

# FUNCTIONAL TRAINING

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- Functional training involves exercises that simulate real-life body movements by working muscles together rather than in isolation (which can result in muscle imbalances and injury).
- Strength, endurance, balance, coordination and flexibility are all improved through functional exercise, which can make every day activities easier and reduce the risk of injury



- **Functional training** is a classification of exercise which involves training the body for the activities performed in daily life.
- Functional training has its origins in rehabilitation
- Physical and Occupational therapists often use this approach to retrain patients with movement disorders

# How Does Functional Exercise Apply to Kids?

- Twice a week kids perform six to eight exercises that work all major muscle groups
- exercise for kids needs to be fun and playful

# kid-friendly activities

## Endurance

- Tag
- Hide and seek

## Strength

- Tug-of-war
- Climbing the monkey bars
- Climbing a rock wall

## Agility

- Red light-green light
- Musical chairs
- Freeze tag
- Giant parachute

## Coordination and Balance

- Red rover
- Jump rope/double Dutch
- Hopscotch



