

Challenge yourself – ability to function checklist

Breathing new life into everyday chores

Start here

- Stand firmly while brushing your teeth, feet one in front of each other, with the toes of your back foot touching the heel of your front foot. Switch your feet so the one that was at the back is now at the front and vice versa.
- Go up two flights of stairs without stopping.
- While waiting for your coffee to brew, do 10 squats in a row, deep enough for your fingers to touch the floor. Alternatively, stand up from your chair with your arms folded at your chest.
- While watching the TV, stand up with your feet together. Bend forward with your back straight and knees straight. Touch your kneecaps with your hands.

Finished that without even breaking a sweat?

- While brushing your teeth, lift your right foot into the air. Place your foot on the inner edge of your left knee for support. Your knee should be pointing forwards. Repeat with your left foot.
- Go up two flights of stairs without stopping or getting breathless.
- While waiting for your coffee to brew, do 15 squats in a row, deep enough for your fingers to touch the floor.
- While watching the TV, stand up with your feet together. Bend forward with your back straight and knees straight. Touch your shins with your hands.

Thirsty for more? Try these!

- While brushing your teeth, lift your right foot into the air with your knee bent. Repeat with your left foot.
- Go up four flights of stairs without stopping.
- While waiting for your coffee to brew, do 30 squats in a row, deep enough for your fingers to touch the floor.
- While watching the TV, stand up with your feet together. Bend forward with your back straight and knees straight. Touch the floor with your fingertips.

Still not out of puff? Try out the master's level!

- While brushing your teeth, lift your right foot into the air with your knee bent, and turn your torso to the right. Repeat with your left foot.
- Go up six flights of stairs without stopping.
- While waiting for your coffee to brew, do more than 40 brisk squats in a row, deep enough for your fingers to touch the floor.
- While watching the TV, stand up with your feet together. Bend forward with your back straight and knees straight. Put your palms flat on the floor.

Recovery is worthwhile too

- Take breaks during the working day or while studying.
- Maintain a regular sleep rhythm and spend time winding down before going to bed.
- Eat a varied diet and drink sufficient fluids.

Developing balance, muscle tone, endurance, and flexibility, as well as prioritising recovery, will all help promote functional physical capacity and prevent accidents.

Functional physical capacity and accidents

Why should we develop our functional capacity?

Balance

Did you know that falling and slipping are the most common forms of accident? Balance is based on a number of different systems in the body working together. Good balance helps us remain upright and avoid falls.

Muscle tone

Strong muscles support joints and improve body control, which reduces the risk of accidents. Regular strengthening of muscle tone improves coordination between the nervous system and muscles. When our movements become more managed, our risk of falling also decreases.

Endurance

Good endurance improves cardiovascular function, which increases general ability to cope and reduces tiredness. This then reduces the risk of accidents. Endurance exercise improves reflex speeds and ability to react. Quick reactions can help us avoid sudden dangerous situations.

Mobility

Good mobility improves the flexibility of joints and muscles and helps the body react to rapidly changing everyday situations. This helps to prevent accidents, as the body is able to adapt better to sudden movements. Good flexibility helps us remain upright.

Recovery

Sufficient sleep, a varied diet and taking regular breaks when studying and working promote recovery. Recovery of the body and mind is important for things like balancing hormonal activity and the nervous system. Sufficient recovery also reduces stress levels and prevents us from becoming overstressed. Recovery is important for maintaining functional capacity and reducing susceptibility to accidents.



People only have one life

[KOTITAPATURMA.FI](https://kotitapaturma.fi)

Download materials



Every step helps. You can influence your own functional physical capacity: start moving today and keep going, one small step at a time.