

Fitness

Programs and services that provide opportunities for physical activity.

Links

SPiRiT Club: Fitness for All

Source

[SPiRiT Club: Fitness for All](#)

Article

How to Stay Healthy as Summer Temps Rise

Heat waves are dangerous to everyone, but they pose an even greater risk to older adults.

Source

[AARP](#)

Article

Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather.

Source

[Food and Drug Administration](#)

Links

Be Safe in the Sun

Source

[Be Safe in the Sun](#)

Links

Kakana: Adaptive Fitness and Accessible Workouts

Source

[Kakana: Adaptive Fitness and Accessible Workouts](#)

Article

Stay Active with a Disability: Quick Tips

Regular physical activity is good for everyone's health, including people with disabilities.

Source

[Office of Disease Prevention and Health Promotion](#)

Article

Four Types of Exercise Can Improve Your Health and Physical Ability

Four types of exercise can improve your health - endurance, strength, balance, and flexibility.

Source

[National Institute on Aging](#)

Apps

SilverSneakers GO

SilverSneakers GO makes it easy for you to get fit, stay active, and develop healthy exercise habits while connecting with other fitness enthusiasts.

Source

[SilverSneakers GO](#)

Article

Maintain Your Muscle: Strength Training at Any Age

Strength training is important to maintaining good health at any age.

Source

[National Institutes of Health](#)

Article

Making Fitness Accessible for Everyone

Explore accessible fitness programs across Virginia!

Source

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