Be #Fit4Function with Go4Life®

Exercise and be active every day so you can keep doing what’s most important to you.

Practice all 4 types of exercise for the most benefits.

**Endurance**
So you can
- climb steps
- dance the night away

**Strength**
So you can
- lift groceries
- carry grandchildren
Balance

So you can prevent falls and related injuries

TIP: Use a chair or the wall for support.

Flexibility

So you can drive get dressed

drive get dressed

Visit go4life.nia.nih.gov and be #Fit4Function.

Get exercise ideas, motivational tips, and more from Go4Life®, an exercise and physical activity campaign for older adults from the National Institute on Aging at NIH.