

# Physical Activity Resources

## Banbridge 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.

### Get Moving ABC

*Gym facilities, Swimming pool, Couch-2-5K*

#### Locations

Across facilities in the Armagh Banbridge and Craigavon Council Areas; Banbridge Leisure Centre; South Lakes Leisure Centre.



### Mum and Me

#### Locations

Dromore Community Centre / South Lakes Leisure Centre

#### Contact

Kirstylouise Brankin



### Get Out Get Active

#### Contact

Local Active Recreation Officer  
Ryan McQuillan, 07799 137 291



### Explore the Great Outdoors

*Walking Routes, Public Parks, Cycle Routes, Play Parks, Bowling Greens, Tennis Courts*

#### Locations

Across facilities in the Armagh Banbridge and Craigavon Council Areas

#### Contact

Central Council Tel: 0300 0300 900



### Street Sports

*For young people aged between 12 and 17*

#### Contact

Sport Development Team  
028 3831 1693

### Yoga Fellowship of Northern Ireland

#### Locations

Details across Northern Ireland

### The Conservation Volunteers

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



### Inclusive Cycle Scheme Craigavon Lakes

#### Contact

Colleen Connolly  
07769 250 885 / 0330 056 4411



### Disability Sport NI Accessible Outdoor Places Guide



### Move More Macmillan

*This is a physical activity project that supports people living with and beyond cancer to become and remain active.*

#### Contact

Nuala McVeigh  
07711 756 836



### Walks

*Walks for all abilities*



# Physical Activity Resources







## Banbridge area

## ONLINE ACTIVITIES



### 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 

### 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* 

Click the icons to follow the links.

### 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 

### NHS workouts



### Covid 19 supporting your recovery



### Apps for Healthcare



# Physical Activity Resources

## Banbridge area

 Southern Health  
and Social Care Trust

Quality Care - for you, with you

## ABC COUNCIL OVER-60'S ONLINE SESSIONS

Strength & balance class

You 

Chair based exercises

You 

Tai Chi session

You 

Over 60s home workout

You 

Chi Me at home

You 

Get out get active - low-intensity  
workout

You 

Get Out Get Active – Tai Chi

You 