



Functional Fitness

Train your body for real life situations.

Why does fitness matter?

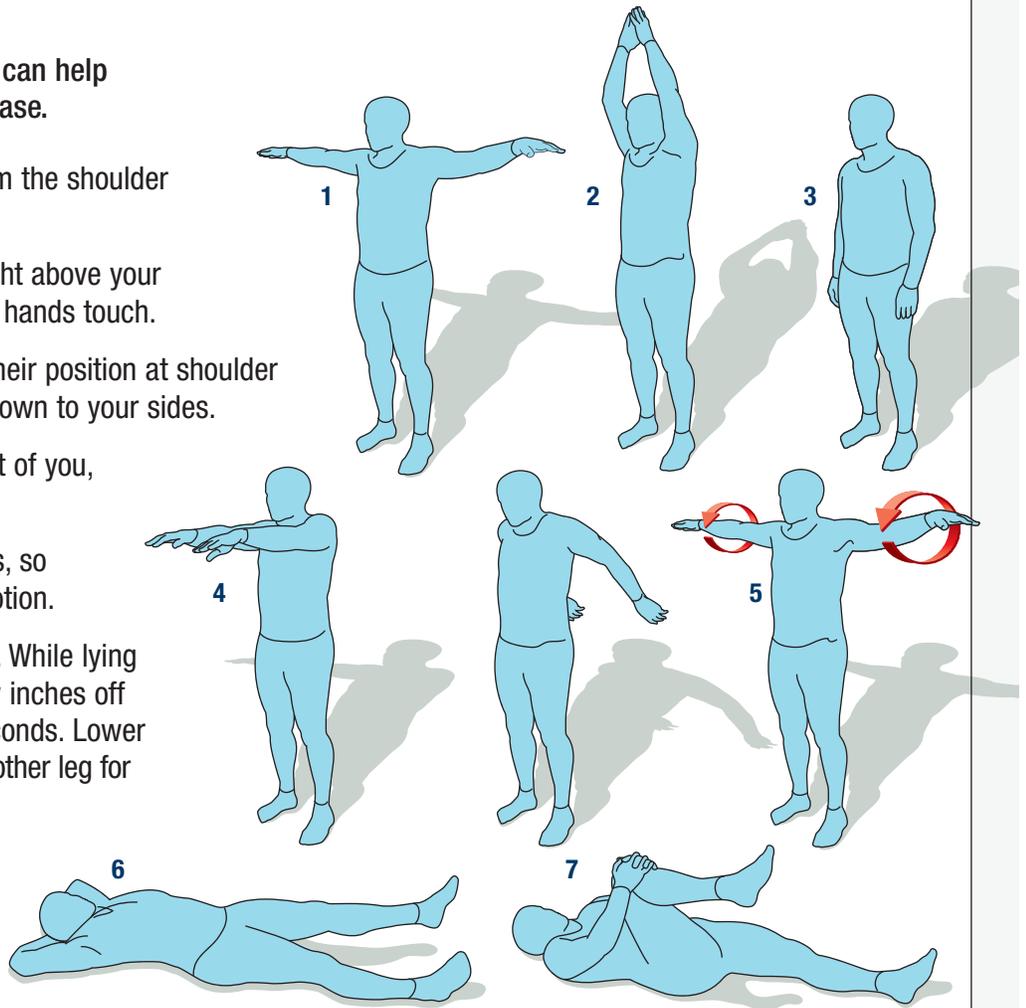
Fitness gives you strength, balance, coordination, and agility. Functional fitness works major muscle groups through a full range of motion so your everyday movements are easier.

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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