

## Let's Go Walking...

Here are a few useful tips that will help you to enjoy your walk and do your heart good

- 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, add light layers rather than thick, chunky clothes. It's much better.
- 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

## Slí na Sláinte®

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## Let's Go Walking...

SUPPORTED BY LOUTH COUNTY COUNCIL,  
HSE - DUBLIN NORTH-EAST AND  
BLACKROCK TIDY TOWNS

Blackrock, Co.Louth

## Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the outgoing way to make walking far more enjoyable. Already, it's capturing the attention of the 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.

Marked by bright colourful signposts which are not numbered and are situated at 1 km intervals, you'll find Slí na Sláinte walking routes all over Ireland.



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.

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



IRISH  
HEART  
FOUNDATION



The Blackrock Slí na Sláinte is a 4km route which starts at the end of the promenade, at the junction with Sandy Lane. Follow the route up Sandy Lane, past the Community Centre and Blackrock Park on the left. Turn left at the t-junction onto Rock Road, passing the first Km marker and veering right onto Seafield Road. Turn left at the t-junction, passing the second Km post before turning right onto Cockle Hill. Continue straight ahead, passing the third Km post on the Coast Road and back to the starting point at the Sandy Lane junction.

Supported by Louth County Council, HSE - Dublin North-East and Blackrock Tidy Towns

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