

## 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



**Highway To Health**

**Ballymena ECOS**



The route is 3 Kms long. It is measured from outside the main entrance to the ECOS millennium environmental centre. The complete route is in an environmentally managed area and is mostly on a pedestrian only footpath.

The route follows the path around the lake, passing through semi-natural grassland and woodland habitats where a profusion of flora and fauna can be seen including mallard, moorhen, meadow pipit, grasshopper warbler, kestrel, dragonflies, small tortoiseshell, orange-tip, bush vetch and water forget-me-not.

The walker will also experience the contrast between the serenity of nature and the bustle of the nearby motorway. As part of the whole experience walkers are encouraged to visit the ECOS centre itself.

*Let's Go Walking...*

BALLYMENA BOROUGH COUNCIL

