

Therapeutic Recreation

Programs that provide opportunities to enjoy recreational activities and sports in an adaptive environment.

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](#)

Article

Virginia State Parks Accessibility

Virginia State Parks strive to make each park as barrier-free as possible for the convenience of those with limited mobility.

Source

[Department of Conservation and Recreation](#)

Article

Stay Active with a Disability: Quick Tips

Regular physical activity is good for everyone's health, including people with disabilities. Getting active can strengthen your heart, build strong muscles, lower stress and boost your mood.

Source

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

Article

Tips for Bicyclists and Pedestrians

It's vital for bicyclists and pedestrians to take proactive steps to stay safe.

Source

[U.S. Department of Transportation](#)

Article

Making Fitness Accessible for Everyone

Explore accessible fitness programs across Virginia!

Source

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Links

Inclusive Racing

Source

[Inclusive Racing](#)

Article

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

Regular exercise is essential to maintaining a healthy lifestyle and is recommended for everyone, including older adults with a disability.

Source

[University of Washington's Healthy Aging Rehabilitation Research and Training Center](#)

Links

U.S. Paralympics

Based in Colorado Springs, Colorado, U.S. Paralympics, a division of the nonprofit [United States Olympic Committee](#), is dedicated to becoming the world leader in the Paralympic Movement and promoting excellence in the lives of people with [Paralympic-eligible impairments, including physical disabilities and visual impairments](#).

Source

[U.S. Paralympics](#)

Links

National Ability Center

Source

[National Ability Center](#)

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