

Resources and References Handout
Optimizing Physical Activity in Older Adults

Hyperlinks

<https://www.acl.gov/programs/strengthening-aging-and-disability-networks/aging-and-disability-evidence-based-programs>

Accessed June 28, 2017

http://www.cdc.gov/physicalactivity/basics/older_adults

Accessed June 28, 2017

<http://everybodywalk.org/>

Accessed June 28, 2017

<http://exerciseismedicine.org/>

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http://www.exerciseismedicine.org/assets/page_documents/Complete%20HCP%20Action%20Guide.pdf

Accessed June 28, 2017

<http://www.FitandStrong.org>

Accessed June 28, 2017

<https://go4life.nia.nih.gov/>

Accessed June 28, 2017

<https://rtips.cancer.gov/rtips/index.do>

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<http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/index.html>

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