

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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Let's Go Walking...



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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.



IRISH
HEART
FOUNDATION

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

Let's Go Walking...

This is the third Slí na Sláinte walking route in Leixlip. It is a 4.9km route through a predominantly residential area, which takes in both old and new Leixlip. The route starts at the main gates of Intel Ireland, one of the biggest employers in Co. Kildare.

Walk towards the M4 interchange, turn right at the roundabout and continue over the bridge. At the next roundabout, veer left along the old Easton Road. Until recently this was rolling fields but now is home to the modern housing estates of Rinawade,



Glen Easton and Loughnamona. Easton Road leads onto Green Lane, which as its name suggests was a green area 30 years ago. However in the 1970's Leixlip began to expand and Green Lane became the access route to the new housing estates of Oaklawn, Cedar Park and Castletown. It is also home to St. Mary's GAA Club, founded in 1889 and which moved to Radley Park on Green Lane in 1975.

At the traffic lights, take a left along Station Road. Louisa Bridge (named after Lady Louisa Conolly of Castletown House,

Celbridge) crosses the Royal Canal and the commuter rail line, a few hundred metres on. Next landmark along the route is Leixlip Amenities Centre, a community based sports centre built from local contributions in the 1980s. Beside this is the site of the old Hitchin' Post pub, so called because the Bianconi Cars used to hitch their horses here en route to Maynooth. Walk straight through the roundabout and back to Intel where you will have completed your 4.9km route.

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