

About

Description

I was a mutual fund accountant at a big company for almost 6 years and am now a stay-at-home dad.

Health is of the utmost importance in our family and will make sure thatâ€™s reflected on this blog and stressed to Avery. I refuse to eat out unless I have no other option, and even then it will be something minimal. I prefer to prepare my own food so I know exactly what is used. That said, I enjoy this lifestyle and love the food I make. Veggies are awesome, in my eyes, and Brussels sprouts are one of my favorites.

I typically find something to stress over and will hope to change that now that working in an office is over. As a health-minded dad, I depend on exercise to keep me (somewhat) sane and currently have the goal of gaining strength. This is coming from someone who only ran long distance for many years and completed several marathons. I ran Boston, my ultimate goal, and now itâ€™s time for strength.

Iâ€™m passionate about raising a happy, healthy family. Iâ€™m always trying new food, supplements, nootropics, and products in the health and fitness world and sharing my thoughts here.

I also share any worthy recipes I come across or create as well as fun but challenging workouts.

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