KILDARE brochure_Layout 1 12/01/2011 12:14 Page 1

YES, I'd like to support the **Irish Heart Foundation's** goal to reduce death and disability from heart disease and stroke.

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		of the amount so charged where you notify your bank without undue delay on becoming aware of	writing in good time to your Bank.

PLEASE RETURN IN AN ENVELOPE TO:

THE IRISH HEART FOUNDATION,
4 CLYDE ROAD, BALLSBRIDGE, DUBLIN 4

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 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.
- Loose clothing is more comfortable and in winter choose layers rather than thick, chunky clothes.
- 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.
- Now that you are a regular walker, get fitter and be active for at least 60 minutes a day.



Supported by The Irish Sports Council and the HSE

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, stroke, 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 30 minutes or more over 2 or 3 shorter sessions a day for optimum health benefits.

Help to maintain Slí na Sláinte

lease report any dangerous obstacles or missing/damaged signs to: Kildare Sports Partnership at 045 980547

The Irish Heart Foundation 4 Clyde Road, Ballsbridge, Dublin 4. T. 01 668 5001 F. 01 668 5896 E. info@irishheart.ie

Heart and Stroke Helpline 1890 432 787 www.irishheart.ie www.stroke.ie Charity No: CHY5507

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Kildare Town

Sponsored by Kildare Sports Partnership, Kildare County Council and County Kildare Leader Partnership



The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

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 a sociable 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 minimum of 30 minutes of physical activity 5 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 1km 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.

Slí Bhríde

St. Brigid's Square – Cross Keys – Nurney Road – Newtown Cross – Tully Cross – St. Brigid's Square.

Kildare, or in Irish, 'Cill Dara', meaning 'Church of the Oak' was named after the church founded here under an oak tree by St. Brigid in the later end of the 5th century. The Slí Bhríde commemorates Brigid's association with the town and begins at the parish Church incorporating elements of the town, as well as Kildare Village, St. Brigid's Well and National Stud and Japanese Gardens.



The Hundred Acres

St. Brigid's Square – Grey Abbey Rd – Nurney Road – Newtown Cross – Tully Cross – St. Brigid's Square.

The shorter route now enjoyed by walkers was always known locally as 'The Hundred Acres.' It is a local name for most of Tully West townland, i.e. mostly the land between

Nurney Road/Grey Abbey Road and Tully Road which forms a natural triangle between St. Brigid's Square, Newtown Cross Roads and Tully junction. It is possible that the term, 'the hundred acres,' has survived in popular memory from the thirteenth century as most of these lands were granted to the Knights Hospitallers Preceptory, prior to 1212 A.D.



THE IRISH HEART FOUNDATION

