

## Real-Life Benefits of Exercise and Physical Activity

### Endurance activities help you:

- Keep up with your grandchildren during a trip to the park.
- Dance to your favorite songs at the next family wedding.
- Rake the yard and bag up the leaves.

### Strength training will make it easier to:

- Lift your carry-on bag into the overhead bin of the airplane.
- Carry groceries in from the car.
- Pick up bags of mulch.

### Balance exercises help you:

- Turn around quickly when you're on a walk and hear a bicycle bell behind you.
- Walk along a cobblestone path without losing your balance.
- Stand on tiptoe to reach something on a top shelf.

### Flexibility exercises make it easier to:

- Bend down to tie your shoes.
- Look over your shoulder as you're backing out of the driveway.
- Stretch to clean hard to reach areas of the house.



### Quick Tip

Regularly including all 4 types of exercise will give you a wide range of real-life benefits.

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more about the 4 types of exercise.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.

“Strength training makes my everyday tasks so much easier!”

— June, age 65



**National Institute on Aging**

National Institutes of Health

U.S. Department of Health & Human Services

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