

Go4Life Workout Videos | Go4Life | National Institute on Aging

Try these **Go4Life workout** videos to help you fit **exercise** and physical activity into your daily life. These are especially designed for older adults.

10-minute Sample Workout for Older Adults

<https://www.youtube.com/watch?v=G1lwVhnnkoU>

15-minute Sample Workout for Older Adults

<https://www.youtube.com/watch?v=Ev6yE55kYGw>

20-minute Sample Workout for Older Adults

<https://www.youtube.com/watch?v=8E8iCYG16ho>

60-minute Sample Workout for Older Adults

<https://www.youtube.com/watch?v=rkDlpZ3Musw>

3 Balance Exercises for Older Adults (7 min, 50 sec.)

<https://www.youtube.com/watch?v=DiXTIBVo1PI>

7 Strength, Balance, and Flexibility Exercises for Older Adults (13 min., 51 sec.)

https://www.youtube.com/watch?v=P_GPWLIQVMw

Fall Prevention Links

Mayo Clinic: Fall Prevention strategies

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>

National Council on Aging: Fall Prevention Video

<https://www.youtube.com/watch?v=tx3Oc0SIZnl>

Chartered Society of Physiotherapy: Falls and exercise

<https://www.youtube.com/watch?v=n8s-8KtfgFM>

Solano County FP Coalition: Fall Prevention Talk with recorded stories

<https://www.youtube.com/watch?v=R6iOWea00w>

Home Safety Council: Fall Prevention Video home safety advise

https://www.youtube.com/watch?v=6-GxUWlc_IY

Loyola Medicine: Fall Prevention tips video

<https://www.youtube.com/watch?v=i4nHU9tYInY>