



Keeping Active – people with disabilities

The Keep Well campaign is encouraging people to mind their physical and mental health and wellbeing by adding healthy habits to their routines.

It is important that people with disabilities are active and get the recommended 30 minutes of moderate physical activity five days a week in order to help maintain and improve their mental and physical health.

Cara is a national pan-disability sport organisation providing a collaborative and partnership platform to increase sport and physical activity opportunities for people with disabilities across Ireland and have created a host of resources to keep everyone active from home.

Click [here](#) to access various home exercise circuits and other activities for people with disabilities