

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.

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

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

Locations

Dromore Community 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.



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



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



Inclusive Cycle Scheme Craigavon Lakes

0330 056 4411



The Conservation Volunteers

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



Move More Macmillan

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



Disability Sport NI

Information and contacts



Walks

Walks for all abilities



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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 
- Improve strength & balance exercises for beginners 
- Strength & balance for older adults who want to stay active 
- Home workout videos 

Useful online Physical Activity information

- Chartered Society of Physiotherapy 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
- Versus Arthritis 

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
- NHS Fitness Studio exercise videos 
24 instructor-led videos: aerobic, strength, resistance, pilates and yoga

Getting support for recovery from COVID-19



Apps for Healthcare

