

## **Make an appointment with better health on Saturday January 14**

### **Irish Sports Council & Operation Transformation to host walks for people to “kick start” a healthier 2012**

Following the success of the inaugural Operation Transformation Walks last January, the Irish Sports Council is on board again in 2012 to offer a range of walks across the country for those following the TV series. These walks are being organised by the Irish Sports Council’s network of Local Sports Partnerships and are aimed at those new to walking.

There are in excess of 32 walks taking place this Saturday with start times ranging between 10.30am and 2pm. Each walk will be led by a leader who will set the pace and show you how to get the maximum value and enjoyment out of walking. A number of the walks will also feature the leaders and experts from the show and some events will be filmed for transmission on the show next Wednesday evening.

The Irish Sports Council is promoting walking as the perfect exercise to “kick start” a healthier 2012. Anyone can start walking and it’s free. There are many signed walks available around the country through the Slí na Sláinte initiative of the Irish Heart Foundation. These walks provide kilometre interval signs which allow new walkers to assess the distances they are walking. For the more intrepid, there is also a network of Waymarked Trails which allow people to walk in the great outdoors and explore Ireland’s scenic beauty. Further details of these are available on [www.irishtrails.ie](http://www.irishtrails.ie)

John Treacy, CEO of the Irish Sports Council commented: *“The most important single intervention to improve health is to start regular exercise. Walking is the best way to start a new physical activity regime and is a great way to enjoy the available tracks and trails in Ireland. Operation Transformation is an excellent initiative and the Council is delighted to team with our walks this weekend”.*

So the message this weekend is get out and get walking. It could be start of a new healthier and fitter you. All walks are open to everyone so why not get the whole family involved. For those of you who are already walking or interested in getting more involved remember to contact your Local Sports Partnership for information on walking groups and other initiatives in your area.

Details of all the National Walks are available at:

[http://www.irishsportscouncil.ie/News\\_Events/Latest\\_News/2011\\_Archive/operation\\_transformation\\_walks.pdf](http://www.irishsportscouncil.ie/News_Events/Latest_News/2011_Archive/operation_transformation_walks.pdf)

Have a look at this video to understand the health benefits of physical activity

<http://www.youtube.com/watch?v=aUalnS6HIGo&feature=youtu.be>