

## **How to Stay Physically Active [Aging Well with a Physical Disability Factsheet Series]**

The University of Washington's Healthy Aging RRTC (Rehabilitation Research and Training Center) has developed an evidence-based Factsheet Series on a variety of topics related to aging well with a physical disability. [How to Stay Physically Active](#) explores the benefits of exercise, setting exercise goals, and types of exercise.

### Article Source

University of Washington's Healthy Aging Rehabilitation Research and Training Center

### Source URL

<http://agerrtc.washington.edu>

### Last Reviewed

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