



Keeping Active – post natal Keep Well activities

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

As part of the Keep Well campaign, Sport Ireland has produced senior strength Keep Well videos for people over 70 years of age

Led by expert trainer Paul Oppermann, this 6-part will guide you through exercises that are designed to give you confidence in your everyday activities. No equipment is needed and you can start from the comfort of your own chair

The sessions can be done as week by week progressions or standalone sessions. You can do the exercises in your own space and at your own pace, by pausing and restarting the videos at a pace that works for you

Click [here](#) to access the videos