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- 10 -		
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€45	€75	
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	Vour Direct Debit Originator will notify you in advance of the amounts to be debited to your account. Your Bank will accept and pay such debits, provided that your account has sufficient available funds. If it is established that an unauthorised Direct Debit was charged to your account, you are quaranteed an immediate refind the your Rank	than 13 months after the date of debit Direct Debit to your account. entitled to request a refund of any Varia bit the amount of which exceeded wit of have reasonably expected, subject to equesting your Bank within a period of from the date of debiting of such Direct

PLEASE RETURN IN AN ENVELOPE TO:

THE IRISH HEART FOUNDATION, 50 RINGSEND ROAD, DUBLIN 4

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 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.
- Loose clothing is more comfortable and in winter choose layers rather than thick, chunky clothes.
- 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.
- Now that you are a regular walker, get fitter and be active for at least 60 minutes a day.



Supported by The Irish Sports Council and the HSE

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, stroke, 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 2 or 3 shorter sessions a day for optimum health benefits.

Help to maintain Slí na Sláinte

Please report any dangerous obstacles or missing/damaged signs to: Municipal District Adare/ Rathkeale Office: 069-64129

> The Irish Heart Foundation 50 Ringsend Road, Dublin 4 T. 01 668 5001 F. 01 668 5896 E. info@irishheart.ie

Heart and Stroke Helpline 1890 432 787 www.irishheart.ie www.stroke.ie Charity No: CHY5507

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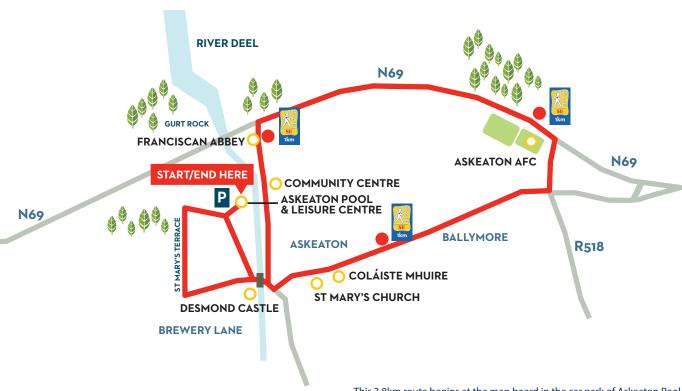
www.irishheart.ie





Askeaton Slí na Sláinte

Sponsored by Limerick Sports Partnership and Limerick City & County Council



This 3.8km route begins at the map board in the car park of Askeaton Pool and Leisure Centre. Travel up the hill towards St. Mary's Terrace where you turn left and continue towards the main street.

Crossing the road the route then takes you left down through the town passing many local landmarks. Firstly you will pass Desmond Castle on the right and continue down Church Street passing St. Mary's Church and Coláiste Mhuire on the right.

The route continues straight until turning left into Askeaton AFC pitch and out through the entrance onto the main N69. For approximately 1km continue on the N69, staying inside the traffic bollards at all times.

Turning left, pass the Franciscan Abbey on the right and then pass the Community Centre on the left. At the top of the road turn right over the bridge and take the first right back into Askeaton Pool and Leisure Centre.

This route is recommended as a daytime walk.

Distance-Time

3.8 kilometres/approx. 40mins

Difficulty Easy Terrain Road

To Suit All levels of fitness
Minimum Gear Walking shoes and rain gear

Grid Ref R 339 505

This route is recommended as a daytime walk.

The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

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 a sociable 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 minimum of thirty minutes of physical activity five 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 1km 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 IRISH HEART FOUNDATION 50 RINGSEND ROAD DUBLIN 4





Sponsored by Limerick Sports Partnership and Limerick City & County Council

