



Irish Heart
Foundation

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St Finian's College Slí na Sláinte



For Adults

For health benefits you need to walk at a hearty pace for at least 30 minutes, 5 days a week. You can accumulate the 30 minutes or more over 2 or 3 shorter sessions.

For Children

Children should accumulate 60 minutes of activity every day of the week.

You should be able to walk 3kms in 30-40 minutes depending on your pace.

Slí na Sláinte is a health promotion initiative of the Irish Heart Foundation aimed at encouraging people to walk on a regular basis.

www.irisheart.ie www.stroke.ie

