Go4Life®

Everyday Fitness Ideas from the National Institute on Aging at NIH
www.nia.nih.gov/Go4Life

Real-Life Benefits of Exercise and Physical Activity

Endurance activities help you:

- Keep up with your grandchildren during a trip to the park.
- Dance to your favorite songs at the next family wedding.
- Rake the yard and bag up the leaves.

Strength training will make it easier to:

- Lift your carry-on bag into the overhead bin of the airplane.
- Carry groceries in from the car.
- Pick up bags of mulch.

Balance exercises help you:

- Turn around quickly when you're on a walk and hear a bicycle bell behind you.
- Walk along a cobblestone path without losing your balance.
- Stand on tiptoe to reach something on a top shelf.

Flexibility exercises make it easier to:

- Bend down to tie your shoes.
- Look over your shoulder as you're backing out of the driveway.
- Stretch to clean hard to reach areas of the house.

Quick Tip

Regularly including all 4 types of exercise will give you a wide range of real-life benefits.

VISIT
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- **Read more about the 4 types of exercise.**
- **Print useful tools.**
- **Order a free exercise guide or DVD.**
- **Share your exercise story.**

"Strength training makes my everyday tasks so much easier!"
— June, age 65

National Institute on Aging
National Institutes of Health
U.S. Department of Health & Human Services
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