

## 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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and The Irish Sports Council.



## Let's Go Walking...



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WEXFORD COUNTY COUNCIL AND  
GOREY TOWN COUNCIL

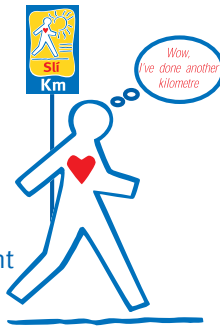
Gorey, Co. Wexford

# 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 health and leisure 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.



IRISH  
HEART  
FOUNDATION

Remember, for heart health benefits you should aim to walk 3km most days of the week.

*Let's Go Walking...*

The Slí route in the historic market town of Gorey is 3.7km long. Beginning at Rams Arms Car Park, beside Gorey Fire Station, you will see a map of the route displayed. From here follow the route down Main Street and turn left at the traffic lights onto Hollyfort Road.

Take the third right turn and walk through the housing estate of Coislinne. On leaving the estate turn left and proceed through the large pillars on your right at the



entrance to Ramsfort Avenue. The walk continues past the People's Park, a local initiative aimed at providing a safe facility for fun and relaxation. Take a left continuing through Garden City. On leaving Garden City turn right onto the Ballytegan Road walking in the direction of the N11.

At the junction of the N11 turn right and continue back towards Main Street. At the Coach House junction proceed in the direction of St. Michael's Road and past St. Michael's Church which is

a beautiful and spacious structure, distinguished by its massive square tower. On leaving St. Michael's Road walk towards Railway Road and then turn right onto The Avenue. At the end of The Avenue, having past the Wexford County Council offices, turn left and walk back to the Rams Arms Car Park. You can feel proud having completed your 3.7km walk.

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AND GOREY TOWN COUNCIL