

Published on *SeniorNavigator* (<https://seniornavigator.org>)

## **Get Fit for Life: Exercise and Physical Activity for Healthy Aging**

In 2021 the National Institute on Aging published [Get Fit for Life: Exercise and Physical Activity for Healthy Aging](#). This guide can help you learn about the benefits of exercise and physical activity, find out how to get started, reduce your health risks by doing activities safely, and celebrate your progress.