

Explore Health Topics

[Health Care Settings and Providers](#)

[Healthy Living and Prevention](#)

[Disabilities and Health Conditions](#)

[Fitness and Recreation](#)

Explore Health Resources

Articles

[Adaptive Sports: Staying Active While Living With A Disability](#)

Staying active while living with disabilities is important for your health. Physical activity can help you strengthen your heart, muscles, and bones and improve coordination. It also can help you feel better about yourself. There are many adaptive sports and recreation programs that can be enjoyed for health, wellness, leisure, social, and competition benefits.

Source

[ChoosePT.com](#)

Recent Health Articles

Recent Health Articles

Article

[10 Tips For Finding The Right Home Care Agency](#)

If you are pursuing home care options for your family, explore these 10 valuable tips for making informed decisions when it comes to finding the perfect home care agency for your loved ones.

Source

[Today's Caregiver](#)

Article

How to Prevent Cancer or Find It Early

You can lower your risk of getting many common kinds of cancer by making healthy choices.

Source

[Centers for Disease Control \(CDC\)](#)

Article

Mindfulness training can boost heart-healthy eating

Meditation and other mindfulness training could help people stick to a healthy eating plan.

Source

[National Institutes of Health](#)

Article

The Dental / Kidney Disease Connection

Good dental care is important for everyone, but especially for people with kidney disease. What might be a minor infection for a healthy person could be a major problem for someone with kidney disease.

Source

[National Kidney Foundation](#)

Article

How to Interact with Someone Who Has a Disability

Learn appropriate ways to interacting with someone who has a disability and how to help them if needed.

Source

[Sheltering Arms](#)

Physical Activity Boosts Brain Health

Regular physical activity is good for your overall health and your brain health. Physical activity can help you think, learn, problem-solve, and enjoy an emotional balance. It can improve memory and reduce anxiety or depression.

Source

[Centers for Disease Control \(CDC\)](#)

More for You

Features

- [Ask an Expert](#)

Staying Connected

- [Centers for Disease Control and Prevention](#)
- [Disability and Health Promotion](#)
- [National Center on Health, Physical Activity, and Disability \(NCHPAD\)](#)

[View PDF](#)