

# 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.

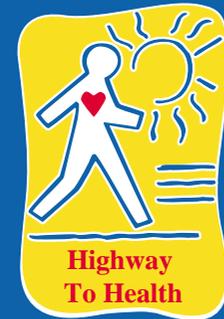
Walking is one of the simplest, safest and most effective forms of physical activity. Every adult in Northern Ireland should accumulate 30 minutes of physical activity on most days of the week. Northern Ireland has one of the highest rates of heart disease and stroke in the western world. Taking regular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

If you would like further advice please contact our Advice Line 0845 769 7299 (Mon. to Fri. 9 am to 1 pm). Calls are charged at local rates.

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



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The route is measured anticlockwise from the corner of Main Street and The Square. It goes through the Square and out the Dungannon Road from where it turns into Ballynakelly Road and then into Loughview Road. It goes along Gortgonis Road and into the playing fields at the car park end. It follows the path around the running track, goes down towards the disused canal and back into town via the canalside path and Lineside.

The walk can be accessed at any point and walked in either direction.

*Let's Go Walking...*

