



Functional Fitness: Look Younger, Stay Active Longer

Paul D'Arezzo

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There are things that only we can do to help us look younger and stay active longer, and to prevent much of the muscle and joint pain, disability, and loss of function commonly associated with aging. Much of looking old (no matter what age you pick for that) has to do with our posture and with how we move or don't move. We are often a little too quick to go to the medicine cabinet, to seek orthopedic surgery, or to simply give up and blame our loss of function on aging. Specifically, what we need to do is to stay strong (our muscles support us), stay flexible, correct and maintain our posture, and stay active. This book changes the way we think about these key areas and provides numerous short exercise menus incorporating over fifty function exercises.

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