

Project Design Phase-2

Functional Requirement

Date	27.10.2022
Team Id	B10-4A6E
Project Name	Project Assistance For Seniors Who Are Self-Reliant

Functional Requirement:-

Functional fitness is a way to help people perform daily tasks with ease. It includes exercises that mimic the movements of daily activities. Walking, squatting, bending, pushing, and pulling are examples. Three key elements of functional fitness for seniors are balance, mobility, and strength. Improving these three aspects of physical fitness helps seniors:

Maintain a healthy body weight

Reduce the risk of falling

Make activities of daily living easier

Boost emotional health

People used to believe aging meant slowing down, that physical and mental decline was natural. But science has repeatedly proven that isn't the case. Slowing down is what causes physical and cognitive decline.

Seniors who "slow down" after retirement may have some lingering issues—an old injury, stiff joints, tight muscles, or general weakness.

As a personal trainer, you can help them improve their functional fitness and set the stage for a healthier, more fulfilling, and active lifestyle.

Example:-

