

# 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 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, choose layers rather than thick, chunky clothes.
- 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 least 30 minutes 5 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 or missing / damaged signs to:  
Thurles Town Council at  
0504 21433

## Slí na Sláinte®

The Irish Heart Foundation.  
4 Clyde Road, Ballsbridge, Dublin 4.  
Tel: 01-668 5001 Fax: 01-668 5896  
e mail: info@irishheart.ie • www.irishheart.ie • Helpline: 1890 432 787  
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The Irish Sports Council



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SUPPORTED BY  
THURLES TOWN COUNCIL,



NORTH TIPPERARY COUNTY COUNCIL  
AND



NORTH TIPPERARY SPORTS  
PARTNERSHIP.



Thurles, County Tipperary

## Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation - the national heart and stroke charity - it's the outgoing 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 30 minutes of physical activity on most, or preferably all 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 1 km 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.

*Let's Go Walking...*



**The Green Route - Racecourse Road Slí na Sláinte** is 2.0 km long (4km return) and starts at St Josephs and St Bridgets Church, Bohernanave.

The route continues along Bohernanave Road, past Semple Stadium and then turns left at the junction to Castlemeadows. Continue to the Roundabout at Tipperary Institute and take left onto Racecourse Road. Continue straight out Killinan to the end of the footpath (see Racecourse on right). At mapboard (end) return along the same route back to St. Josephs and St. Bridgets Church.

**The Red Route - Slievenamon Road Slí na Sláinte** is 2.0 km long (4km return) and starts at Slievenamon Road Car Park.

The route continues along Slievenamon Road and then goes straight through the roundabout at Dunnes Stores Shopping Centre onto Clongour. Continue straight out past Thurles Golf Club to the top of the hill (Turtulla Crossroads). At mapboard (end) return along the same route back to Slievenamon Road Car Park.

Routes can be walked in either direction. Recommended as daytime walks.

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IRISH  
HEART  
FOUNDATION

