**For immediate release**:

**Fitness and Beyond: A New Functional Approach to Physical and Mental Health Questions Conventional Fitness**

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Newton, MA – Dec. 12, 2017 – Wellness and Beyond a new functional philosophy for physical and mental health has been presented as a potent alternative to the conventional fitness and training methodology which is being practised in almost all the fitness centers all over the world. Wellness and Beyond is a unique and proven science-based functional philosophy designed to make a dramatic impact on Fitness, Health, Wellness and Life. Wellness and Beyond maintains that the concept that any physical activity is better than none produces no results and leads to degeneration.

**Overall Health of US and Worldwide Population**

The guidelines of US Surgeon General and fitness training organizations indicate that regular exercise of 2.5 hours a week that includes aerobic conditioning, weight and flexibility training will improve health and reduce the risk of developing or dying from the leading causes of illness and death.

Research has shown that the overall population health in the U.S. and worldwide is steadily declining and the leading cause of 70% of deaths and disability in the United States and worldwide is chronic diseases. It has been reported by the US Centers for Disease Control that nearly 80% of these deaths could have been prevented if a healthy lifestyle was followed.

However, if the overall population health in the U.S. and worldwide is steadily declining it becomes fair to question whether the current concepts of conventional fitness and exercise methodology in the present form fall short of keeping human body fit and healthy.

**The Results of the Regular Exercise and Fitness Training**

The current methodology of exercise science and fitness training has major flaws leading to a great health challenge. Many people mistakenly believe that exercising regularly is enough to stay healthy and fit. The prevailing notion is that a fitness regimen comprising of “weights”, “cardio” and stretching addresses all of the body’s needs. These are common misconceptions that can lead to your body becoming dysfunctional in the long-term.

However, there is the need to learn and understand how the body is meant to move functionally to prevent injuries and boost overall performance, rather than just exercising in a random and chaotic way.

**The Need for Functional Movement**

The very first and most important thing to know, before even beginning a fitness regimen of any kind, is how the body is designed to function. Starting your training without the understanding of functional movement can be dangerous because improper functional movement for a long period can lead to significant physical deterioration and ultimately, prevent you from leading a functional lifestyle.

A commonly ignored reality is that functional movement is key to overall fitness. Functional movement training needs to be done before developing aerobic endurance, resistance and flexibility training. The concept of the efficient movement is present in many training programs on the awareness level by focusing on the “correct” posture or “form”, training “hips”, “legs” or “arms” without a proper understanding of functional human anatomy. For example, functional strength training aims to develop muscle groups to enable them function together in a coordinated manner as opposed to exercising isolated body parts.

**Connecting Fitness Activities with Daily Life**

Functional movement training can help to connect your fitness activities with daily life. For example, you will be learning how to squat properly as you stand up and take a sit every day. Also, if you make your body more functional you will develop connection between your body and mind. In turn, it will develop inner desire and vitality to exercise. Training functional movements not muscles will help you to understand how the body is supposed to function and it will improve your body awareness.

Connecting training with your daily life activities will help you stay healthy and avoid degeneration with age. For instance, improving your walking stride will make your body more functional to increase your speed and improve cardiovascular fitness.

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