

FITNESS & FUNCTION

Fitness & Function provides in-home and on-location **personal fitness training, fitness consulting** services, community fitness presentations and programs for improving health, fitness, function and quality of life.

Specializing in fitness for seniors and people with chronic medical conditions and illness.

Fitness & Function is also your source for AHA **First Aid, CPR , AED training**, certification classes, e-Learning skills testing convenient at your place of business, home or other community location.

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Stay Independent
Stay Strong
Stay Balanced
Preventing Falls

Senior and Geriatric Fitness
In-Home and Group Exercise Training



Fitness, Health, Function and Performance; Exercise to Fit Life

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Frailty

Frailty leads to increased risk of falling, developing heart disease, diabetes, dependency and death. **Frailty is not a normal part of aging and is reversible.**



Frailty is the result of inactivity or an illness that caused decreased muscle strength and power this can lead to falls, fracture and traumatic brain injury (TBI), The weaker you get, the weaker you get even more.

Exercise can break this downward cycle and help regain muscle mass, strength and power, improving static and dynamic balance, stability, improves appetite and increases bone strength .

Prevent Falling

Loss of balance, tripping, difficulty walking and general weakness can lead to falling and injury. Falling is not a normal part of aging and is in part caused by inactivity, decreased muscle strength, reduced range of motion in ankle joints and tight muscles. Many seniors successfully prevent falls and recurrent falls by strengthening lower body muscles, static and dynamic balance with a regular targeted exercise and balance drill program.

Exercise Benefits

Research has shown over and over again that resistance exercise, flexibility and cardiovascular exercise together with balance training provides benefits that promote increased muscle mass, muscle strength and power, improved walking ability and balance, exercise improves appetite, sleep and enhances bone density.

The right exercise program promotes functional independence and quality of life.

Fitness & Function provides in-home personalized fitness and functional fitness training as well as group exercise to community locations for older adults with the goal of preventing falls, regaining and maintaining independent living skills.

We work with people with chronic medical conditions and illness helping them manage and help treat medical conditions through physical activity and exercise.

We work with health care providers.

