

## **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 Extreme Heat Affects the Body After 50](#)**

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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