

Healthy Habits

Functional Fitness

According to Kaiser Permanente, functional fitness is meant to reduce your chance of injury while doing everyday things and engages many muscle groups at once.

These exercises promote flexibility and help in avoiding injury while doing everyday tasks such as gardening or house cleaning. The best part is these exercises can be done almost anywhere and with little to no equipment.

7 simple functional fitness exercises

1. Squats for your legs, stomach, and lower back.
2. Lunges for your upper legs and glutes.
3. Planks for your core, back, and shoulders.
4. Push-ups for your chest, shoulders, triceps, and core.
5. Pull-ups for your biceps, triceps, forearms, wrists, shoulders, and core.
6. Shoulder presses for your core, shoulders, and back.
Tip: To help prevent injury, try sand-filled weights instead of dumbbells.

7. Stackers for your whole body. Not familiar with stackers? Here's what to do:

Stand with your feet a little more than shoulder's width apart and pretend to hold a basketball straight out in front of you.

Bend at the waist to reach and tap the outside of your left heel.

Then reach back up and across your body to the right, as if you're stacking a box on a shelf right above your shoulder.

As you twist across your body, your left heel may come off the ground as you pivot your hips to the right.

Source: <https://thrive.kaiserpermanente.org/thrive-together/stay-active/7-simple-exercises-you-can-do-at-home>

Tips For Staying Active

Adults need 150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic exercise per week. Kids need to stay active for 60 minutes a day. Are you getting the recommended time of exercise in? The following are some tips on how to get active and stay active:

- Put limits on the time spent using media, which includes TV, social media, and video games.
- Small things can count as exercise when you're starting out — like taking a short bike ride, walking the dog, or raking leaves.
- Set a regular schedule for physical activity.. Time can be broke down into smaller blocks of time like 10 minutes 3 times a day.
- Make being active a part of daily life, like taking the stairs instead of the elevator or bicycle to a friends.
- Make it social. Join a team sport or partner with a friend or family member.
- Make being active fun.



Green Snacks

When we eat the rainbow, we are eating from color groups of fruits and vegetables. These color groups have specific nutritional benefits. Each color holds a variety of important vitamin and nutrient benefits that can prevent disease. Green fruits and vegetables are loaded with important vitamins and minerals like vitamin A, vitamin C, potassium, and folate, as well as phytochemicals and fiber. Including green fruits and veggies in your diet can help:

Reduce the risk of some types of cancer

Maintain strong bones and teeth

Promote vision health

