



PILLAR 3 — FITNESS & FUNCTION

Train for the Life You Want to Keep Living

Strength is essential, but strength alone is not enough. Healthy aging also depends on endurance, mobility, balance, coordination, power, agility, and the ability to perform everyday activities safely and efficiently.

Fitness describes the physical capacity of the body.

Function describes how well we can use that capacity in real life.

Together, they determine whether everyday tasks remain easy, manageable, and safe — or gradually become more difficult as we age.

Important areas include:

- cardiovascular endurance
- walking capacity
- mobility
- balance
- coordination
- muscular endurance
- power
- agility
- flexibility
- orthopedic tolerance
- recovery capacity
- movement confidence

Why Fitness & Function Matter

Daily life rarely depends on just one physical ability. Walking through an airport requires endurance. Climbing stairs requires strength, power, balance, and cardiovascular capacity. Getting up from the floor requires mobility, coordination, and strength. Travel, hiking, gardening, carrying luggage, playing with grandchildren, and recovering after surgery all require multiple physical systems to work together.

Physical function often declines gradually as we age. Because the change can be slow, many people do not recognize it until familiar activities start to feel harder, slower, or less comfortable.

That is why function should be monitored and trained — just like blood pressure, cholesterol, or body composition.

Build More Capacity Than Daily Life Requires

One of the central Metabolism-U principles is to maintain more physical capacity than routine daily life demands. If climbing one flight of stairs requires nearly all of your available effort, there is very little reserve. If the same stairs require only a small portion of your capacity, you have room to tolerate fatigue, illness, injury, travel, stress, or other unexpected challenges. The same principle applies to walking, balance, mobility, and cardiovascular fitness.

- **The goal is not simply to complete everyday activities. *The goal is to make everyday activities comfortably easier than your maximum ability.***

Measure What Matters

Fitness and function can be assessed in practical ways. Useful measures may include:

- walking speed
- walking distance
- chair-rise performance
- balance
- grip strength
- floor-transfer ability
- cardiovascular fitness
- mobility
- stair-climbing ability
- muscular endurance
- recovery after exertion

These measures help us understand not only whether we are healthy, but whether we are maintaining the physical capacity required for an independent life. Metabolism-U provides you with the information needed to measure, monitor and improve these vital functions.

The Metabolism-U Approach

Train broadly.

- Build endurance.
- Maintain mobility.

- Practice balance.
- Develop power.
- Move often.

Challenge your body enough to continue adapting, and whenever possible:

Train beyond the minimum demands of everyday life so that ordinary activities remain well within your physical reserve.

Fitness is not simply about exercise performance; it is about maintaining the physical freedom to keep doing the things that make life meaningful.

Better Metabolism – Stronger Body – More Independent You.

ABOVE ALL – NEVER SETTLE.