

Aquatics

Water aerobics, water therapies and other swimming pool programs.

Links

Mayo Clinic: Staying Motivated to Exercise

Source

[Mayo Clinic: Staying Motivated to Exercise](#)

Links

President's Council on Sports, Fitness & Nutrition

Source

[President's Council on Sports, Fitness & Nutrition](#)

Article

Age in Action: The Necessity of Leisure and Physical Activity

Learn more about the value and benefit of physical and leisure activity across the lifespan for individuals of all abilities in this Age in Action newsletter.

Source

[Virginia Center on Aging](#)

Article

Physical Activity for a Healthy Weight

Help manage your weight with physical activity. Learn more about why physical activity is important for longevity and disease prevention.

Source

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

Article

Exercise: The Magic Potion

If you are having problems sleeping, staying focused, or not having a lot of energy, daily exercising can make a change in your life.

Source

[Carilion Clinic](#)

Showing 1-5 of 5 Results