

# 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**

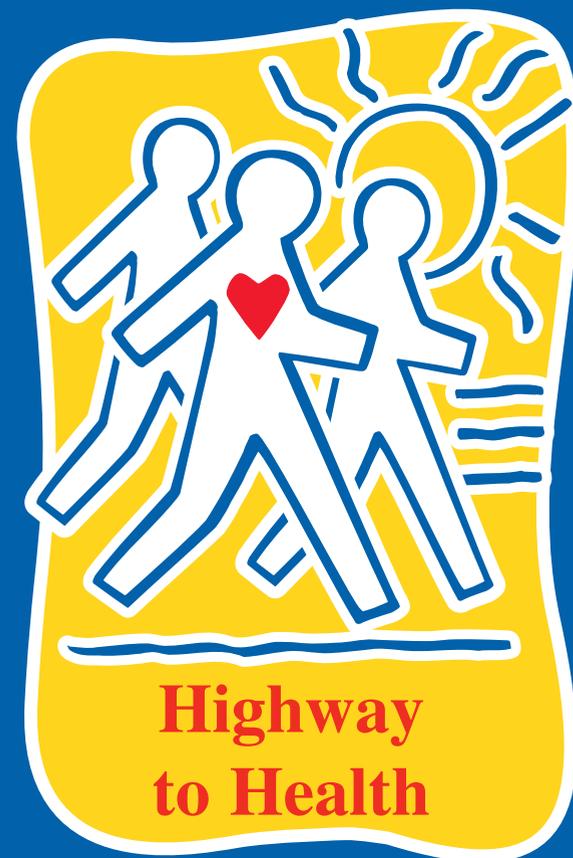
## PHYSICAL ACTIVITY

... reduces risk for several chronic diseases including heart disease, stroke, high blood pressure, osteoporosis, anxiety and depression.



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## Highway to Health

# Let's Go Walking...



**BALLYMENA NORTH**

# 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 Association



The circular walks are located in the Ballyloughan, Dunclug and Park Wards of the Ballymena North Electoral Area. The total route is 4.33 km (2.69 miles) and passes through the People's Park (12 acres of parkland donated to the people of Ballymena by Sir Shafto Adair in 1870) and the public open space of Sentry Hill as well as public paths along Doury Road, Grove Road and Ballymoney Road.

A target time of 41 - 42 minutes is estimated to complete the route. However by utilising the Old Ballymoney Road (yellow dotted) that bisects the main route, two shorter walks are created. The shorter loop traverses Sentry Hill and measures 2.62 km (1.63 miles) with a target time of 24 - 25 minutes. (East loop). While the longer of the loops cuts through the People's Park and measures 3.03 km (1.88 miles) with a target time of 28 - 29 minutes (West loop).

The walks can be started at any point and walked in either direction. Street lighting is provided along the length of the route except the section through Sentry Hill which is also fairly steep in places.

*Let's Go Walking...*



BALLYMENA BOROUGH COUNCIL

