

Dads – How to Fit Exercise into a Busy Day

Description

It can be really hard to juggle fatherhood and a full-time job not to mention your hobbies, socializing and seeing other family members. But it is also really important to stay on top of your health and well-being, so we’ve made a list of some great tips on how to squeeze exercise into your daily routine.

The Gym

A good hour-long session at the gym may seem like a distant memory to you by now and with such a hectic schedule you’re probably more likely to be wondering [how to get a six pack in 3 minutes](#). However, it is important to free up time for yourself to focus on your own goals as well as those of your family. Come up with a plan with your partner that includes scheduled times where you are both free to partake in your own hobbies and interests. Getting back to the gym even once a week will do wonders for your self-esteem and will give you a new lease of life that you can make the most of with your children.

Walk, Don’t Drive

As a father, you will probably find yourself spending a lot of time in the car taking your children here, there, and everywhere. Try to replace some of the shorter car journeys with walking instead. Not only will this be [great for your health](#), it will also give you some bonding time with your children where you can fully focus on their conversations.

Commute

Like most of us, your morning commute is probably too long to be able to get there on foot instead. However, try parking a little further away from work and walking the last stretch. You’ll be amazed at what a positive impact such a subtle change to your routine can have.

The Early Bird Catches the Worm

You probably won’t want to hear this, but a lot of parents eventually have to face the fact that getting up a little earlier can solve a number of time-related problems. By going to bed earlier you can set your alarm for a time that allows you to go for a quick morning run.

Socializing

Try to combine socializing with exercise by seeing if your friends would like to join you for a gym session, an exercise class or simply join you for a stroll rather than meeting up at a bar or coffee shop as you’d usually do. This way, you get to do both whilst saving some time.

Becoming a father doesn’t have to signal the end of a healthy lifestyle. It is important to make time to dedicate to your health and fitness and this will only have positive effects on your abilities as a father. You’ll have more energy to run around with your kids and it will teach them the importance of fitness too. For more tips on how to handle fatherhood, take a look at [going-dad.com](#).

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