

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



M U S G R A V E P A R K

The walk is 1.69 Km and is measured from M.P.H. entrance to Musgrave Park.

You can start the walk at any point on the route and travel in either direction.

The park can be easily accessed from the pedestrian entrances on Stockman's Lane or via the Musgrave Park Hospital entrance.

Green Park Healthcare Trust is a Health Promoting Hospital and aims to use the natural surroundings of Musgrave Park to enhance the health and well-being of staff, patients, visitors and the local community.

Go on make the first move....

Green Park Healthcare Trust:
www.greenpark.n-i.nhs.uk

Let's Go Walking...

