

Highway to Health



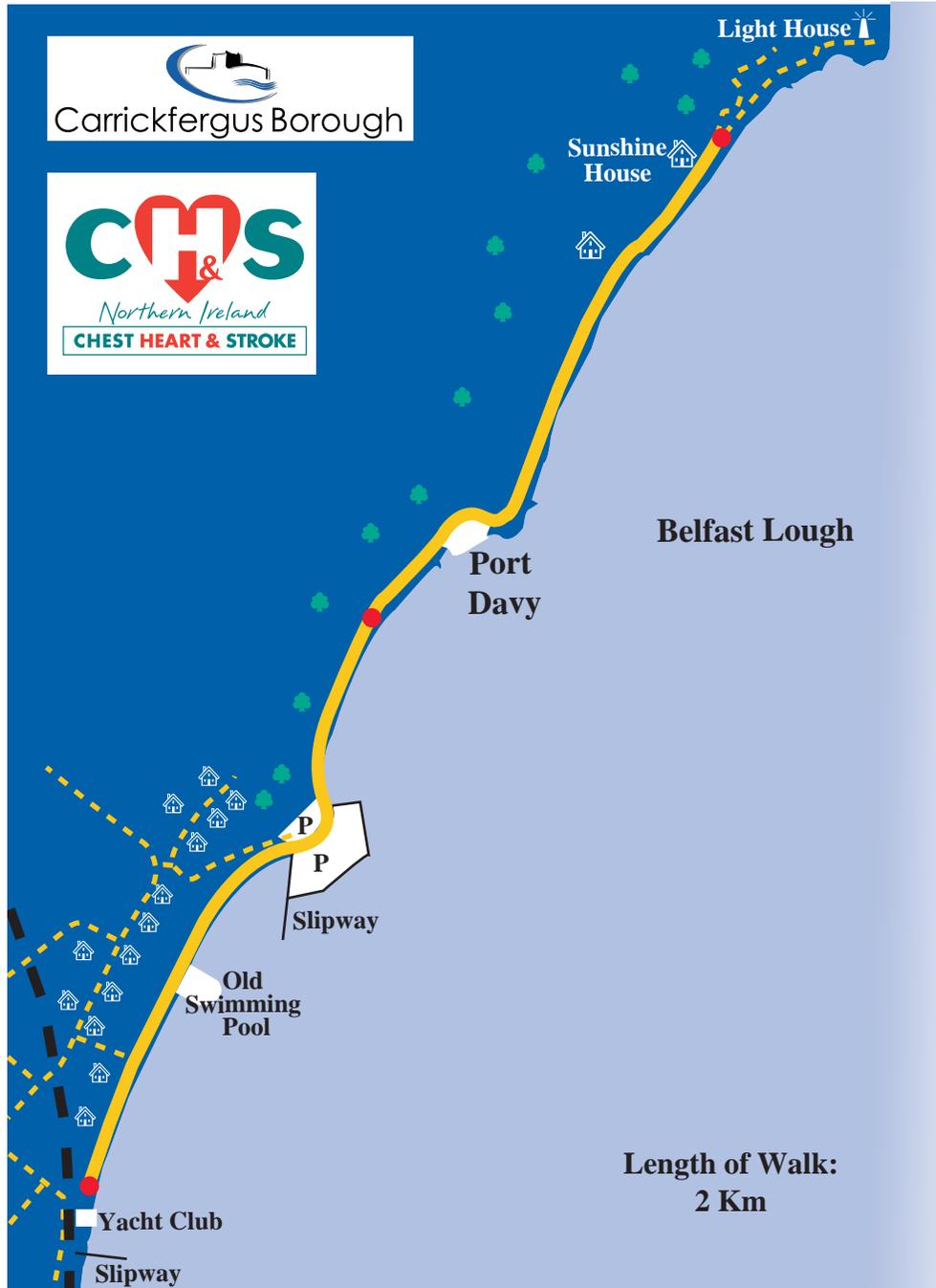
Highway to Health is a simple and innovative scheme which aims to encourage people of all ages to walk for leisure and good health. It uses attractive pole signs at one kilometre intervals on an established route.

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*



Length of Walk:
 2 Km



Whitehead

- : Route
- : Km Marker
- P** : Car Park
- - - : Other Paths/Roads
- : Railway



AES Kilroot Power Limited, is pleased to support the "Highway to Health" scheme. The scheme encourages people of all ages to take steps to improve their health and fitness by taking regular exercise, walking along this interesting route at Whitehead will complement your exercise regime.

This seaside walk goes from the Yacht Club to the split in the paths just beyond Sunshine House. It measures exactly 2 Kms. and is marked both at Kms. and half Kms. Due to its "there and back" format walkers are offered measured walks ranging from one to four kilometres.

For other walking opportunities in the Borough contact: Carrickfergus Borough Council, Parks & Countryside Section, Museum & Civic Centre, Antrim Street, Carrickfergus, BT38 7DG
 Tel: (028) 9335 8000
 Email: play@carrickfergus.org
 Web: www.carrickfergus.org

*Let's Go
 Walking...*

