

## 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*



The Borough of Newtownabbey is situated immediately north of Belfast and stretches towards the Glens of Antrim. Offering the best of both worlds, the area boasts beautiful rural scenery, yet nearby you will find stunning coastal views of Belfast Lough.

Sixmilewater is a large open area of parkland along the Sixmilewater River, providing a toddlers play area and tennis

courts. There are opportunities for bird watching and feeding with formal flowerbeds, surrounded by an avenue of trees and woodland area. The area is suitable for cross-country running, walking and informal recreation.

The walk is 2.0 Kms (1.24 Miles) and is measured from outside the Leisure Centre.

The walk can be commenced at any point on the circuit and walked in either direction.

*Let's Go Walking...*

NEWTOWNABBHEY BOROUGH COUNCIL

