Physical Activity Resources

Banbridge area





Quality Care - for you, with you

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.

Click the icons to follow the links.

ACTIVITIES

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.

Get Out Get Active

Programmes that encourage and support people to take those first steps towards a more active, healthy lifestyle.

Street Sports

For young people aged between 12 and 17

Sport Development Team 028 3831 1693

Inclusive Cycle Scheme Craigavon Lakes

0330 056 4411

Move More Macmillan

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



Mum and Me

A programme designed for all mums and babies up until walking stage.

Locations

Dromore Community Centre / South Lakes Leisure Centre

Explore the Great Outdoors

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



Across facilities in the Armagh Banbridge and Craigavon Council Areas

Yoga Fellowship of Northern Ireland



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

Disability Sport NI

Information and contacts

Walks

Walks for all abilities















Physical Activity Resources

Banbridge area





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
- 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
- Pilates for those with knee problems
- Chair based Pilates workout
- Seated exercises for adults with mobility issues
- Managing your bone, joint or muscle pain Chartered Society of Physiotherapy Resources for managing pain and improving quality of life for a range of Musculoskeletal conditions
- 24 instructor-led videos: aerobic. strength, resistance, pilates and yoga

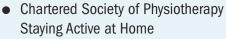


www





Useful online Physical Activity information



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
- Versus Arthritis



Getting support for recovery from COVID-19







