

Let's Go Walking...

Here are a few useful tips.

- People who currently take no exercise will gain most from any increase in physical activity.
- 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 you walk, and don't forget wear good, comfortable shoes.
- Walk Safely - observe the Highway Code and wear bright, reflective clothing.
- Remember, loose clothing is more comfortable and in winter, add light layers rather than thick, chunky clothes. It's much better...
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start.
- Stop, if you have unusual symptoms such as chest pain, breathlessness or dizziness and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking...



Lets Go Walking

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, stroke, high blood pressure, osteoporosis, anxiety and depression.



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PRINTED BY THE DARGAN PRESS (028) 9083 2020



Highway to Health

Let's Go Walking...



ST JOHN'S GAC

Highway to Health



Highway to Health is a simple and innovative scheme which aims to encourage people of all ages to walk for leisure and good health. It uses attractive pole signs at one kilometre intervals on an established route.

Walking is one of the simplest, safest and most effective forms of physical activity. Every adult in Northern Ireland should accumulate 30 minutes of physical activity on most days of the week. Northern Ireland has one of the highest rates of heart disease and stroke in the western world. Taking regular exercise is one effective method of reducing the risk of cardiovascular disease.

People who have not been taking regular exercise should start slowly and gradually build up to 30 minutes per day.

It may be advisable to consult your doctor if you have any history of cardiovascular disease in the family or if you are overweight. It is important in these instances that you begin with gentle exercise, moving to a brisker pace in time.

Andrew P Dougal
Chief Executive,
Northern Ireland Chest,
Heart & Stroke



This traffic-free walk is entirely within the grounds of St John's GAC. It is made up of three loops of 520m, 1,060m and 320m respectively. These can be walked in any combination and direction. The total distance is 1.90km (1.18 miles).

The walk is enhanced by the provision of several free-standing exercise stations where you can do exercises to boost your strength, stamina, co-ordination and flexibility.

The most popular walk is a combination of loops 1 and 2, around both playing fields, which measures 1.58km (1 mile).

Loop 1: Starting in the car park go between the clubhouse and the gates and walk in an anticlockwise direction along the outside of the pitch. As you go along you have views towards Slieve Croob. Walk back along the other side of the field past an avenue of tall poplar trees to the start point (520m).

Loop 2: Cross the bridge and follow the path toward the lower field. Pass to the right of the pitch and follow alongside the river to the far end of the pitch. You will pass the kilometre marker behind the goals. Return along the other side of the field and climb to the viewpoint. From here you will see the full range of the Mourne Mountains. Return along the path with a wooded ridge on your right, droim na coille in Irish = Drumnaquoile, to the bridge (this loop is 1,060m).

Loop 3: When you cross the river turn right, and follow the river downstream. Then follow the hedge back to the start finish point (this loop 320m).

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ST JOHN'S GAC

