

Physical Activity Resources

Newry, South Down & South Armagh area



The following will give you information on different ways in which you can start to engage in physical activity.

Your health care professional may already have discussed what may be most appropriate for you at this time.

FACE TO FACE ACTIVITIES

Click the icons to follow the links.

Gym & Swimming pools/Couch-2-5K



Locations

Newry/Kilkeel Leisure Centres / St Colman's Sports Complex, Newry

Contact 0330 137 4026

Couch-2-5K

Couch to 5K APP available to download from the App Store or Google Play



Family Walking Group

Walks will take place in across Newry and surrounding areas. Children in pushchairs welcome.



Contact

Justina MacDonald - 028 3083 5764

Tennis courts and Bowling Greens



Locations Newry and Warrenpoint

Contact 0330 137 4044

Tai Chi Classes



Location Warrenpoint Municipal Park

Contact 0330 137 4814

Yoga Fellowship of Northern Ireland



Locations

Details across Northern Ireland

Clanrye Group

Various online exercise classes for all age groups including: Yoga, Chi Me, Boxercise, Ladies Keep Fit



U3A walking group



U3A is an active ageing centre. Walks on the 1st & 3rd Mondays of each month, starting at 11am. All walks last approximately 1 hour.

Locations

All walks start from Altnaveigh House on the Belfast Road. Off-road car parking available.

Contact

Margaret McArdle
07964321209 / 028 308 49088
or U3A office (am) 028 302 66034

Walking football Newry U3A



Contact

Pat Cunningham - 07850 085 180

Newry Sure Start Little Strollers



Little Strollers is a walking group for adults who care for young children. The adults get the opportunity to get physical exercise, while pushing the pram/buggy.

Contact 028 3083 3780

The Conservation Volunteers



Green gym and volunteering projects to promote better health and well-being, a socially alternative to conventional gyms

Disability Sport NI Accessible Outdoor Places Guide



Walks



Family Walks in Newry and surrounding areas for all abilities.



Contact 028 3083 5764

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ONLINE ACTIVITIES

Click the icons to follow the links.






World Health Organisation 'Every Move Counts'








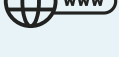


Older adult's physical activity sessions

- Age UK - 'Move with Mary' 
- Age UK - simple exercises to get moving more 
- Generation Games - exercise classes for over 50's 
- Improve strength & balance exercises for beginners 
- Strength & balance for older adults who want to stay active 
- Home workout videos 

Useful online Physical Activity information

- 23 and ½ hours animation (Doc Mike Evans) 
- 10 Today 
- Staying active at home
Includes 4 resources:
 1. Working from home
 2. Helping older people stay active at home
 3. Drive clear of pain
 4. Guide to getting up from falls
- Be Active! Move more, sit less. 
- Five-In-Five workout 
- Versus Arthritis 'Keep Moving' poster 

Sessions for people with medical conditions

- Pilates for Arthritis low-level work out 
- Exercise for those with medical conditions 
- Pilates for those with knee problems 
- Chair based Pilates workout 
- Wheelpower adapted yoga 
- Seated exercises for adults with mobility issues 
- Managing your bone, joint or muscle pain
11 documents with links to specific condition information 
- Fitness Studio exercise videos
24 instructor-led videos: aerobic, strength, resistance, pilates and yoga 

NHS workouts



Covid 19 supporting your recovery



Apps for Healthcare

