



Jan-July 2026

Physical Activity Programmes

These programmes are a good starting point if you want to be more active. They are run by HSE Health Promotion staff or by trusted community organisations and partners

Cork City North



Get Active for your Wellbeing Webinar

When: 29th Jan 7-7.45pm Online
Contact: hpd.south@hse.ie phone: 021 4921641

Learn about:
• National Physical Activity Guidelines;
• benefits to being active;
• various opportunities available to get active ;
• and how to set yourself realistic physical activity goals



Be Active Be Well

A programme to support people to become more physically active. The programme explores your motivation to change and looks at why becoming more physically active is important. The course involves some practical exercises but is not an exercise programme.

Eligibility: Any adult who is currently not physically active or has low levels of physical activity and would like to become more active.
Date & Location: Mallow Thursdays Feb 26th 7-9pm
Contact details: hpd.south@hse.ie phone: 021 4921641
Cost: Free



Start to Move

An 8 week programme for adults with low physical activity levels, or who are overweight or inactive. The weekly sessions comprise of a wide range of exercise activities, equipping participants with the tools to be able to manage their weight and increase physical activity levels in a healthy and safe manner

Eligibility: Suitable for adults who are overweight, inactive or have low physical activity levels
Location: Gurrabraher Parochial Hall
Date: Starting Monday 2nd Feb
Time: 1pm
Cost: €53
Contact details: Telephone booking: 086-1276863



Better Balance: Staying Fit for the Future

A 10-week physical activity programme, 1 hr per week, for adults and older adults to improve strength & balance, range of movement, flexibility, bone strength, muscle power & falls prevention.

Eligibility: Suitable for adults who walk unaided & want to stay strong on their feet. Not suitable for those who have fallen in the past 12 months.

Dates and Locations - Terms start in week 19th January & again in April & September.
• Gurrabraher Thursday 12:30pm
• Whitechurch, 11am, Fridays
• Blarney Friday 2:00 pm
• Glanmire Fri 9:30am and 10:30am
Contact details: 021-4347096
Register online & see up to date availability
Cost: €63.60



MoveWell

A Low-intensity strength based exercise class for patients living with chronic diseases; Type II Diabetes, Asthma, COPD & CVD. It is a 1 hour class. Ongoing, every week.

Eligibility: People with Type II Diabetes, Asthma, COPD & CVD. You need to be able to exercise independently without the use of a mobility aid.

Location: LeisureWorld Churchfield
Dates: Wednesdays 11.30am
New locations coming in March:
• Mardyke Arena, Cork City

Book your place now!
Contact details: hpd.south@hse.ie phone: 021 4921641
Cost: 1st class is FREE; then €9 per class



Siel Bleu at Home: Online classes

Live online exercise classes to increase independence, strength, mobility & coordination. 11 classes every week. The classes are live via a Zoom with an expert trainer coaching & correcting as you go.
Eligibility: The classes are targeted for Older adults, but anyone is welcome to join, so those who are physically inactive may find this a useful place to start.

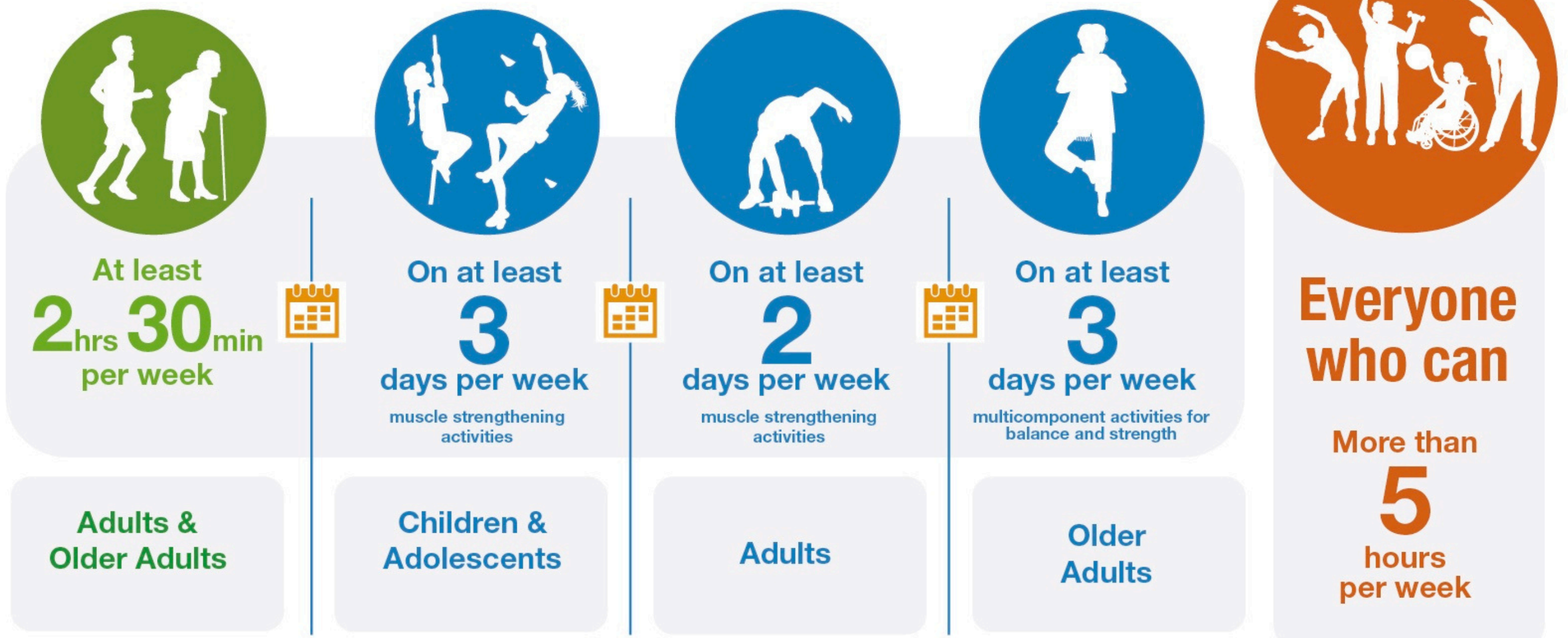
Dates: 11 live classes every week
Location: Online
Contact details: email: Info@sielbleu or call 01 209 6889 or visit: www.sielbleu.ie
Cost: €18 per month



If you have any queries about any of the programmes or would like **more information** about physical activity please contact us at: hpd.south@hse.ie or call 021 4921641



Physical Activity Guidelines



Benefits of being Active

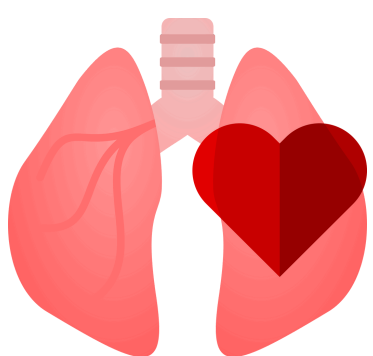
Regular physical activity is very good for your health. There is strong evidence that being active at a moderate or vigorous level helps children, teenagers, adults, and older adults – including people living with a disability – to stay healthy and feel better.



- Lowers the risk of depression and anxiety
- Lifts your mood
- Reduces stress
- Boosts confidence



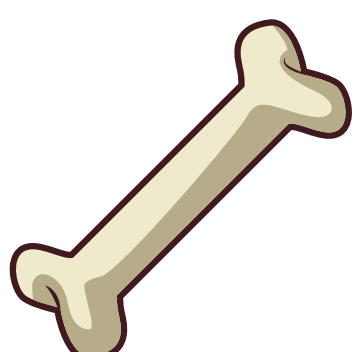
- Helps you sleep better



- Strengthens your heart and lungs
- Lowers the risk of heart disease, stroke, and diabetes
- Supports people living with long-term illness



- Lowers the risk of some cancers, including breast and bowel



- Strengthens bones

How physically active are you?

Question 1

In the last 7 days, on how many days did you do 30 minutes or more of physical activity?

This could include walking, cycling, gardening, or playing sport – anything that made you feel warm and breathe faster.

Answer: _____

If you answered **0–4 days**, please go to **Question 2**.

If you answered **5–7 days**, well done! Keep it up!

Question 2

If you were active for 4 days or less, did your activity add up to about 2½ hours (150 minutes) in total?

Yes No

If you answered **Yes**, well done! You are meeting the weekly physical activity guidelines.

You might still enjoy some of the courses listed on the other side of this sheet to help you stay active.

If you answered **No**, you are not yet meeting the weekly physical activity guidelines.

Being active has many health benefits. You can become more active by joining one of the programmes listed on the other side of this sheet.