

# Be #Fit4Function with *Go4Life*<sup>®</sup>

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

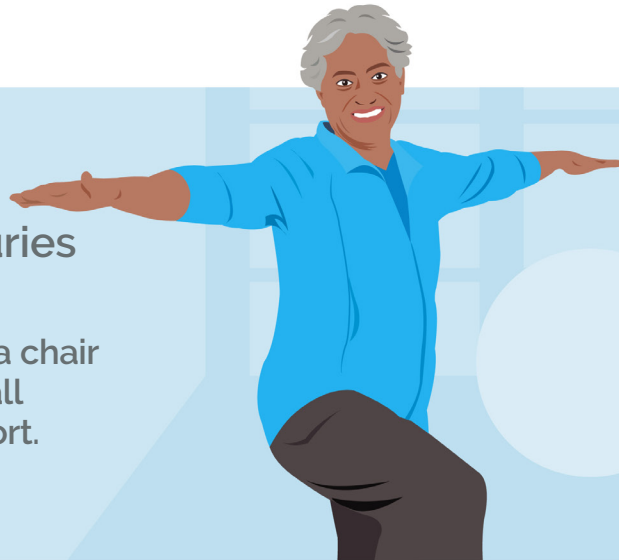


## Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



## Flexibility

So you can



drive



get dressed



Visit [go4life.nia.nih.gov](http://go4life.nia.nih.gov) and be #Fit4Function.

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

**Go4Life**<sup>®</sup>