

Strength and Flexibility for Everyday Life

In today's fitness routines a greater emphasis is being placed on 'functional training,' which can be defined as a classification of exercise that involves training the body for the activities performed in daily life. This is an ideal form of exercise because you will feel better doing the day-to-day activities which are part of life's routines. Those of you that have had an injury know this, as an injury can make even the simplest everyday tasks challenging. Even outside of injuries, something as simple as bending over to tie your shoes can become quite painful if you don't incorporate exercise and stretching as part of your daily routine. The current government guidelines call for adults to engage in moderate exercise for a minimum of 2.5 hrs. per week (<http://www.health.gov/PAGuidelines>). So, since you definitely need to exercise, why not do it in the most intelligent way possible, so that it has a functional carry-over to your daily life?

Functional training has its origins in rehabilitation. It started when physical therapists began to develop exercises for people that mimicked what they did at home or work so that they could safely return to their lives and jobs after an injury or surgery. These therapists saw that not only did their patients heal, they also were able to better prevent re-injury from occurring. This concept now is being endorsed by many top trainers as it works to improve overall strength and flexibility, with particular emphasis on the core muscles of the abdomen and lower back. After all, most everybody has or will experience low back pain just due to the unique anatomical structure of our bodies. Functional training involves mainly weight bearing exercises, using equipment like dumbbells and resistance bands as well as your own bodyweight.

A well-designed exercise routine leads to better muscular balance and joint stability. So if you currently have pain or stiffness in the joints, neck, shoulders or back, you'll want to work intelligently with a specific exercise program tailored to your needs.

Our *Spa on Green Street Wellness Program* offers a comprehensive approach towards helping you achieve both your strength and fitness goals. It is customized to meet your needs and provides solutions with individualized exercise programs in pilates, yoga and functional training. Good sound nutrition is emphasized as well, as your body cannot work optimally without sufficient hydration and nutrients. Massage can also be used to help stretch vital connective tissue that allows for greater range of motion in your movements. Give our Wellness Program a try and see for yourself what a carefully planned fitness program can do for you!