

Functional Fitness

Prelims - Current events of National and International Importance | Health.

Why in News?

Recently, Functional fitness is gaining attention as a multi-generational approach to health and longevity.

- **Functional exercise** - It teaches our body to work as a whole rather than developing specific parts.
- It is a type of training that focuses on movements that mimic everyday actions
- **Inclusive nature** - It compounds multiple activities, engaging every muscle group and joint while activating both hemispheres of the brain in synergy.
- **Activities** - It is about bending, lifting, twisting, pushing, and pulling in a way that mirrors our everyday actions.
- It is like picking up a child, reaching on a shelf, carrying groceries, or climbing a stairs, so that your muscles, joints, and nervous system remain fluid.
- **One flowing energy system** - It trains the body to build strength, stability, mobility, balance and coordination all working together like a single organism rather than separate parts.
- Unlike workouts that focus on one muscle at a time, functional fitness unites the body into one flowing energy system.
- **Multigenerational exercise** - It can be adopted by every generation. A Teenager can add their speed and resistance.
- Adults can work steadily at moderate intensity, and old people can move gently with support.
- **Outcomes** - It enhances coordination, flexibility, and multidirectional movement.
- It brings agility and confidence that surpasses many traditional training methods.
- **Health benefits** - A 2019 study found that functional training

significantly improved strength and reduced fall risk in older adults.

- 2021 study revealed that multi-joint, functional movements enhance range of motion and overall flexibility

Reference

[The Indian Express| Functional Fitness](#)

