

Let's Go Walking...

it'll do your heart good!

Highway to Health



Because of our very high rates of heart disease and strokes in Northern Ireland, many different agencies are coming together to offer programmes among the community to combat this situation.

One of the best and most enjoyable ways of improving health and avoiding heart attacks and strokes is to take regular exercise. This does not have to be of a high-powered nature. Thus walking is enough to gain a reduction in risk of illness. The Northern Ireland Chest Heart & Stroke Association enters into partnership with District Councils and the DRD Roads Service in order to provide such a facility.



This scheme is called Highway to Health and involves providing signs along walking routes as an encouragement to individuals to participate in exercise and to extend their current activity levels.

NICHSA supports the District Councils in providing this facility to the community. It will bring much benefit and much fun.

Let us tell you more about it.

Andrew P Dougal OBE
Chief Executive,
Northern Ireland Chest Heart Stroke Association

What is Highway to Health?

Highway to Health is an exercise incentive scheme. Attractive signs are placed at 1Km intervals on popular walking routes to encourage people of all ages to take exercise for leisure and good health.

Who promotes it?

The project is a joint venture between NI Chest Heart & Stroke Association and the local District Councils with DRD Roads Service giving approval for the erection of signs. It is currently being developed in a number of other European Countries.

Is Highway to Health a province wide scheme?

Yes. Details of locations can be found on our website www.nichsa.com

Who decides where to locate a Highway to Health?

The decision to mark a route is made by the local Council who will be familiar with popular walks in their area. NI Chest Heart & Stroke's Co-ordinator may also have input into this process and give advice where appropriate.

Where are these locations?

Anywhere people normally walk. Locations include public footpaths, housing estates, riverside walks, public parks and forest trails.

A regular programme of Physical Activity, combined with healthy eating and no smoking, will considerably reduce the risk of Heart Disease, High Blood Pressure, Osteoporosis, Anxiety and Depression.

Is signage given in Kilometres only?

Yes. In accordance with EU regulations all markings are given in Kms. (1 Km - 0.62 miles)

What do these signs look like?

The Highway to Health signs are yellow with blue and white graphics symbolising the vitality and energy of life. The sun depicts the source of life and growth, while the abstract human figure is celebrating this energy.



Does NI Chest Heart & Stroke give any specific recommendations on walking as an exercise?

Yes. Research shows that people who take regular exercise are less likely to experience premature death through coronary heart disease or stroke and generally enjoy better overall health. **The recommendation is a minimum of thirty minutes brisk walking on most days of the week.**

Are the Highway to Health routes suitable for all levels of fitness?

Yes. The routes are designed for people of all ages and levels of fitness. The distance and speed of walking is decided by the individual. People who have not been taking regular exercise are advised to adopt a sensible and moderate approach.



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