



# Physical activity – further information and advice

## General Sport

[Sport England](#)

[Sport Northern Ireland](#)

[Sport Scotland](#)

[Sports Council for Wales](#)

[County sports partnership network](#)

## Walking

[Sustrans](#)

[National Trails](#)

[Paths to Health \(Scotland\)](#)

[Walk Northern Ireland](#)

## Cycling

[BikeBudi](#)

[British Cycling](#)

[Cycling Scotland](#)

[Sustrans](#)

## Running

[NHS Couch to 5k](#)

[The running bug](#)

[Runners world](#)

**FIGHT  
FOR EVERY  
HEARTBEAT**

[bhf.org.uk](http://bhf.org.uk)

The British Heart Foundation neither endorses nor guarantees the suitability of any organisation.

Individuals should contact their doctor for specific advice on any medical problems.