

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



Lagan Valley
Hospital

This walk measures 0.83 km (0.52 miles), starting from the right-hand side of the hospital site at the sign for Flaxfield House, turn down to the right along a tarmac road which leads towards a white bungalow on the lefthand side. At the white bungalow turn to the right and continue along to the end of the concrete pathway which leads on to the Hillsborough Road. At this junction, turn right, continue along the footpath passing a petrol station on the right-hand side take the first turning on the right after the petrol station which leads into Lagan Valley Hospital towards the starting point.

The funding for this project was channelled through the Eastern Physical Activity Co-Ordination Group.

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



*Let's Go
Walking...*

L A G A N V A L L E Y H O S P I T A L

