

March 27, 2020

Hi Everyone,

One more email before the weekend! I know a number of you come to the Center for the fitness aspect, and perhaps others have a certain fitness routine that's been interrupted by the current situation.

“Go4Life” is an exercise series maintained by the National Institute on Aging. The site offers numerous free exercise videos for people of varied abilities.

If you are looking to get back into a healthy pattern of exercise, or maybe want to begin one, check out their page at the link below.

<https://go4life.nia.nih.gov/workout-videos/>

And of course, as with all physical activity, please be careful. The Center is providing this as a resource and you are undertaking this on your own accord and at your own liability. (Ok, there's the legal stuff, enjoy the videos!)

Thanks,

Frank