

# Let's Go Walking...

Here are a few useful tips.

- People who currently take no exercise will gain most from any increase in physical activity.
- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about, and gradually build up to the recommended 30 minutes walking a day.
- Drink a glass of water before and after you walk, and, don't forget wear good, comfortable shoes.
- Walk Safely - observe the Highway Code and wear bright, reflective clothing.
- Remember, loose clothing is more comfortable and, in winter, add light layers rather than thick, chunky clothes. It's much better...
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start.
- Stop, if you have unusual symptoms, such as chest pain, breathlessness or dizziness and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking...



# Lets Go Walking

A regular programme of walking...



... keeps your heart strong



... improves muscles strength



... helps to manage your weight



... makes you feel good



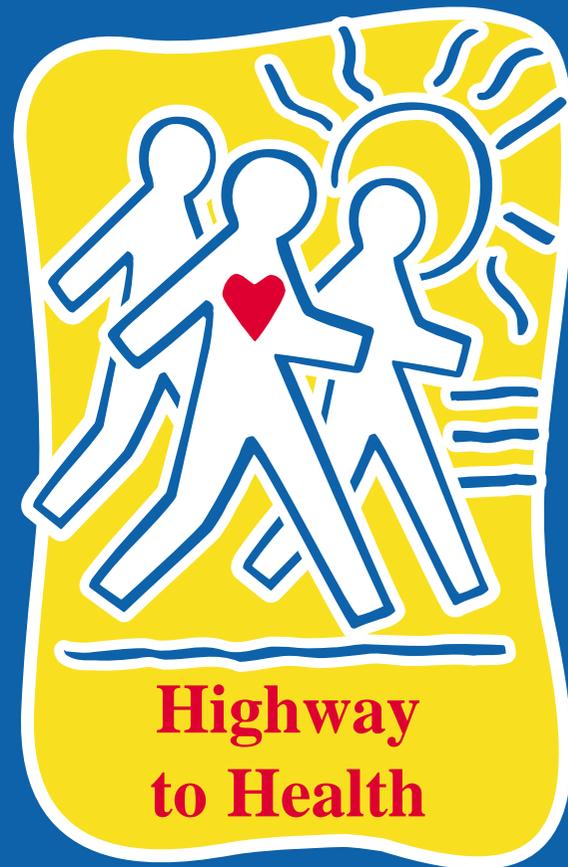
**BUT ABOVE ALL - WALKING IS FUN**

## PHYSICAL ACTIVITY

... reduces risk for several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression.



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# Let's Go Walking...



Newry & Mourne District Council

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# 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

## Length of Walk: 10.254 km

**Highway To Health**

# NEWRY

Route Commences outside Sports Centre.

Some places of interest along the walk are:

1. Bagenal's Towerhouse enveloped in fabric of McCann's Bakery and (site of) Cistercian Abbey.
2. Overlooking route, St. Patrick's Church, site of first Post Reformation Church in Ireland built by Sir Nicholas Bagenal in 1578.
3. Corry's Monument, erected in 1877 in memory of Trevor Corry - very important Newry family.
4. Newry Courthouse - built in 1843, designed by the renowned Newry architect Thomas Duff.
5. Springhill Fort overlooking route. This is a rath, an Early Christian farmstead c. 700-800 AD.
6. Canal Street, 18th century street, which grew up with the opening of the canal in 1742. One of the oldest, and best preserved stretches of streetscape in Newry.
7. Ships used to sail up the canal and unload goods in Basin Quay (now filled in and used as carpark behind Courthouse).

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