:
Westport Town Council
Telephone: 098 50400 or
Email: mayowalks@mayococo.ie

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



IRISH
HEART
FOUNDATION



Slí na Sláinte

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SUPPORTED BY
WESTPORT TOWN COUNCIL



AND MAYO COUNTY COUNCIL



Westport, Co. Mayo



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.



The Westport Slí na Sláinte is a 2.5km linear route which links Westport's two urban centres. The two centres comprise of:

The Historic Town Core, which is the main commercial centre, and contains the main civic spaces of the Octagon, the Clock and the canalised Carrowbeg river.

The Quay Area, was once a thriving commercial port and has enjoyed recent rejuvenation, as a major tourism base.

Historically the two centres have been linked by the railway line which allowed goods to be transported from the Quay to the town's railway station and beyond.

The disused railway line, now known as the Westport Greenway offers users traffic free walking and cycling and a gentle gradient not greater than 1.6% as well as impressive vista of Croagh Patrick and Clew Bay. The route can be used in both directions and can be accessed from the Quay or from the old cattle pass located at Altamont Street near the town centre.

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