

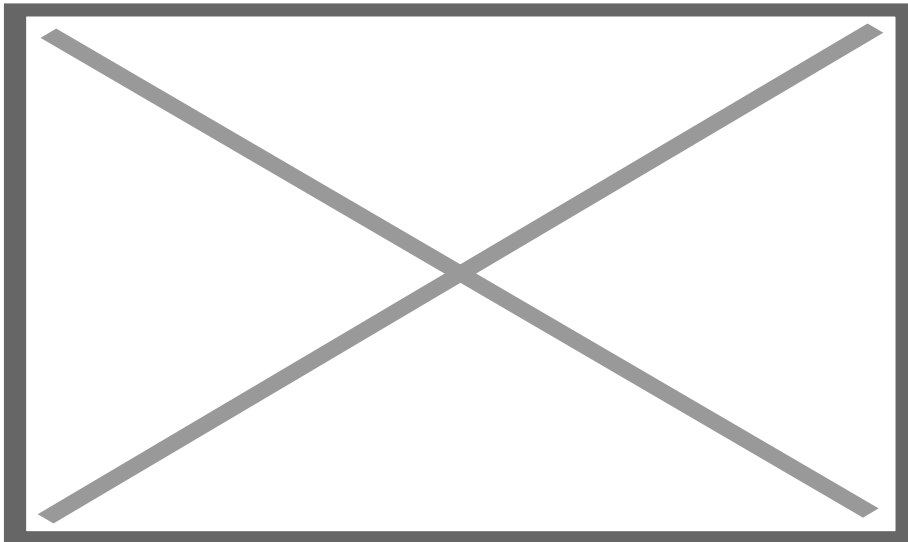
## Raising a Tiny Superhuman: Getting the Best Advice from Ben Greenfield

### Description

For the past few months, I've been enjoying listening to podcasts covering topics on fitness, nutrition, and obviously, being a dad. I have a few favorites on fitness/nutrition that I look forward to each week, but for the dad podcast, I only listen to The [Life of Dad Podcast](#) since it's all you need for Dad-ertainment!

Regarding the fitness and nutrition podcasts I'm subscribed to, the one I listen to the most is from [Ben Greenfield Fitness](#). Ben Greenfield is one of the world's top personal trainers and wellness consultants who, in 2013, was voted as one of the top 100 most influential people in the health and fitness industry. Plus, Ben and his co-host, Brock, always put on an entertaining and informative show.

Since I've discovered his podcast, I've been listening along as I go on my daily walks with Avery. Hopefully she's picking up on the great info too! As a dad to 6 year old twin boys, Ben frequently mentions the fun, creative ways he includes them in many of his exercise routines and has provided tons of advice on how to keep kids active and healthy. Or, as he puts it, raising tiny superhumans.



The world needs more tire flipping families!

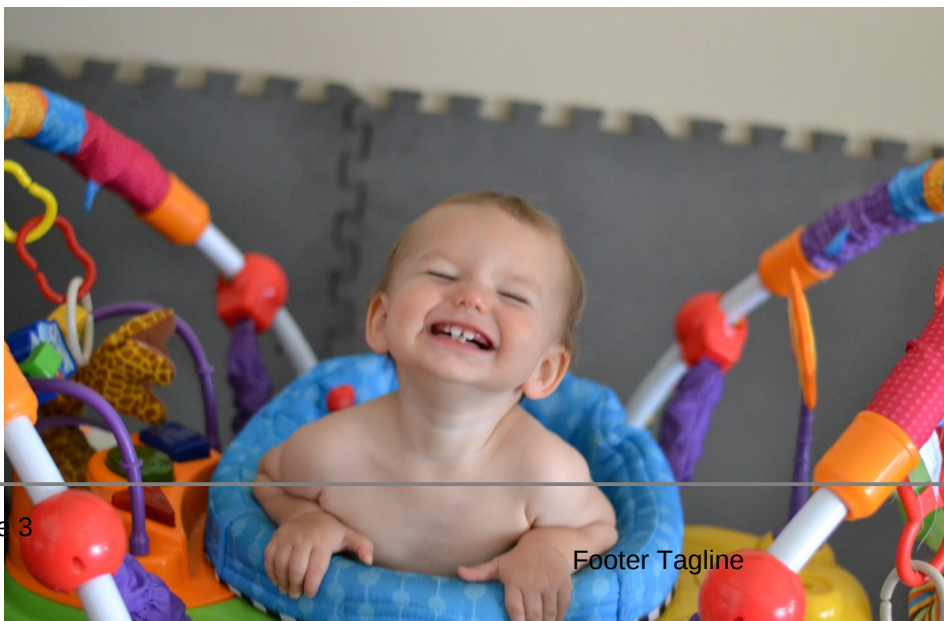
Taking his words of wisdom on how to raise tiny superhumans, Going Mom and I have been implementing what we can to ensure Avery maintains her superhuman status all the way into adulthood.



Before she was mobile, [Kelley and I would do workout videos together as Avery watched](#) in her jumper or swing. Now that she crawls and is almost walking (so freakin'™ close!), we depend on her jumper to keep her content as we workout.



We have a power squat rack with an Olympic barbell set in our garage in which I use to follow an upper/lower strength routine. We now have her jumper setup in the garage, and luckily Avery tends to enjoy this time making her own jumper workout.



Happy to workout in the garage.

I guess every day is “lower” day for her! Actually, with how much she crawls and pulls up on everything all day long, she’s getting a full body workout every day of the week. I’d say she’s on her way, if not already there, to superhuman status!

Ben also gives plenty of nutrition advice for kids (most adults should use it too!) that Kelley and I will surely use as Avery grows. For now, her main source is still breast milk, as all babies should have and deserve, along with steamed veggies and a little egg at dinnertime.

Going Mom and I also make it a point to get on the floor with Avery and simply play.



This does so much for a child’s development, and once she’s older I’ll add in a little rough housing too.



Ben speaks on this in his podcast, [“10 Tips for Raising Healthy, Smart, and Successful Kids”](#) where he brings up playing with your kids releases oxytocin in both parents and their children.

Seriously, if you™re a parent, go listen to that podcast now! Ben and his friend, Ari, give all kinds of great advice on ways to exercise with your kids and incorporate healthy food in their diets. Some of my favorite things mentioned are:

“ Going to a park or any open field and let your kids practice kicking a soccer ball or throwing a frisbee as you sprint after them to “fetch” and bring them back. Upon returning, he then suggests doing 5 burpees together, or you can whatever you and your kids are capable of.

“ Doing pushups and pullups with kids on back.

“ If you work out at home, have mini versions of your equipment available so your kids can see and mimic your workouts. You can buy things like [mini kettlebells](#) and [medicine balls](#) made specifically for kids and I can™t wait to get both for Avery.

“ Go on hikes and wear a weight vest to keep you from going too far ahead. Ben also mentions using an elevation training mask to make it even more challenging for you and I already bought mine to have ready once Avery is walking on her own. Then, if/when your kids tire, pick them up and carry them for a bonus challenge.

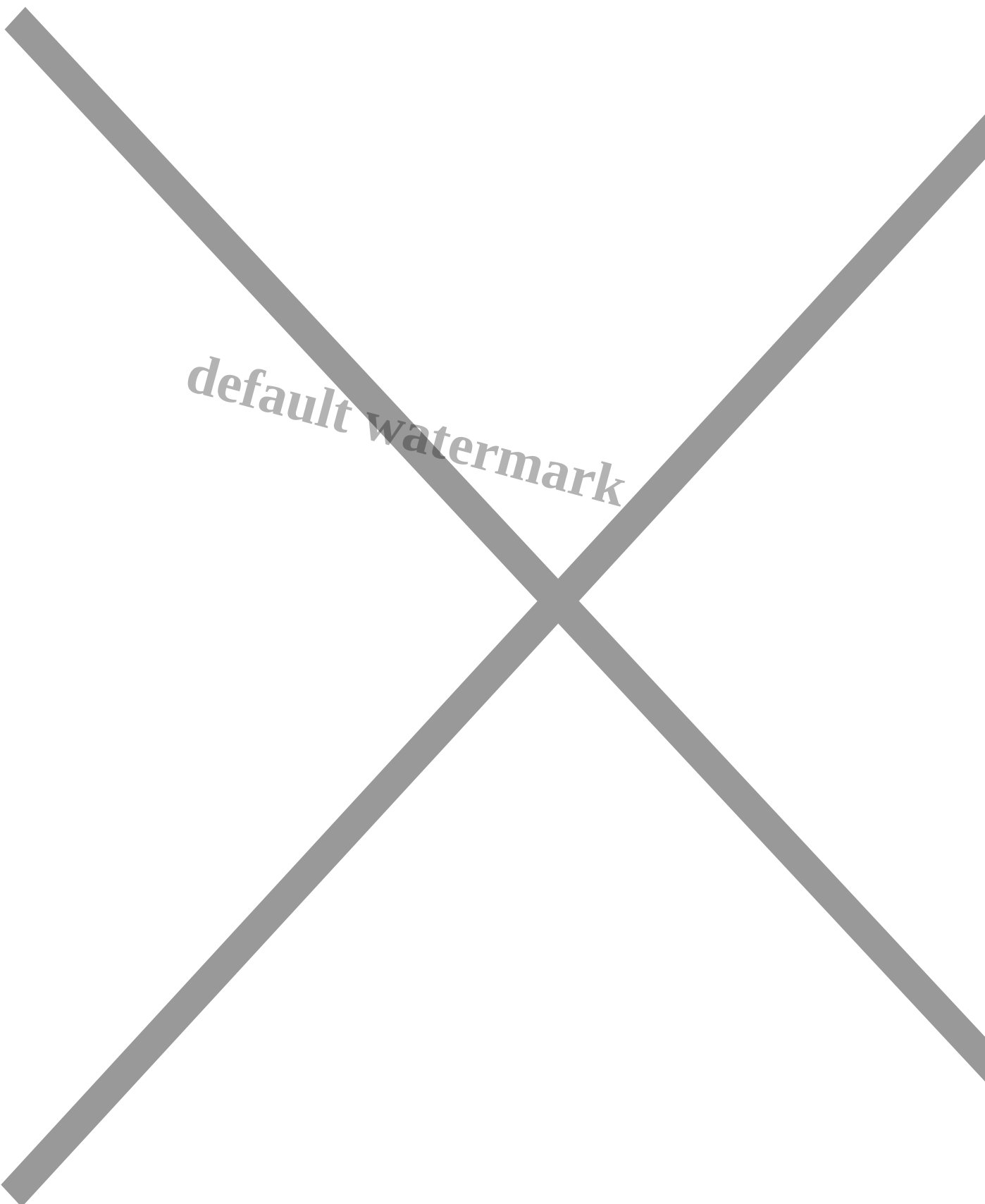


Elevation training mask + babywearing = not impressed

“ Making use of essential oils instead of modern medicine. Use lavender oil on your kids’™ pillow to help them relax and sleep peacefully or treat infections with oil of oregano. Even remove warts using lemon oil instead of the dangerous chemicals sold in most stores.

I could go on with a long list of things Ben and his many guests give on how to raise tiny superhumans, but I suggest you go have a listen or read for yourself. As a matter of fact, he has an awesome e-book titled “[10 Ways to Grow Tiny Superhumans](#)”• you can download now and start incorporating his healthy advice today. And it’s™s not limited to just your kids, this advice is beneficial for us parents too!

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For more informative articles Ben published on the topic of kids, check out [this link to his website](#) and have a look around.

I get antsy every time I listen to Ben mention some new activity he did with his twin boys as I can't wait to do the same with Avery as she grows. That said, I'm not rushing her to grow up anymore. Time is going fast enough as is!

**Have you heard of or listened to Ben Greenfield?**

**Do you currently do anything active or healthy with your kids to turn them into tiny superhumans?**

*Disclosure: I was not compensated in any form for this post and all thoughts/opinions are strictly my own. That's not to say I didn't try though!!! ðŸ™,*

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