

What Counts as Exercise?

Description

Many parents, at-home and working alike, succumb to the “I don’t have time” mantra when it comes to exercise, but it’s an important part of life and is worth *making* time to do.

You might think exercise is something that requires special equipment or is only done at a gym, but you might already be “exercising” without even knowing it. Exercise falls under several definitions, and one way it is defined is that it’s [a regular or repeated use of a faculty or bodily organ](#). Knowing this, I’m positive we all have a long list of things we do every day that count as “exercise” and we never thought of it as such.

Carrying your kid around the house or grabbing them before they grab the cat’s tail several times a day would definitely count.



That was before she could walk, now just doing what she does would be an excellent way to *exercise* without even knowing it.

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This girl loves to #squat, and she's crazy #awesome! #workout #exercise #strength #strong #toddler #proud #Squats

A video posted by RC Liley (@going_dad) on Dec 7, 2015 at 10:34am PST

Daily things like going for a walk, mowing the lawn, vacuuming, mopping, doing laundry, and playing (or squatting) with your kids are all great ways to fit in exercise and accomplish your laundry list (pun intended) of things you need to get done.

In a nutshell, movement of any form is, in and of itself, exercise. An important thing to remember is to be consistent with your movement and make sure it's something you enjoy. If your stomach churns just thinking of going for a run, don't do it, you'll never stick with it. Ride a bike, walk, swim, row, hike, or clean house. The point I'm trying to make is, keeping active, however you so choose, helps to make a better you.

As parents, we need to be excellent role models and should let our children see us being active and living a healthy lifestyle so they will hopefully follow suit and WANT to be like mommy and daddy. Note I said "healthy lifestyle"; this means exercise *and* good nutrition! If you are trying to lose weight, you can workout all you want, but without good nutrition, your results will be minimal at best.

Finishing a great workout session is NOT a pass to go pig out on packaged, processed junk or order takeout without thinking of what you're actually putting in your mouth. Do you even read the ingredients label on some of these things? Actually, real food won't have a label at all since it's just the one ingredient in its whole form. Crazy, right?

No matter your fitness goal, lose weight, gain strength, maintain current level, etc., we will all benefit from moving more and practicing good nutrition for the quality of life it provides. If you are already a conscious eater and get a good dose of daily movement, good for you, keep it up and hopefully you are inspiring others! Bonus points when it's your little ones that are being inspired. I love knowing Avery is seeing her Mommy and Daddy keeping active and wants to do the same whenever she can.



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Do you struggle with motivation or find yourself doing too much when it comes to working out?

Are you a health food lover who cooks their own meals or could you use some work help in the nutrition department?

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