

# Moving for Better Health Resources List

---

## YMCA's

- **Alexandria YMCA:** <https://www.ymcadc.org/locations/ymca-alexandria/>
- **Arlington YMCA:** <https://www.ymcadc.org/locations/ymca-arlington/>
- **Fairfax County YMCA:** <https://www.ymcadc.org/locations/ymca-fairfax-county-reston/>
- **Loudoun YMCA:** <https://www.ymcadc.org/locations/ymca-loudoun-county-program-center/>
- **Prince William YMCA:** <https://www.asymca.org/>

## Parks and Recreation

- **Alexandria City:** <https://www.alexandriava.gov/Recreation>
- **Arlington:** <https://www.arlingtonva.us/Government/Departments/Parks-Recreation>
- **Fairfax City:** <https://www.fairfaxva.gov/government/parks-recreation/programs-and-classes/classes-and-programs>
- **Fairfax County:** <https://www.fairfaxcounty.gov/parks/reccenter>
- **Loudoun County:** <https://www.loudoun.gov/2448/Activity-Guide>
- **Prince William County:** <https://www.pwcva.gov/department/parks-recreation-tourism>
- **Virginia State Parks:** <https://www.dcr.virginia.gov/state-parks/>

## Additional Region 2 Resources

- **The Arc:** <https://www.nchpad.org/351/2037/Exercise~Video~List>
- **The Arc of Greater Prince William:** <https://arcgpw.org/recreational-services/>
- **Arlington- Virginia Hospital Center:** <https://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults>
- **Fairfax County Virtual Center for Active Adults:** <https://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults>
- **The Arc Loudoun:** <https://www.thearcofloudoun.org/ability-fitness-center/>
- **STEADI Program:** <https://www.cdc.gov/steady/index.html>
- **Northern Virginia Falls Prevention:** <https://www.novafallsprevention.com/>
- **Walk with Ease:** [Walk With Ease: About the Program \(arthritis.org\)](https://www.arthritis.org/walk-with-ease/)
- **SAIL Program:** <https://www.novafallsprevention.com/the-sail-program>

## Empowerment 3 (E3)

- **Website:** <https://empowerment3.jmu.edu/>
- **Phone:** 540-568-4877
- **Email:** [overcomingbarriers@jmu.edu](mailto:overcomingbarriers@jmu.edu)
- **Virtual Program Options through Ability First:**
  - **Link:** <https://www.cognitofrms.com/OvercomingBarriers1/Empowerment3WinterSpring2022Registration>
  - **Website:** <https://empowerment3.jmu.edu/index.html>
  - **Exercise Buddy:** <https://exerciseconnection.com/exercise-buddy-app/>
  - **THRIVE Wellness:** <https://inclusivewellness.org/thrive>
  - **Activity Pack:** <https://drive.google.com/file/d/1M2rhkbDH2DPZAE6n5sCtWotL3n6vluKa/view>