

MY DEFINITION OF FUNCTIONAL FITNESS TRAINING IS LEARNING TO USE YOUR ENTIRE BODY TO PERFORM TASKS THAT REPLICATE THE MOVEMENTS YOU MAKE WHILE FUNCTIONING IN REAL LIFE. For example, lifting — we lift our water, wine or department store bags (and yes sometimes we lift groceries, children or pets).

Functional fitness extends beyond shopping to flirtier or sensual activities, too. For some, functional fitness may include throwing and catching; for others, it extends to certain “other activities” we engage in with our partners.

For example, to be direct, “If you have more than 200 orgasms a year, you can reduce your physiologic age by six years,” says Dr. Oz, basing the number on a Duke University study that surveyed people on the amount and quality of sex they had.

Wow! Now we know sex is important for longevity, and it can be a lot of work if you’re not fit enough to enjoy it!

**Know Who You Are!**

In addition to sex burning calories, exercise psychology offers bedroom benefits. Exercise is empowering and results in a better body. Feeling better about your appearance can make you more assertive and improve your confidence.

Think about it — when you watch the nature channel and observe animals in the wild, notice their flexibility and functionality regardless of their size or shape. We don’t see lions, tigers and other animals worried and fretting about their appearance. They don’t complain or ask their partner “do these jeans make me look fat?”

On the contrary — wild animals are characterized by activity! We can learn a lot simply by incorporating more movement into our routine.

Also be assured that life and flirty function doesn’t need to stop while you’re in the midst of your fitness or wellness journey. Some of the sexiest people are more interested in fitness, flexibility and feel rather than a visual impact.

**Learn to Accommodate Any Limitation**

Having knowledge as well as a strong and agile body builds confidence and attitude which are imperative for self-esteem. Are you feeling unattractive, fat or unfit? Do you have an ache, pain or injury? If you have excess weight, injuries, replacement parts, a belly from an office job, are (or were) pregnant — or whatever may be the case — maintaining enough functional strength and flexibility to get, be and remain flirty with your partner can help.

For example, a woman might not feel flirty if she thinks she lost her favorite pose or position after having one or both knees replaced. Never fear! With the right personal trainer and program, you can learn alternatives that work for you.

**Customized Programs Regardless of the Need**

While super fun, pole dancing or belly dancing are not among our typical activities of daily living, and may include movements not indicated for everyone’s hips or spine and sciatica (and unless you’re a fireman, you probably don’t have your own pole!).

Knowledgeable, personal training or customized functional strength and flexibility training can build the fitness required to try these activities without harming your spine.

When you master or re-master the mechanics of movement, the glory and enjoyment comes when you experience improvements and feel better. Functional strength and flexibility

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➤ DOING “WHAT WE DO” CAN LEAD TO FITNESS! FUNCTIONAL FITNESS TRAINING TAKES ADVANTAGE OF THE MOVEMENTS WE MAKE WHILE LIVING OUR EVERYDAY LIFE. THIS MAKES IT MORE ENJOYABLE FOR SOME PEOPLE AS OPPOSED TO STRUCTURED PROGRAMS REQUIRING UNFAMILIAR, AND AT TIMES, UNNATURAL MOVEMENTS.



exercises can include a fusion of foundational fitness (cardio, strength and endurance) as well as body weight, strength and flexibility achieved through yoga.

Programs can be customized and tailored to the individual. While confidence for all body types is encouraged, remember that the body is a vehicle — like our car, it requires maintenance.

If you've tried exercise programs that make you feel uncomfortable and overly challenged, don't give up. Sometimes group classes can be called functional and sometimes they involve balance acts on inherently unstable platforms like a stability ball. I personally don't live on a stability ball in my normal life, and unless you are a circus performer, neither do you. Although I love stability ball exercises, I'd like to be clear that they don't qualify for my personal definition of functional fitness.

### Four Flirty Fitness Ideas to Achieve Realistic Goals

These favorite recommendations are a fun way to achieve fitness while maintaining spinal safety.

**1. STRENGTH TRAINING AND NUTRITION:** Lose weight and achieve a lean body. Lean body mass makes all movements easier and healthier on the joints. Changing body composition through strength training and nutrition results in a higher percentage of muscle rather than inactive fat. It improves aesthetics naturally and turns your body into a fat-burning machine that can work for you even while you are at rest. Proper nutrition increases your energy, and along with flirty functional fitness, energy is everything! The more functional we are, the more we burn calories in the bedroom too!

**2. STRENGTHEN THE PELVIC FLOOR AND BACK WITH "BRIDGES" AND "KEGELS."** Have you lost the ability to kneel? How about trying the suntan/sunny-side up position? With a knowledgeable personal trainer, you can learn to work on the erector spinae muscles that support the spinal column during alternative positions. While you're there, you can include Kegels to improve the integrity of your pelvic floor.

**3. YOGA AND FLEXIBILITY.** Yoga is for everyone. But maybe group yoga is not for you? One-on-one yoga with the right instructor can address any of your limitations. A knowledgeable, restorative yoga therapist can help you improve your flexibility and strength!

**4. WATER EXERCISE.** Water can be just plain sexy, and learning to move confidently in the water, where we are gravity-free, can solve a lot of problems. Water's hydrostatic properties also help the circulation, which reduces inflammation and pain. No one feels sexy when they have an ache! With a knowledgeable water fitness expert, you can learn the benefits of a water workout.

#### info

Michele the Trainer brings colorful energy, a fun personality and results to your workout. A weight loss expert, Michele lost 165 pounds without drugs or surgery and has maintained that weight loss; she is authentic and real. Whether you're looking for an intense strength and cardio personal training workout, healing restorative yoga therapy or a successful nutritional weight loss plan, Michele can design a program to achieve your unique goals. Michele is a post-physical therapy expert and is known for aquatic fitness as well.

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