

# VitaMin



## Vital health information in a minute

### Working out for real life

Functional fitness makes it easier to do the things you do every day – like carrying groceries or playing a game of tag with your kids. Functional fitness emphasizes balance, strength, power and flexibility for everyday movements.<sup>1</sup> Here are some basic moves and equipment that can help you get fit for real-life activities.

#### **Stability and balance – Get an edge with exercises that keep you on your toes.**

Functional exercises

- › Exercise ball – large rubber ball, also called a stability ball
- › Tai chi – a form of martial arts
- › Wobble board – board supported by a ball that rocks or wobbles

*Everyday benefits* – Helps you with gardening, stepping onto a curb and walking on stairs or uneven terrain.

#### **Strength – Build muscle and strong bones with strength-training exercises.**

Functional exercises

- › Strength training – using weights or resistance bands
- › Kettlebells – ball-shaped weights with a handle
- › Pilates – low-impact strength exercises that focus on core strength

*Everyday benefits* – Helps you with pushing a shopping cart, lifting packages, washing a car or scrubbing windows.

#### **Source:**

1. Mayo Clinic. "Functional fitness training: Is it right for you?" <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/functional-fitness/art-20047680> (last reviewed/updated Feb. 5, 2014)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



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