

# 2024 Sharp Women's Health Conference

## Building Functional Fitness

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Our fitness begins the moment we wake up and continues until the moment we fall asleep. Functional fitness utilizes movements that mimic patterns of physical activities we perform on a daily basis. These dynamic exercises target multiple muscle groups and joints, and improve overall strength, flexibility, and mobility.

**BED MOBILITY:** rolling, scooting, bridging, sitting up

**HINGING:** bending over the sink for washing, brushing teeth, shaving legs, putting socks and shoes on, washing dishes, lifting laundry, picking things up off the floor

**SQUATTING:** standing from bed, a chair, the toilet, getting into/out of a car

**LUNGING:** stair climbing, getting up and down off the floor, vacuuming

**LIFTING:** childcare, groceries, laundry

**PUSHING:** shopping cart, heavy doors

**PULLING:** opening doors, pulling weeds

To create a home workout, choose any 5-6 functional movements, and perform each one for 1 minute each for the desired total time. Add weight, vary your speed, and change your orientation to gravity to increase the challenge. Extending your arms overhead creates longer levers, which will also increase the level of difficulty. Aim for 5x/week to build strength.

Mindful posture and walking are the most functional exercises you can do for your overall fitness. When you move with purpose and intention, everything becomes functional.