

# Go4Life<sup>®</sup>

Fitness News from the National Institute on Aging at NIH



What's an easy way to get up and moving? Walking! It's safe for most people, you can do it pretty much anytime and anywhere, and it's free.

Take a walk this September in celebration of **Go4Life Month** and follow **#Go4LifeMonth** on September 18th as we live-tweet **A Capitol Walk with Go4Life** with the U.S. Surgeon General in Washington, D.C. This event also supports [Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities.](#)

Feeling inspired? Check out these **Go4Life** tip sheets on walking and get moving today!

- [Walking for Your Health](#)
- [Mall Walking](#)
- [Walking Safely in Urban Areas](#)
- [Walking Safely in Rural Areas](#)

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Take the first step! #Walk your way to better health with info from @NIAGo4Life:  
<http://1.usa.gov/1UE74Mc> #Go4LifeMonth



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