

# Up your exercise!



World Move for Health day is on the 10th of May. The advantages of physical activity are too numerous to ignore: even half an hour of exercise daily can help you to control your weight, reduce the symptoms of conditions like depression and arthritis, lift your mood and help you relax, increase sleep quality and boost energy, and improve your sex life. It's also fun if you find the exercise that you enjoy.

## Incidental exercise and functional fitness

Exercise is anything that gets your heart rate up, increases your internal temperature, or works a muscle. This means that anything from playing with the kids, splashing around in the sea, washing the car, gardening, walking from your car to your destination, or bounding up the stairs counts as exercise.

Incidental exercise should be an extremely important part of your day, and all of the activities listed above count as incidental exercise: the physical activity that you get by accident during everyday activities in your life and it links directly to functional fitness.

Although the term 'functional fitness' refers to structured exercise, it helps you to perform your everyday tasks with greater ease. Think about lifting a heavy container down from a high shelf, pulling a bundle of wet laundry out of the washing machine, balancing on one leg while stretching to reach something, mowing the lawn, or pushing

open a heavy gate.

## The benefits of functional fitness

In addition to all the benefits of exercise in general, functional fitness training allows you to perform your daily tasks with greater ease and with less chance of injuring yourself. Functional fitness can then be described as training that enables you to handle real-life situations and activities in real-life positions.

Other examples of functional exercises include push ups, running, stairs, swimming, weighted squats, rowing using the ergo machine, and multidirectional lunges.

## Move for health

This Move for Health day, be mindful of all the tasks that you do during the day which require you to have some strength or fitness and aim to improve the fitness of those muscle groups next time you exercise.