

# Family Fitness with Little Ones

## Podcast Transcript

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If you're a new parent or you have a toddler demanding your attention all day, it can be easy to toss your fitness goals in the backseat with the array of snacks, shoes and toys your child has likely dropped on the floor back there.

Parenting is a wonderful adventure, but making time for yourself and your health is more important now than ever before. And there are plenty of fun, low-cost ways to get the whole family involved in fitness so you won't have to feel guilty about choosing whether you should devote time to your health or your children. You can do both! And that multitask is not only good for your health, but it helps your children develop healthy habits at a young age.

As soon as you're able – and your doctor has cleared you for activity, you can lace up your shoes for a brisk walk around the neighborhood while pushing your baby in a stroller. When you're ready for a new challenge, push the stroller while you jog. Morale, Welfare and Recreation and your local community may even sponsor stroller-friendly races, fun runs or walks that you and your baby can conquer together.

Hiking can easily accommodate your new baby, simply by wearing a baby carrier, and biking with your baby is possible with a child seat attachment on your bike – just don't forget a properly fitted helmet.

If time or temperatures don't allow for outdoor activity, exercise indoors in the company of your baby. Your baby can enjoy free-play time while you exercise nearby, and older children may even try to get involved and imitate your movements. Your installation fitness center may offer a baby and me fitness class that promotes both strong bodies and a strong bond with your baby.

When your child is mobile, installation or community playgrounds and parks are perfect places to teach climbing, sliding, swinging, jumping and running. If you're anxious to introduce your favorite sport, but you're unsure of your child's readiness, you can rent sports equipment from Morale, Welfare and Recreation for a small fee.

Installation bowling centers provide family fun year round. With or without the help of bumpers, even young children can learn the bowling basics, get a taste of competition and experience success.

Water activities are not only a way to cool off on a hot summer day, but they're great sources of family fun, fitness and water survival skills. Even a young baby can splash with your supervision, and when the time is right for your child, your installation may offer swimming lessons to teach the basics, like floating, treading water and swimming strokes.

Family fitness can be as flexible as you need it to be. Include it in your day, even in a pinch, by letting young children help you carry groceries into the house, skipping down the hallway instead of walking or playing tag in the backyard. Dance along to music while you cook or clean together, or encourage your children to try sit-ups, push-ups or jumping jacks right alongside you. You owe it to yourself and to your

children to make family fitness part of your life. Make time for your health, make time for fitness and make it fun for the whole family.

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