

## **Fitness**

Programs and services that provide opportunities for physical activity.

Links

### **SPIRIT Club: Fitness for All**

Source

[SPIRIT Club: Fitness for All](#)

Article

### **NIH Research Matters: Leisure activities may improve longevity for older adults**

NIH Research results highlight the importance of finding ways to stay active that are enjoyable and can be sustained over time.

Source

[National Institutes of Health](#)

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](#)

Links

## **Senior Planet: Live Virtual Classes from AARP**

Source

[Senior Planet: Live Virtual Classes from AARP](#)

Article

## **Four Types of Exercise Can Improve Your Health and Physical Ability**

Four types of exercise can improve your health - endurance, strength, balance, and flexibility.

Source

[National Institute on Aging](#)

Apps

## **SilverSneakers GO**

SilverSneakers GO makes it easy for you to get fit, stay active, and develop healthy exercise habits while connecting with other fitness enthusiasts.

Source

[SilverSneakers GO](#)

Article

## **Maintain Your Muscle: Strength Training at Any Age**

Strength training is important to maintaining good health at any age.

Source

[National Institutes of Health](#)

Article

## **Making Fitness Accessible for Everyone**

Explore accessible fitness programs across Virginia!

Source

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