

# 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

# ARMAGH AND DUNGANNON HEALTH & SOCIAL SERVICES TRUST



Both walks are measured from outside the Department of Agriculture building on the Mall West. Walk A is 3.40 kilometres. It proceeds along the Mall West into Barrack Street round to the Newry Road and turns towards the Leisure Centre via Folly Lane. It then goes along Killuney Drive, Barrack Hill, Drumadd Road and turns back into town via College Hill before rejoining Mall West.

Walk B is 4.38 kilometres. It leaves the Mall West and goes into Lonsdale Street before turning back into Lower English Street. It then proceeds along Cathedral Road, Callan Bridge Road, Nursery Road and Friary Road returning to the Mall West via Barrack Street.

The walks can be walked in either direction and joined at any point on the circuit.

*Let's Go Walking...*

