

# 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.

#### Help to maintain Slí routes

Please report any dangerous obstacles on the Slí path to:

George Beirne 049 4331046

Please report any missing or damaged signs to: Gerard Hopkins 049 8547519

# Slí na Sláinte®

The Irish Heart Foundation.

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Supported by the Department of Health and Children and  
The Irish Sports Council



IRISH  
HEART  
FOUNDATION



## Slí na Sláinte

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SUPPORTED BY  
COILLTE AND HSE – NORTH EAST

Virginia, Co. Cavan

## 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 **Virginia Slí na Sláinte** is 5.5km in length and is located in the Coillte, Deerpark Forest, just outside Virginia, Co. Cavan.

The circular route starts, and ends at the forest entrance, beside the car park (just off the Ballyjamesduff Road). It follows beautiful tree-lined paths winding through Deerpark Forest passing Virginia Golf Club, and skirting along the banks of Lough Ramor.

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



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