

Sports and Recreation

Engaging in physical activity, sports, and recreation activities can improve your health, enhance your quality of life, and provide opportunities for engaging with your community. Explore sports and recreation programs and resources for you and your family.

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Article

Veterans, Gold Star Families get free lifetime pass to national parks, wildlife refuges, other public lands

New pass provides Veterans and Gold Star families with a free lifetime pass to national parks, wildlife refuges, other public lands.

Source

[U.S. Department of Veterans Affairs](#)

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

Enhance Your Well-Being with the Veterans Wellness Toolkit

The Veterans Wellness Guide provides strategies and activities that Veterans can use at home to improve their well-being.

Source

[VAntage Point: Official Blog of the U.S. Department of Veterans Affairs](#)

Article

Veterans Yoga Project offers daily resources to support recovery and well-being

The Veterans Yoga Project partners with community organizations to offer yoga classes.

Source

[VAntage Point: Official Blog of the U.S. Department of Veterans Affairs](#)

Article

Sun Safety Facts

Some ways to stay sun-safe outdoors include wearing sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes, and wearing a long-sleeved shirt and pants or a long skirt for additional protection when possible.

Source

[Centers for Disease Control \(CDC\)](#)

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

[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](#)

Links

[Sportable](#)

Source

[Sportable](#)

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[Gathering of Mountain Eagles](#)

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[Gathering of Mountain Eagles](#)

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