

[Fitness and Recreation](#)

Fitness and recreation are important throughout our life and help us maintain good health and improve our overall quality of life. Explore resources for exercise and physical activity, adaptive fitness, fall prevention, and community recreational activities.



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How Extreme Heat Affects the Body After 50

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

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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.

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[Food and Drug Administration](#)

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Be Safe in the Sun

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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.

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[Department of Conservation and Recreation](#)

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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.

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

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CDC: Older Adult Falls

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National Council on Aging (NCOA): Falls Prevention

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Pagination

- [Current page 1](#)
- [Page 2](#)

- [Page 3](#)
- [Page 4](#)
- [Page 5](#)
- [Next page >>](#)
- [Last page Last »](#)

Showing 1-10 of 43 Results