

10 FACTS YOU SHOULD KNOW ABOUT FUNCTIONAL FITNESS

FIGHT OBESITY, DIABETES, DEPRESSION, ETC.

40% of the U.S. is obese and facing a possible diagnosis of a chronic disease including **diabetes**, **depression** and **high blood pressure**. Each of these diseases and many more can be **avoided** with consistent exercise and healthy habits.

IT ONLY TAKES 2-3 DAYS A WEEK

When you prescribe to a functional fitness program your physical capabilities like **balance**, **strength**, **endurance**, coordination and power are greatly improved with just **2-3 days a week** of functional fitness training

IMPROVE YOUR BRAIN HEALTH

Brain health is greatly affected by the amount of **movement** we have in our daily lives and functional fitness programs that include a **wide variety** of movements and activities has been shown to have the most positive impact on our ability to maintain **healthy brain tissue** as well as the healthy activity of our brain cells. Particularly **Neuroplasticity**

POSITIVE RELATIONSHIP WITH FITNESS

Inactivity leads to disease and disease leads to inactivity which could be a disaster if you fail to build a **positive** and healthy **relationship** with fitness before you are forced to!

THE GROUP ACCOUNTABILITY

Group functional fitness activities increases your **enjoyment** of fitness and improves the likelihood you will maintain adherence to a fitness program **long term**!

MOVE BETTER THROUGH LIFE

Functional fitness programs are designed to **improve** how you move throughout your everyday life and **inspire** you to want to move more.

LEARN PROPER MOVEMENT

Using **education based coaching** we teach you proper movement mechanics with efficient, **effective** and **safe** exercises that are personalized to your capabilities.

MAINTAIN YOUR MOBILITY

These programs are focused on keeping your **muscles** and **joints** mobile and strong so you maintain your ability to work on a daily basis and **provide** for yourself and your family, **explore** the earth and **enjoy** all of the activities that are important to you for years to come.

WORKING CONDITIONS

Many working conditions cause us to adopt **unhealthy** physical movement patterns or stay in positions that could lead to **pain**, **injury**, and **disease** if not countered with a healthy and active lifestyle.

MENTAL HEALTH & MOOD

Your mental health and mood are greatly affected by your fitness level and functional fitness programs can improve your **hormone balance**, increase **positive endorphins** and lead to a higher level of **confidence** while performing your day to day activities.

