

Gaining Strength with My Daughter + Immune Support from Ester-C

Description

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Half-way through my college career, I decided to run a marathon. I hardly trained, and the race hurt a lot, but I pushed and made it across the finish line. Walking up or down stairs the following 2 weeks brought painful tears to my eyes, but I was hooked and wanted to do another, only better. I know, crazy, right?

Armed with a training and nutrition plan, I learned how important both aspects were to attaining any goal. Training, to prepare the body for the stressors of an endurance event, and nutrition for peak performance, recovery, and especially proper immune support.

Fast-forward to current day; I've completed over 10 marathons (including Boston), an ultra-marathon, and too many 5k's and 10k's to count. I'm extremely proud of these accomplishments as anyone should be, but I found endurance came at the expense of strength after failing miserably at trying to jump in the air. I certainly lost weight and changed my body composition, but my body lacked muscle and I decided it was time to train for strength.



Strength training and distance running are on opposite ends of the spectrum, but the need for good nutrition and a supported immune system remain key factors. I get all day immune support from [Ester-C](#) to keep me “Going” as a dad (see what I did there?) living a healthy lifestyle!



Although good nutrition may help support your immune system, I’m not taking any chances of being sidelined from training again. Now I get [24 hour immune](#) support from Ester-C which enables me to consistently train as well as manage my key role as a stay-at-home dad and loving husband.

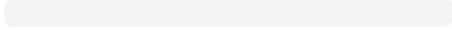
When I first became an at-home dad, a big fear of mine (besides nap time) was not having a consistent strength training routine since raising a baby was uncharted territory. That was over a year ago, and thankfully, with a little creativity and determination, that fear is a thing of the past.



When I go into our garage gym complete with a power squat rack, bench, several kettlebells, and Olympic barbell set, Avery comes too. She even has her own toy kettlebell to use when “œworking out” with Mommy and Daddy. She still needs a little practice on her swings, but she’s already a natural at squatting!



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Along with cooking nutritious meals and lots of playtime, working out with Avery is part of the daily routine to keep fit, get stronger, and support our immune system. Thanks to a supported immune system and my motivation providing us to stick to our routine, both Avery and her Daddy (thatâ€™s me!) are getting stronger physically and strengthening our daddy-daughter bond.

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It's obvious I'm mindful about what goes into our bodies seeing as to how I cook all of our meals and rarely go out to eat, so why do I make Ester-C my go-to Vitamin C supplement? Among the [many benefits](#) 24 Hour Ester-C has to offer, here's several that make it a no-brainer in our house.

- Ester-C is a special form of Vitamin C designed to stay in your white blood cells for up to 24-hours, providing you with around-the-clock immune system support.*
- It is carefully manufactured to contain the same compounds your body produces when it metabolizes vitamin C.

- Its unique, water-based manufacturing process combines Vitamin C with Calcium using no chemical solvents. The manufacturing process also neutralizes pH, making it non-acidic and gentle on the stomach
- Comes in 1000mg or 500mg Vegetarian Coated Tablets that are Non-GMO and Free of Sugar, Soy, Gluten, Wheat, and Artificial Flavors & Colors.



Ester-C is easily found at your local Wal-Mart in the Vitamin and Supplement aisle and itâ€™s currently on rollback! I take the 500mg tablets to split my doses since I prefer to take one in the morning and another at night. Keep up to date on the latest immune supporting products and great info on the Ester-C [Facebook page](#) and on [Twitter](#) too!

Why not let Ester-C help support your health so you can help support what matters most, our children?

Have you dealt with setbacks in training before?

Share how you™re currently training for a certain goal, how are you working to reach it?

* These statements have not been evaluated by the Food and Drug Administration.
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