

Water aerobics, water therapies and other swimming pool programs.

Links

## **Mayo Clinic: Staying Motivated to Exercise**

Source

[Mayo Clinic: Staying Motivated to Exercise](#)

Links

## **United States Masters Swimming**

Source

[United States Masters Swimming](#)

Links

## **President's Council on Sports, Fitness & Nutrition**

Source

[President's Council on Sports, Fitness & Nutrition](#)

Article

## **Age in Action: The Necessity of Leisure and Physical Activity**

Learn more about the value and benefit of physical and leisure activity across the lifespan for individuals of all abilities in this Age in Action newsletter.

Source

[Virginia Center on Aging](#)

Article

## **Physical Activity for a Healthy Weight**

Help manage your weight with physical activity. Learn more about why physical activity is important for longevity and disease prevention.

Source

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

Article

## **Exercise: The Magic Potion**

If you are having problems sleeping, staying focused, or not having a lot of energy, daily exercising can make a change in your life.

Source

[Carillon Clinic](#)

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