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Sli na Sláinte routes give Nexus staff path to health

The weather was glorious for the launch of six Sli na Sláinte routes from the Nexus Building, Ballycoolin Dublin 15. The Nexus Building is home to 1,300 HSE and TUSLA staff working in Primary Care, Environmental Health, Health Promotion as well as Children and Family services and others.

The Health and Wellbeing Committee comprises of representatives from each department within the building. The energetic committee have organised several initiatives to date including Lunchtime Plates, i. Book Club, Operation Transformation, Zumba as well as social events.

Laura Molloy, chair of the group, said: “We were delighted to work with the Irish Heart Foundation in setting up this initiative. Having six mapped, measured routes from the building ranging from 3.3km to 5.8km gives staff of all abilities a choice for lunchtime walks and jogs.”

Sli na Sláinte, meaning ‘Path to Health,’ is an innovative scheme developed by the Irish Heart Foundation and supported by the HSE and the Irish Sports Council, to encourage people of all ages and abilities to walk for leisure and good health.

Sli na Sláinte walking routes are mapped, measured routes which use attractive signage at kilometre intervals on established walking routes to help walkers identify the distance they walk. For more information see www.irishheart.ie.

Staff at the Nexus Building get ready to walk, jog or run at the launch of the new Sli na Sláinte routes.