

Virtual Go4Life Exercise Classes for Older Adults

Go4Life is an exercise campaign for older adults from the **(NIA) National Institute on Aging**. Stay fit and active - work out at home with these **FREE Go4Life** exercise videos!



Exercise Warm up for Older Adults (3:24)

<https://www.youtube.com/watch?v=pWXvrdta5zE&list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8&index=2&t=0s>



4 Flexibility and Cool Down Exercises for Older Adults (11:15)

<https://www.youtube.com/watch?v=kCQ6irSQwYA&list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8&index=3&t=0s>



Learn About Endurance Exercises for Older Adults (2:25)

<https://www.youtube.com/watch?v=RZ6pv6xaW w&list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8&index=4&t=0s>



6 Flexibility Exercises for Older Adults (18:29)

<https://www.youtube.com/watch?v=KcdkySvCRCc&list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8&index=5&t=0s>



3 Balance Exercises for Older Adults (7:51)

<https://www.youtube.com/watch?v=DiXTIBVo1PI&list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8&index=6&t=0s>



4 Lower Body Strength Exercises for Older Adults (10:08)

<https://www.youtube.com/watch?v=TOKxtgKrGCQ&list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8&index=7&t=0s>



6 Upper Body Strength Exercises for Older Adults (14:55)

<https://www.youtube.com/watch?v=pUYxcRvdaI8&list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8&index=8&t=0s>



60-Minute Sample Workout for Older Adults (57:23)

<https://www.youtube.com/watch?v=rkDlpZ3Musw&list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8&index=9&t=0s>



15-minute Sample Workout for Older Adults (15:30)

<https://www.youtube.com/watch?v=Ev6yE55kYGw&list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8&index=10&t=0s>



7 Strength, Balance, and Flexibility Exercises for Older Adults (13:52)

https://www.youtube.com/watch?v=P_GPWLIQVMw&list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8&index=11&t=0s



10-minute Sample Workout for Older Adults (10:06)

<https://www.youtube.com/watch?v=G1lwVhnnkoU&list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8&index=12&t=0s>



20-minute Sample Workout for Older Adults (20:03)

<https://www.youtube.com/watch?v=8E8iCYG16ho&list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8&index=13&t=0s>