

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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[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.

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National Council on Aging (NCOA): Falls Prevention

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