

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 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.

Help to maintain Slí routes
Please report any dangerous obstacles or missing / damaged signs to:
Longford County Council
Phone 043-46231

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
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Longford, Co. Longford

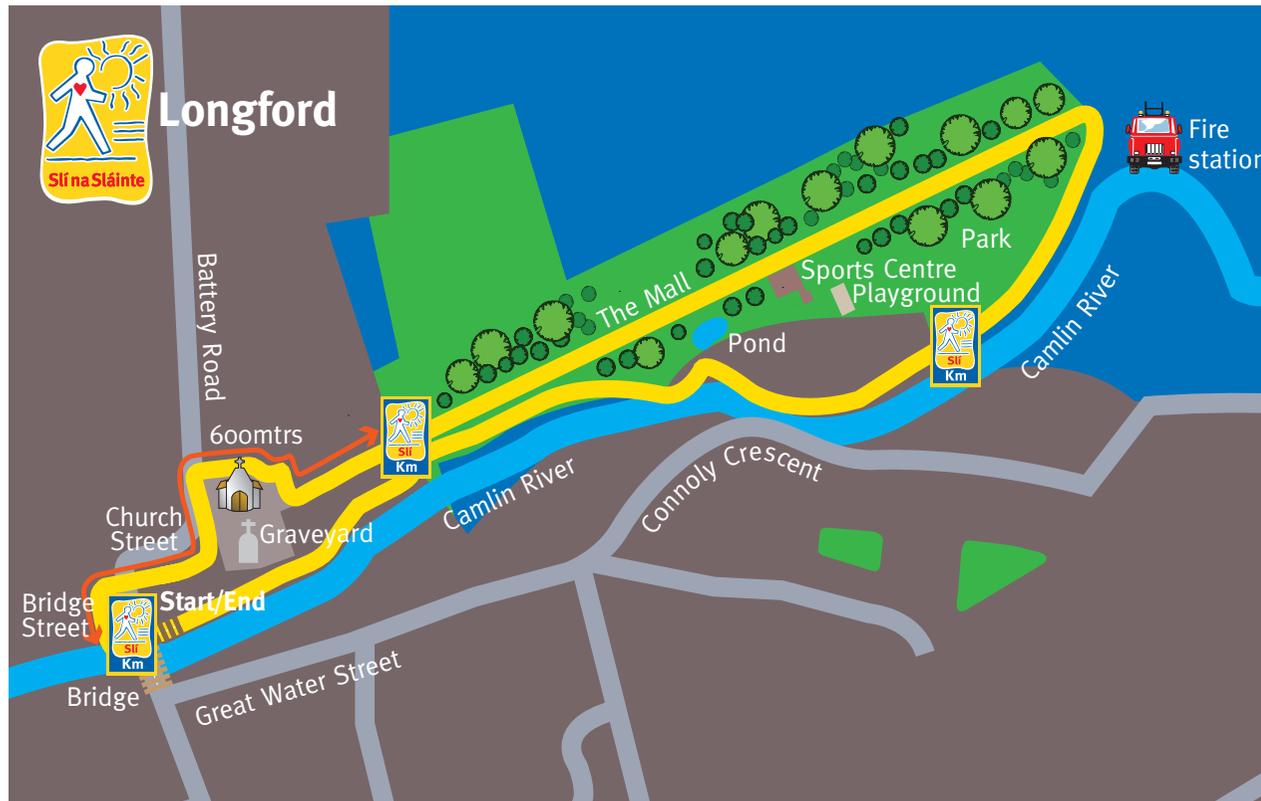
Slí na Sláinte

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.



Longford Town Park Slí na Sláinte 2.6km

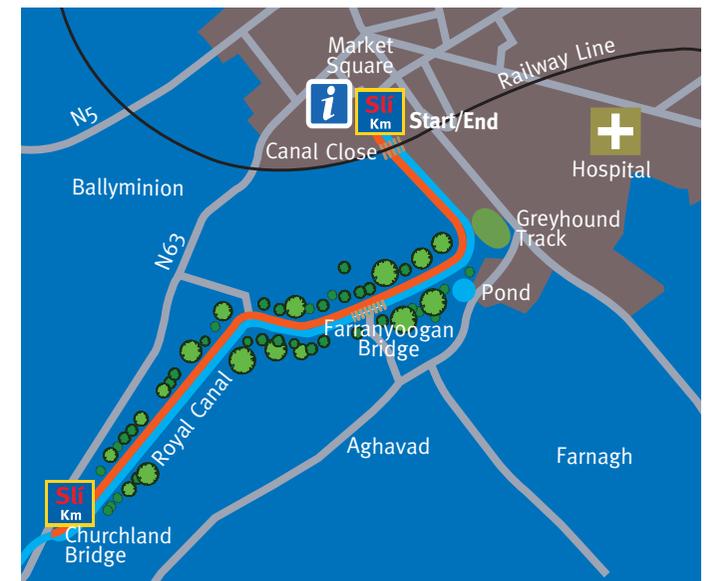
Longford Town Park Slí na Sláinte is 2.6km in length and starts at the bridge steps on Bridge Street. To follow the route, continue down the steps onto the path along the river Camlin. Follow the path under the arch and onto the Town Park where the route continues along the river path for over 1km. At the end of the Town Park, turn right and back along The Mall through the park, an onto the narrow laneway which leads onto Battery Road. The route turns right onto Battery Road and then follows left onto Church Street before ending back at the starting point on Bridge Street.

Longford Canal Slí na Sláinte - Unmarked

The 5.6km Canal Slí na Sláinte is an 'unmarked alternative' walking route and starts at Canal Close, just before the railway bridge. To follow the route, continue under the railway bridge and onto the bank of the Royal Canal, follow the route for 2.8km to Churchland bridge and return via the opposite bank to the starting point at Canal Close.

Suitable as daytime routes only and can be walked in both directions.

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