

Working Out With Daddy: #MySundayPhoto “ 03.15.15

Description

I didn’t mess around with editing this week’s picture for #MySundayPhoto, because I think it’s perfect as is. Of course, I’m sure most parents think nothing needs changing with our kids!..besides their diapers!

Avery comes to work out with me in our garage almost every day, and she’s usually good the whole time. She even mimics some of my lifting moves or just dances to the music I have playing. I’ll never forget these moments, and this picture makes me smile with a giant grin.



She loves my weight lifting belt, and when I need to use it, I’m quick to return it to her to keep her content. Plus, she obviously needs to use it too!

Do you ever workout with your kids? Any fun stories?



Date Created

2015/03/14

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