



## A Regular programme of Walking...

- keeps your heart strong
- improves your muscle strength
- helps to manage your weight
- makes you feel good

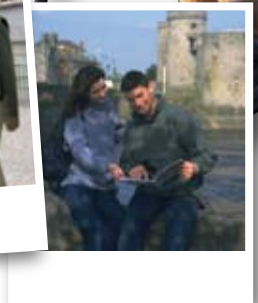
## But, above all - walking is fun!

### **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 for at least 30 minutes 5 days of the week.
- You can accumulate the 30minutes or more over two or three shorter sessions.



# Let's go Walking Limerick 2012





## Operation Transformation - Let's go Walking Limerick 2012



## 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 serious illness**, talk to your doctor before you start.
- **Stop** if you experience unusual symptoms such as chest pain, dizziness, breathlessness, and consult your doctor.
- Why not **invite your friends, family or work colleagues** to join you when you go walking.



When?	Where?	Distances	Registration details
Saturday Jan 14th 12pm	Castletroy Slí	4km, 6km and 8km route options	Register from 11:15am at University Arena
Saturday Jan 28th 12pm	King's Island Slí	3.3km plus 3.8km option on adjoining Three Bridges Slí	Register from 11:30am at King's Island Community Centre/Café
Saturday Feb 11th 12pm	Rathkeale Slí	3.1km	Register from 11:30am at Rathkeale Community Centre
Saturday Feb 25th 12pm	Castleconnell Slí	3.8km	Register from 11:30am at village playground & carpark
Saturday Mar 10th 12pm	Newcastle West slí	3.7km	Register from 11:30am outside Community Centre in The Demesne

- All walks are free of charge and led by IHF Walking Leaders.
- Join in these walks at your own pace and you'll quickly feel better and get fitter with regular walking.
- You'll find **Slí na Sláinte** walking routes all over Ireland. They are marked by bright and colourful signposts which are not numbered and are situated at 1km intervals.



**Irish Heart Foundation  
Walking Leader Training Courses 2012**

Location	Date	Cost
Leitrim/Cavan (Ballinamore)	9th-11th of March	€50
Donegal (Letterkenny)	23rd-25th of March	€50
Kilkenny (Kilkenny City)	30th of March- 1st of April	€50
Louth (Drogheda)	20th-22nd of April	€50
Sligo (Sligo Town)	18th-20th of May	€50

Enquiries regarding a Limerick-based training course, please call County Limerick LSP on 061-496463 or Limerick City LSP on 061-468542.

[www.irishheart.ie](http://www.irishheart.ie)