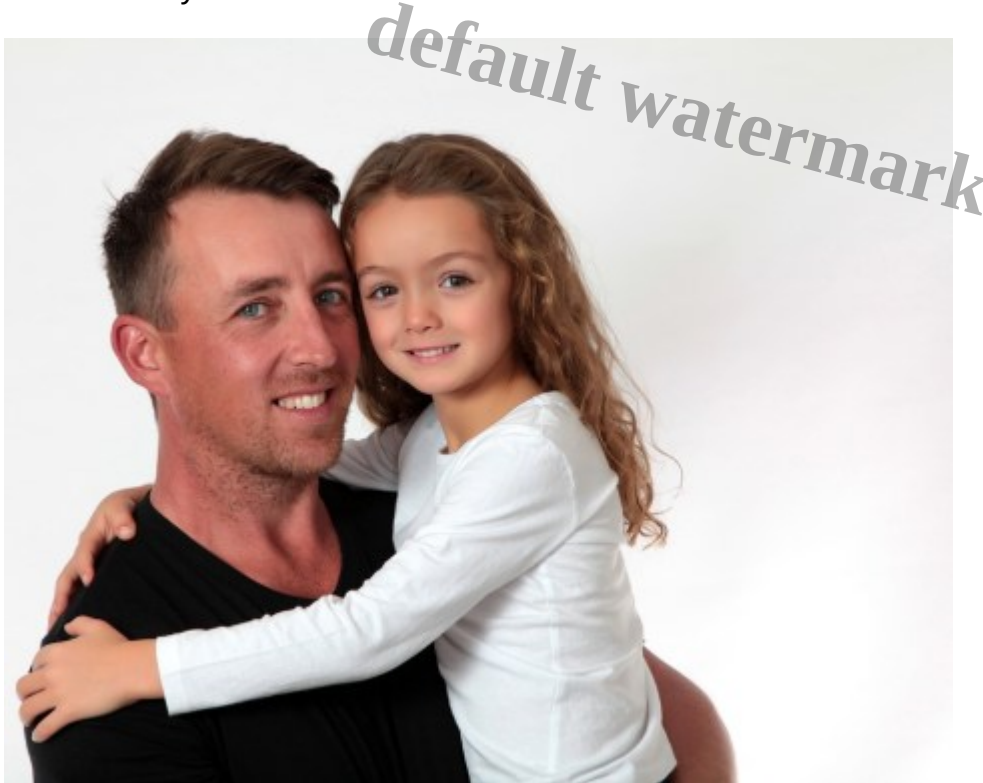


Hey Dad, Look After Yourself. You Owe It To Your Kids!

Description

We all remember our former selves. That disorganized, feckless and self indulgent boy in a man costume. We remember how selfish he could be sometimes. The needless risks he courted. The way he could be so inconsiderate and ignorant. But his heart was in the right place. He never set out to hurt anyone and he only ever had good intentions. Yet, he never realized just how incomplete he was until he held his child in his arms for the first time. Fatherhood has a way of reawakening something in us. A primal hunter gatherer instinct and an unyielding need to protect the tiny fragile life in your arms. Parenthood [actually changes your brain's composition](#). And although this change will inevitably lead you to make life choices that favor your kids' well being over your own, it's still important to look after yourself.



[Image by Pixabay](#)

Warm up and cool down at the gym! It's *really* important!

Despite the myriad time and logistical constraints of fatherhood you may well want to spend more time at the gym. You want to look good for your baby mama but you also want your child to grow up with a strong and capable father. And, if you're honest with yourself, you want to be able to win any "Dad could beat up your Dad" debates.

By all means pump that iron but exercise smart. Far too many people, especially men, don't

properly warm up and cool down before engaging in exercises like deadlifts and squats is just asking for a back injury. This in turn can lead to a [spinal cord disability](#) that could leave you with temporary or even permanent mobility issues. Warm up, cool down and remember the importance of proper technique over heavy weight.

It's not okay to still be a veggiephobe well into your thirties

When you were younger and you did your food shopping you likely tried to incorporate all of your major food groups; alcohol, sugar, fat and meat. But if you're to remain a good Dad for decades to come, you need to start taking better care of your diet. This means loading [each and every plate of food](#) you eat with plenty of veggies. These contain the vitamins, minerals and phytonutrients for [good health](#) and a robust immune system, now and for decades to come.

Steer clear of beer for most of the year

Being a dad is hard. Emotionally, logistically and physically it takes its toll. As such we need to take opportunities to relax and unwind wherever we can find them. But of the only way you can do this is with a beer in your hand, you could find yourself facing health problems later in life. Try and find ways to relax that don't involve drinking. Not only can a lifetime of drinking lead to fatal cirrhosis of the liver, it can slow your metabolism leaving you with a beer gut that's virtually impossible to shift.

When all's said and done, your health is the best gift you can give your kids. It will allow you to look after them and give them the love and support they need when they're way older than you are now. Look after yourself, Dad. You owe it to your kids!

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