

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 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:
Sport & Leisure Office, Laois County Council
t: 057 8664000
e: sports@laoiscoco.ie

Irish Heart Foundation, 17—19 Rathmines Road Lower,
Dublin 6, D06 C780 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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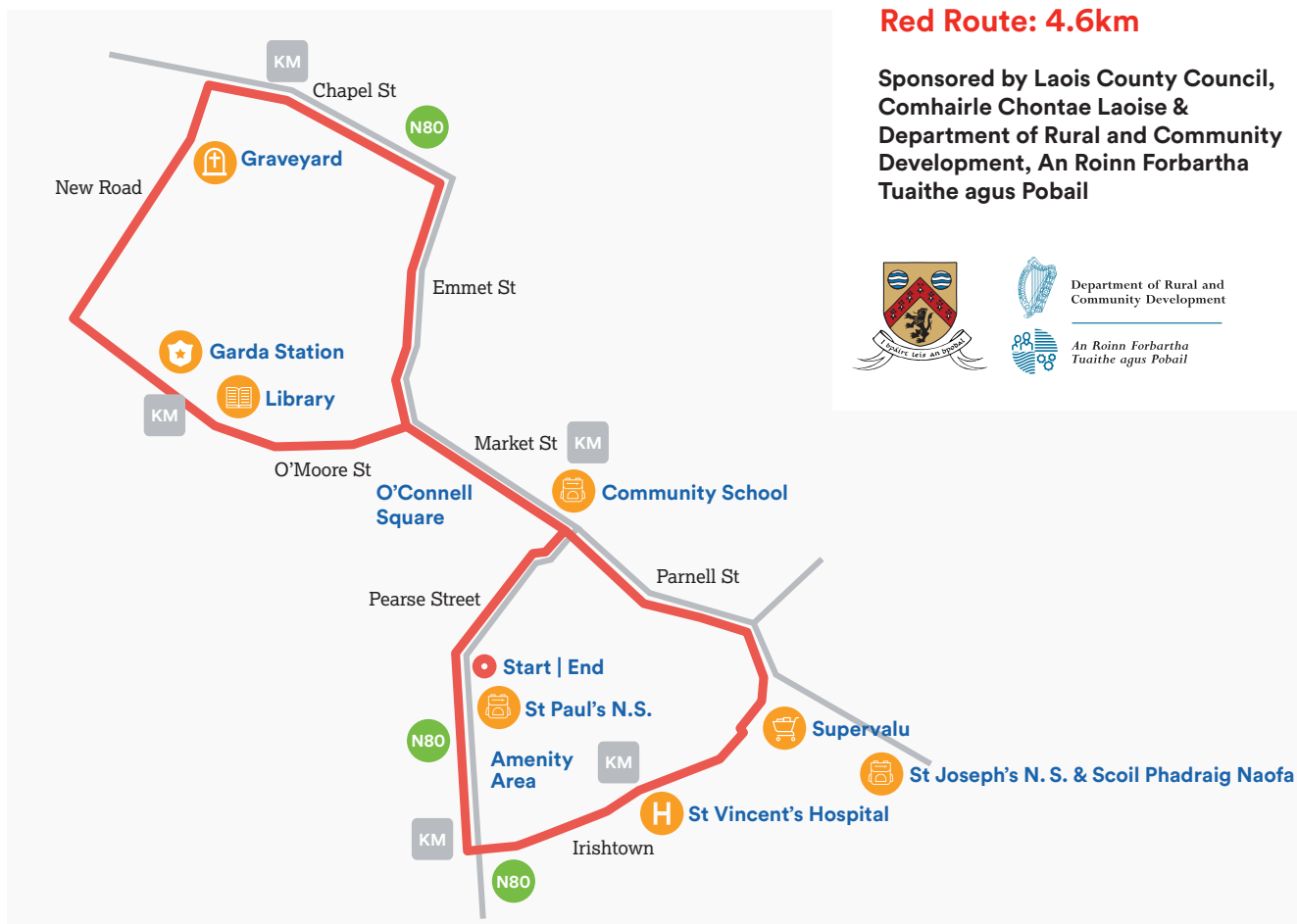
Mountmellick
Móinteach Mílic
Slí na Sláinte Walking Route



 **Irish Heart**



Mountmellick Slí na Sláinte



Red Route: 4.6km

Sponsored by Laois County Council,
Comhairle Chontae Laoise &
Department of Rural and Community
Development, An Roinn Forbartha
Tuaithe agus Pobail



Department of Rural and
Community Development

An Roinn Forbartha
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| | |
|----------------|---|
| Distance-Time | 4.6km (57mins) |
| Difficulty | Easy |
| Terrain | Footpath |
| Fitness levels | All levels of fitness |
| Start Point | Mountmellick Amenity Area, Irishtown |
| Minimum Gear | Walking shoes and rain gear |
| Grid Ref | N 45005 07312 |

Irish Heart Foundation

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.

About Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by 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 Mountmellick Slí na Sláinte is 4.6km and begins at Mountmellick Amenity Area, Irishtown. The route continues up Pearse Street before turning left onto Market Street. Continue along Market Street passing O'Connell Square on your left onto Patrick Street and turn left onto O'Moore Street passing by the Library and the Garda Station on your right. O'Moore Street runs into Wolfe Tone Street and then turn right on to New Road.

You will see the graveyard on your right, turn right to rejoin the N80. Follow the N80 onto Chapel Street and turn slightly right onto Emmet Street. Continue straight along Patrick Street, past O'Connell Square on your right and onto Market Street. Continue Straight onto Parnell Street, at the roundabout turn right onto Connolly Street and right again at Supervalu. Continue straight along Irishtown and then turn right onto the N80 to return to the start.

