

Fitness

Programs and services that provide opportunities for physical activity.

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.

Source

[AARP](#)

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

Making Fitness Accessible for Everyone

Explore accessible fitness programs across Virginia!

Source

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Article

Brain Fitness Activities and Tips

Brain fitness is vital throughout your lifetime to stay mentally sharp and help improve the functioning of the brain. These practical tips from brainHQ can guide you toward a sharper memory and brain re-engagement.

Source

[Posit Science](#)

Links

RecycleHealth

RecycleHealth is a charity that collects trackers from individuals, organizations, and businesses and provides them to children and adults in underserved areas.

Resources have been provided to veterans, individuals with disabilities, and children to help promote healthy behaviors.

Source

[RecycleHealth](#)

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

Move United

Disabled Sports USA's mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs.

Source

[Move United](#)

Article

Adaptive Sports: Staying Active While Living With A Disability

Staying active while living with disabilities is important for your health. Physical activity can help you strengthen your heart, muscles, and bones and improve coordination. It also can help you feel better about yourself. There are many adaptive sports and recreation programs that can be enjoyed for health, wellness, leisure, social, and competition benefits.

Source

[ChoosePT.com](#)

Article

How Team RWB Helped

For groups like **Team Red, White & Blue**, the whole point is to bring veterans and the civilian community together. If you didn't serve, we're here to serve, they say.

Source

[We Are The Mighty](#)

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