

Go4Life Activity Ideas

Looking for programming ideas to motivate older adults to be more physically active? Go4Life can help.

We've created a list of sample activities to do in your senior center, fitness center, worksite health and wellness center, retirement and continuing care community, faith-based organization, neighborhood health clinic, or other organization.

Give these activities a try, and let us know how you Go4Life in your community.

- Hold a **Go4Life**-themed event where people can try different forms of exercise, such as dance, strength training, chair exercises, or yoga.
- Coordinate a group exercise class based on **Go4Life** sample exercises.
- Sponsor a health fair, and include **Go4Life** materials.
- Map out a walking trail nearby and start a lunchtime walking group.
- Hold a wellness program, and include **Go4Life** materials.
- Sponsor an exercise challenge, and offer **Go4Life** materials as rewards.
- Invite a local health expert to talk about the benefits of exercise, and use **Go4Life** handouts.
- Establish a **Go4Life** exercise break during the day with sample exercises from *Workout to Go* or the **Go4Life** exercise DVD.
- Organize a community walk.
- Show the **Go4Life** exercise DVD in the break room or waiting room.
- Make a **Go4Life** bulletin board to highlight exercise success stories.
- Hang **Go4Life** posters or flyers around your facility.
- Include articles in your organization's newsletter about the health benefits of exercise and the free **Go4Life** resources.
- Link to **Go4Life** on your website.

✔ Quick Tip

Lead by example!
Encourage everyone in your organization to join in making exercise a regular activity.

VISIT www.nia.nih.gov/Go4Life

- Download and print **Go4Life** tip sheets.
- See sample **Go4Life** exercises.
- Share stories from your exercise event.

