

Physical activity

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Get physically active

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[Find out more about physical activity on NI Direct](#)

Physical activity guidelines

- [Physical activity | nidirect](#)
- [Exercise - NHS](#)
- [UK CMO Physical Activity Guideline Infographics](#)

NHS Physical Activity Advice

- [Physical activity guidelines for children \(under 5 years\) - NHS](#)
- [Physical activity guidelines for children and young people - NHS](#)
- [Physical activity guidelines for adults aged 19 to 64 - NHS](#)
- [Physical activity guidelines for older adults - NHS](#)

Choose to Live Better - Physical Activity Advice

- [Getting active | Choose to Live Better](#)
- [Welcome to a better you | Choose to Live Better](#)

PHA Physical Activity Advice

- [Healthy choices. Choose wisely: advice for parents | HSC Public Health Agency](#)
- [Active fun for everyone: improving activity in children and young people with physical disabilities | HSC Public Health Agency](#)
- [Your activity record sheet | HSC Public Health Agency](#)
- [Step by Step | HSC Public Health Agency](#)
- [Take the next step | HSC Public Health Agency](#)
- [Walking for Health | HSC Public Health Agency](#)
- [PHA - Physical Activity Referral Scheme](#)
- [Ageing well by being active every day | HSC Public Health Agency](#)
- [Ageing well: a 10 minute guide | HSC Public Health Agency](#)
- [PHA - Physical Activity Referral Scheme](#)
- [Promoting healthier food and drink - A good practice guide for physical activity leaders and sports coaches | HSC Public Health Agency](#)

Recommended external links

- [Outdoor trails and venues in Northern Ireland](#)
- [Disability Sport NI |](#)
- [Active Living |No Limits](#)
- [Get Active | Sport NI](#)
- [Local councils in Northern Ireland | nidirect](#)
- [Move More, Live Better | Department for Communities](#)
- [Play Activities – PlayBoard NI](#)
- [Outdoor trails and venues in Northern Ireland](#)
- [Disability Sport NI |](#)
- [Move with Mary](#)
- [Healthy weight | nidirect](#)
- <https://www.nhs.uk/better-health/lose-weight/>
- [Tips to help you lose weight - NHS](#)

Last reviewed
05 October 2026