

## 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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IRISH  
HEART  
FOUNDATION



Slí na Sláinte

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Walking...

Supported by Nenagh Town Council,  
North Tipperary Sports Partnership  
and HSE Mid-Western Area

Nenagh, Co. Tipperary

## Slí na Sláinte

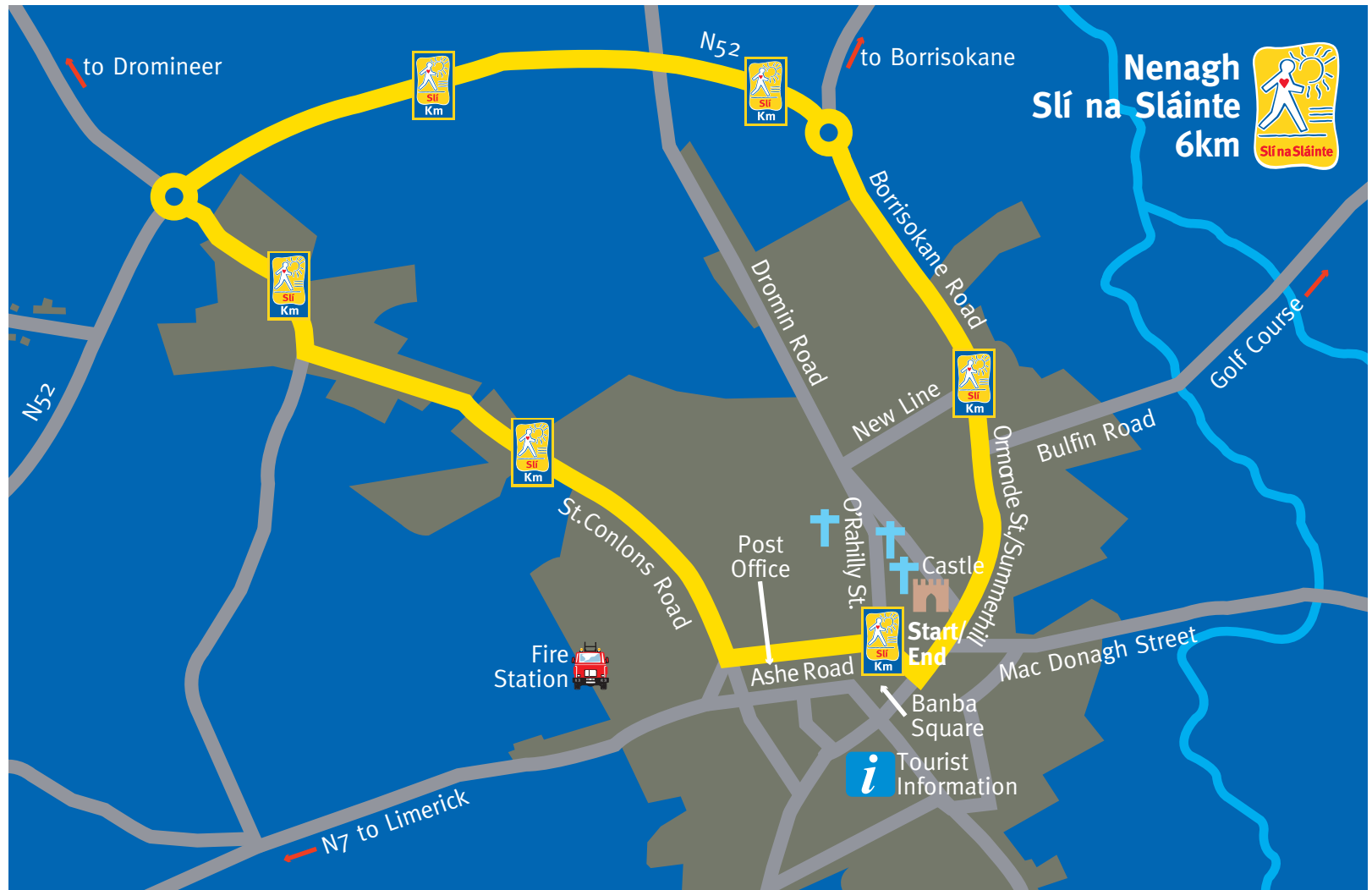


Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the outgoing way to make walking far more enjoyable. Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a 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.



The Nenagh Slí na Sláinte is 6km in length and starts at the junction of Banba Square and O'Rahilly Street. To follow the route, walk along Kickham Street before turning left onto Summerhill. Continue onto Ormonde Street and along the Borrisokane Road for over 1km. Turn left at the first roundabout and follow the new road for over 2km to the Dromineer roundabout. Turn left here and follow the road back to Nenagh, along St. Conlons Road, turning left onto Ashe Road, passing the Post Office on the right, and then back to the starting point at Banba Square.

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

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