



Be Active Every Day!

Go4Life® is an exercise and physical activity campaign from the National Institute on Aging at NIH for people 50-plus. It is designed to help them fit exercise and physical activity into daily life.

Go4Life® is based on research which shows that exercise can help prevent many of the chronic conditions and disability linked with aging. Despite the benefits of exercise for people of all ages, U.S. adults tend to become less active as they age. *Go4Life*® provides an interactive website at <https://go4life.nia.nih.gov> to help older adults increase their physical activity. This includes sample exercises, success stories, and free materials to motivate them to improve their health and achieve a better quality of life. *Go4Life*® also works with local and national groups to provide an environment that supports these efforts.

“It’s never too late for exercise to have a positive effect on your health,” said NIA Director Richard J. Hodes, M.D. “We know that exercise can reduce the risk of heart disease, obesity, stroke, diabetes and other chronic conditions. One recent study found that even sedentary people in their 70s and 80s improved mobility and reduced the risk of disability through a regular program of structured physical activity.”

“The establishment of *Go4Life*® Month will help draw attention to the critical importance of exercise with age and the resources that we can provide to support adults who want to do more,” Hodes said.

At <https://go4life.nia.nih.gov/event-list>, find out about activities planned for *Go4Life*® Month.

For more information on healthy aging, access www.nia.nih.gov.