

# September is **Go4Life**® Month!

Challenge yourself to **Move More with Go4Life!**

Do a little more.

Work out a little harder.

Do all 4 types of exercise. Try 1 type per week.

## Week One



 ENDURANCE

- Organize a mall walk.
- Add 5 minutes to a walk you typically take.

## Week Two



 STRENGTH

- Add more reps to your resistance exercise.
- Work out to the **Go4Life**® strength videos.\*

## Week Three



 BALANCE

- Try the heel-to-toe walk.
- Work out to the **Go4Life**® balance video.\*

## Week Four



 FLEXIBILITY

- Do ankle stretches.
- Work out to the **Go4Life**® flexibility video.\*

To see **Go4Life**® Month exercises and activity ideas and to download or order free **Go4Life**® print materials, visit the **Go4Life**® website at [www.go4life.nia.nih.gov](http://www.go4life.nia.nih.gov).

\***Go4Life**® workout videos are available on **You Tube**.

**Go4Life**® is an evidence-based exercise and physical activity campaign for older adults from the National Institute on Aging at the National Institutes of Health.