

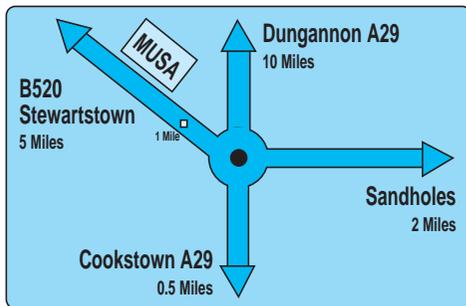
The Mid Ulster Sports Arena is situated 2 miles from the centre of Cookstown on the Tullywiggan Road. The Arena is a £2.5 million Cookstown District Council initiative designed to accommodate a wide range of sporting activities. Its primary objectives are to increase participation in sport and to raise performance standards. The facility is surrounded by a 1400m walk/run with flood-lighting allowing it to be used all year round. Use of the walk is FREE and provides a safe and secure environment for general walking or running.



Facilities Include:

- 3rd Generation Synthetic Turf Surface (FIFA and UEFA Approved)
- 5 Multi Use Grass Pitches
- Outdoor Physical Endurance Area
- Sports Pavilion with 8 Changing Rooms
- Strength and Conditioning Room
- Car Parking Facilities for 200 Cars
- Committee Room and Kitchen

Directions to MUSA



Mid Ulster Sports Arena



Length of Walk:
1.4 Km

— : Walk

YY : Steep Ground

- - - : Other Roads/Paths

Why Walk?

Walking is one of the simplest, safest and most effective forms of physical activity - it is also one of the cheapest. It can be done alone or with a group and fits into almost any lifestyle. You don't need any specialist equipment or clothing to get started - just a good pair of walking shoes and comfortable clothing.

A regular programme of walking:

- Reduces the risk of coronary heart disease and stroke
- Lowers blood pressure
- Reduces high cholesterol levels
- Enhances mental well-being
- Increases bone density, hence helping to prevent osteoporosis
- Reduces the risk of cancer of the colon
- Reduces the risk of non-insulin dependent diabetes
- Helps osteoarthritis
- Helps flexibility and co-ordination hence reducing the risk of falls

Walking improves the condition of heart and lungs (cardiovascular fitness), and works the muscles of the lower body. It's a weight-bearing activity, so it may improve bone density, yet it's also low impact, putting less stress on the joints than some other forms of exercise.

Let's Go Walking...



COOKSTOWN DISTRICT COUNCIL

Let's Go Walking...

