



Functional Fitness

Train your body for real life situations.

Why does fitness matter?

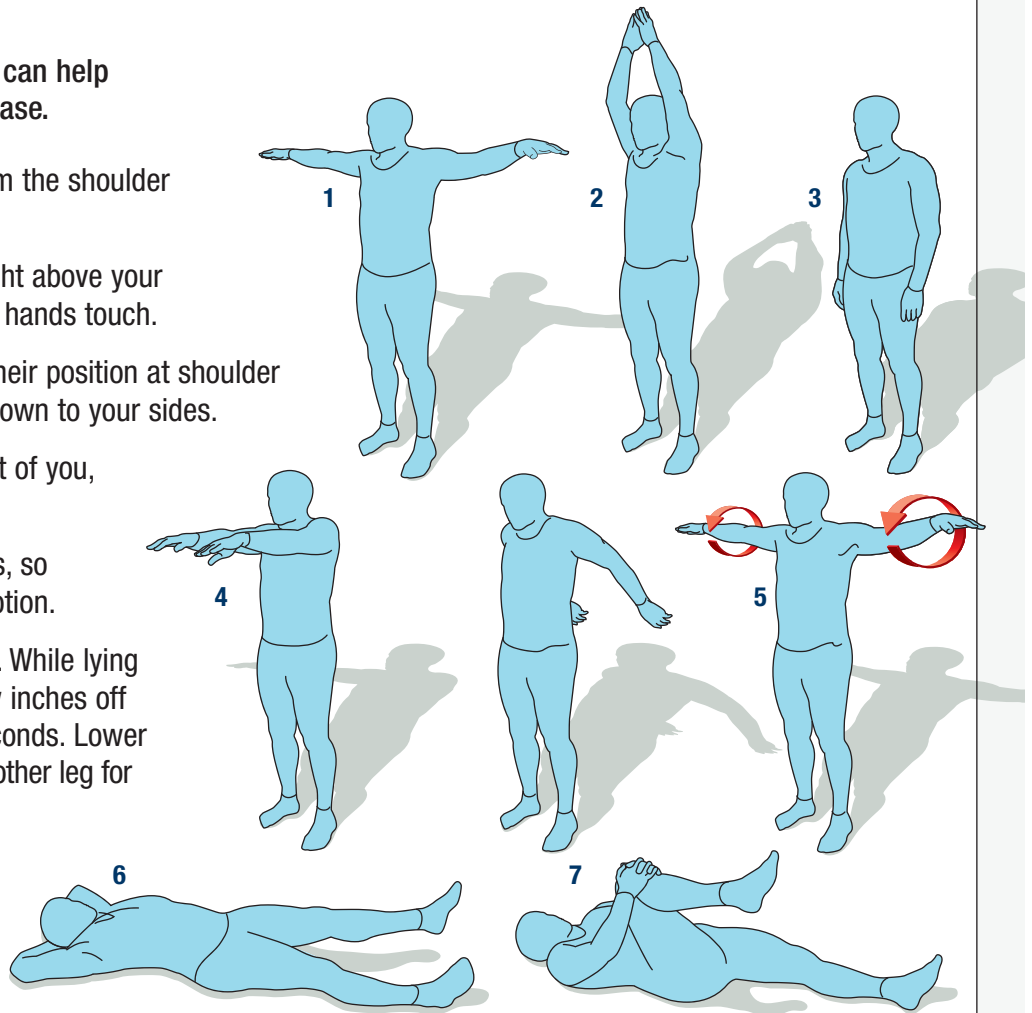
Fitness gives you strength, balance, coordination, and agility. Functional fitness works major muscle groups through a full range of motion so your everyday movements are easier.

How do I get started?

STRETCH

Spending 5–10 minutes stretching can help you make other movements with ease.

1. Reach your arms out straight from the shoulder to your right and left sides.
2. Then slowly pull your arms straight above your head until your fingers from both hands touch.
3. Slowly bring your arms back to their position at shoulder level, and then bring your arms down to your sides.
4. Next, move your arms to the front of you, and then to the back of you.
5. Finally, rotate your arms in circles, so you experience a full range of motion.
6. Take similar steps with your legs. While lying on your back, raise one leg a few inches off the floor and hold it for a few seconds. Lower it, and then raise and hold up the other leg for a few seconds before lowering it.
7. Try hugging one knee and then the other knee. This stretches the leg muscles.



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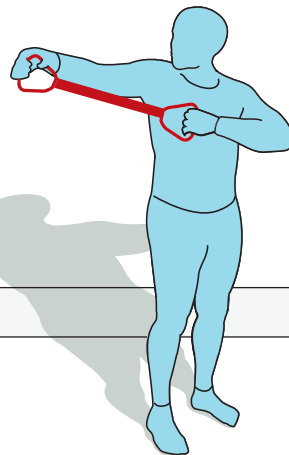
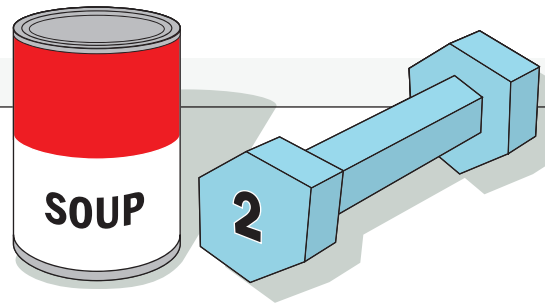
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BUILD STRENGTH

Once stretching is a part of your usual routine, add weights to improve strength. Start small, maybe using cans of soup. Advance to heavier weights when you are ready.

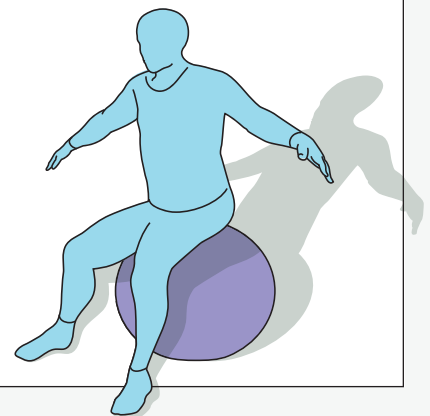
- Keep your weights (or soup cans) within reach of daily activities. You can lift them while talking on the phone or waiting for your coffee to brew.
- While watching TV, grab your resistance band and use it to do a few repetitions.



IMPROVE BALANCE

Balance can help prevent falls and lead to ongoing independence, especially for the older adult.

- Stand behind the back of a kitchen chair, and place both hands on the top of the chair back. Shift your weight to standing on just one foot. Hold that position for a few seconds. Then shift your weight to the other foot. The chair can help you maintain your balance.
- Instead of sitting in front of TV or computer, sit on an exercise ball.



Remember the advantages of being fit — from being able to carry your groceries from the car into the house to dancing at your grandchild's wedding reception. Fitness is all about doing the things you enjoy with ease.



Medicare Part B patients: Call **1-877-231-5199** and mention reference code **ED06500** to order your diabetes testing supplies.
Website: www.PrescriptionSolutions.com/diabetes

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