



Introducing [Go4Life](#), the new exercise and physical activity campaign from the National Institute on Aging!

You may be interested in the latest resource from NIA. *Go4Life* aims to motivate people 50+ to incorporate exercise and physical activity into their daily lives. In addition to our popular, free print materials on exercise and physical activity, *Go4Life* offers a variety of online evidence-based resources for older people, family members, health professionals, and organizations, in one convenient location — www.nia.nih.gov/Go4Life.

We invite you to fully explore the interactive *Go4Life* website, which includes:

- facts about the health benefits of exercise for older adults
- sample exercises with video demonstrations
- [My Go4Life](#), an interactive tool for setting personal exercise goals and tracking progress
- motivational tips
- personal success stories
- free resources for organizations and health professionals
- and much more!

Use www.nia.nih.gov/NewsAndEvents/EmailAlerts.htm to sign up to receive regular fitness news from the National Institute on Aging.

We encourage you to share this exciting new campaign and the *Go4Life* website with family, friends, colleagues, and others. Please help us spread the word about the importance of exercise and physical activity to good health with age.

Go4Life is a trademark of the U.S. Department of Health and Human Services.

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