

Managing to Stay Healthy Whilst being a Parent

Description

Your body is amazing, but to keep it amazing we need to make sure we keep it healthy and give it a check over every now and again. This can be especially difficult if you happen to be a parent. From making sure the children get to school on time. Making sure their homework is completed, to bath time and feeding them, and all the other things that come by default when you are a parent. It can seem impossible to have some me time, but it doesn't have to be! This article helps show you how and what you can do to keep yourself healthy and give yourself that much needed me time, a [survival kit for new dads](#), and mothers out there!

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[Image Source, Pexels](#)

Maintain a Healthy Diet

A key element to health is your diet. Being a parent, it can be difficult to make sure you eat healthily whilst also trying to regulate what the children are eating! Some people opt for highly regimented diets, [which may not work around your family life](#). This is not the only way you can diet, maybe you just want to remove the snacks from your life. The food on the go. Studies have shown that regimented times of eating, having the three main meals of the day at the same time every day really helps with weight loss. Combine that with removing the on the move food and snacks in between, and replacing them with nuts, fruit, and salad, will make you into a health and diet ninja!

Try to use Natural Products

This is a must. Many products out on the market are actually quite harsh and harmful to your skin. Some products use alcohol and other chemicals as a base ingredient, and in time these chemicals will actually dry and age your skin, so they are not the best. Products that have a natural base of ingredients are far better for your skin, and due to the rise in popularity and the demand high for natural products they no longer need to break your bank!

Adapt an exercise plan for you

When looking at exercise routines to follow, either through an app or TV or at the gym through classes, everyone has their "top routine"™ or "best routine"™ that is bound to work every time. Well, this is not the case for everyone. A highly regimented [exercise routine may not suit a working or single mother](#) or a mother in the first place who needs to care for the children. It may not take into account personal conditions or situations which do not affect the person recommending the routine. Why not try a gym?

Don't forget to Nourish the Entire Body

This point links with the above, never forget the rest of your body! Many people have their focus set on face creams, eye primers, face masks and more, and never really think twice about products that could help the skin on the rest of their body. The face is just a small part of the skin that covers your body, and there are many amazing products out there for the body as well as the face! As well as [body butter that is amazing](#), you can buy affordable body oils which are also great for adding moisture to the skin. Also, natural body soaps are great for the bath or shower, so when you are washing the day away, at the same time giving your skin much-needed refreshment and leaving you feeling happier and more relaxed!

Using Your Senses as you Exercise

This is another great tip to get the most of the workout you do already, but adding another element of [mindfulness into the mix](#). An example of how you could use this method in your normal routine is your

morning run in the park. Are you playing music through your headphones? Are you just focused on the end goal of when you finish or where the next bench is? That is perfectly normal, as we all have those same thoughts. But, image that same run, but you really turn into the noises around you. The morning birds tweeting in the trees. The wind blowing through the hanging branches of the trees around you, and the noise of the rhythmic thud and gravel noise when your feet touch the ground every couple seconds. Although it sounds really basic and simple, firstly, it is! But at the same time, you will find again like the breathing techniques, you will slow down and really take in your environment, and get so much more satisfaction from your workout.

So, those are some quick tips on keeping healthy whilst being a parent! Do what is best for you, and keep doing a great job!

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