

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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Internet Archive: Free Books, Movies, Software, Music

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Article

How to Stay Healthy as Summer Temps Rise

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

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[AARP](#)

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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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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.

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[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.

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

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CDC: Older Adult Falls

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[CDC: Older Adult Falls](#)

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National Council on Aging (NCOA): Falls Prevention

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[National Council on Aging \(NCOA\): Falls Prevention](#)

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