



**Irish Heart**  
Let's live life better

# Irish Heart

Farranfore Slí na Sláinte

For health benefits you need to walk at a hearty pace for at least 30 minutes 5 days a week. You can accumulate the 30 minutes or more over two or three shorter sessions.

You should be able to walk 3kms in 30-40 minutes depending on your pace.

Slí na Sláinte is a health promotion initiative of the Irish Heart Foundation aimed at encouraging people to walk on a regular basis.

[www.irishheart.ie](http://www.irishheart.ie)  
[www.stroke.ie](http://www.stroke.ie)

