

## ONLINE EXERCISE RESOURCES

### National Institute on Aging (NIA) Links:

- Exercise and Physical Activity: <https://www.nia.nih.gov/health/exercise-physical-activity>
- Go4Life Exercise Videos (Strength Training): <https://www.youtube.com/playlist?list=PLmk21KJuZUM6kZzsR2aeT-NXYW2Kkjtxp>
- Go4Life Exercise Videos (Balance Training): [https://www.youtube.com/playlist?list=PLmk21KJuZUM6\\_Gy9jxzF9sTO\\_6u\\_tYCOm](https://www.youtube.com/playlist?list=PLmk21KJuZUM6_Gy9jxzF9sTO_6u_tYCOm)
- Go4Life Exercise Videos (Stretching): <https://www.youtube.com/playlist?list=PLCCD15A44D95DBCDF>

### The Emotional Benefits of Exercise— Feel Good with **Go4Life**®

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:

