

Walk Your Way to a Healthy Heart

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Let's Go Walking for 30 minutes is the latest message from the Irish Heart Foundation to encourage everyone to walk their way to healthier hearts for World Heart Day on September 30th.

Young and old from all over Ireland, are set to hit the outdoors for the biggest walking event in the country. All over the globe families, friends and neighbours will don their most comfortable shoes and go walking for fun.

In Ireland, more than 10,000 people are expected to take to their feet to get their hearts pumping. With just two weeks to go, the countdown is on and the Heart Foundation is looking for walking leaders and walkers to organise and take part in events in their area.

If you cannot find a walk near you – why not organise one yourself?

World Heart Day is part of Irish Heart Week running from September 24 – 30 which is encouraging Irish adults to get active. The Foundation recommends 30 minutes physical activity per day, five days per week. Cardiovascular disease is Ireland's biggest killer, claiming nearly 10,000 lives each year. But going for a regular walk at a moderate pace, can go a long way to reduce the risks. In fact, regular physical activity has been shown to reduce the risk of stroke by over 25 per cent and the risk of coronary heart disease by over 40 per cent. So sign up for World Heart Day and kick-start your activity programme TODAY.

The National Co-ordinator of the Irish Heart Foundation's Slí na Sláinte programme Tanya Comber-Rait said: *"The great thing about walking is that any one can do it. All you need is a comfortable pair of walking shoes and you're set. Grab your friends and family and get out and have fun this World Heart Day."*

Ecco's spokesman Keith Rogers added: *"Walking is the new yoga. I would urge everyone to get out there and enjoy a great day out."*

Walking leaders will be supplied with t-shirts and certificates for participants. Walks can either follow one of the 142 Slí na Sláinte routes around the country, or any other route chosen by the leader.

To find out about a local walk near you or to contact the Irish Heart Foundation at **(01) 668 5001** or log on to **www.irishheart.ie**

Forms and information are also available in all 300 Ecco shoes outlets around the country.

World Heart Day is being kindly supported by Ecco shoes.

Let's go walking – it'll do your heart good!