

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.

Slí na Sláinte®

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SUPPORTED BY
SOUTH DUBLIN COUNTY COUNCIL
AND THE SOUTH WEST AREA
HEALTH BOARD



Clondalkin, Dublin 22

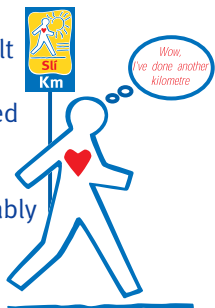
Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for leisure and good health even 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, 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 walk 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.



From the Library on Monastery Road, the 3.8 Km circuit of Clondalkin follows the road past the Old Monastery Wall to the roundabout at the top of Woodford. This is the highest point in Clondalkin and on a clear day you have a great view of Dublin Bay and the Dublin/Wicklow mountains.

From this junction you continue down Woodford to the roundabout at the junction of Yellow Meadows Road. Continuing onwards you cross the Cammock River to reach the Nangor Road which runs alongside the Canal. Follow this road until you turn left onto Ninth Lock Road which takes you into the village of Clondalkin. There are many sights and amenities to be seen in this historic village such as the Round Tower, St John's Church and Aras Chronain.

Turning into Orchard Road, you will eventually meet Monastery Road again. Passing by Tully's Castle you continue along Monastery Road to return to the Library.

Recommended as a daytime walk

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