

Avoiding the Dad Bod with Rhone and My Birthday Weekend

Description

Phew! The Five Photos, Five Stories Challenge is complete and now it's back to, well, basically the same thing with more pictures. And most of them are current. And okay, you get the point. If you missed them, here are days [1](#), [2](#), [3](#), [4](#), and [5](#).

We celebrated my 31st birthday over the weekend and kept it fairly low key, just as I prefer. Actually, we did more than I'd normally go for, but had a great time doing so. Last year, I celebrated by [running a 5k while pushing Avery](#) (we came in 1st place!) and then went to a local brewery called Martin House.



Placing 1st in our first race together!

Kelley wore Avery in the [Ergo](#) as I enjoyed a few craft beers. She was the designated babywearer. I can't believe how small Avery was, she slept the whole time we were there! I thought it would be awkward, but apparently a lot of parents bring their kids to the brewery and we even saw another couple wearing their baby too.



This time, G-Ma came over to watch our wild child so Kelley and I could go on a nice hike before heading over and enjoying a few brews together. The brewery is right along a big river with miles of trails, so we parked right there and went on our way.

It was perfect, no driving multiple places, just sweat it out on a hike and walk right up to the brewery to cool down. And sweat we did; hellllloooo Texas heat! It wastes no time warming up around here and that sun was unrelenting the entire time. We walked at a brisk pace and ran a little at the end because, beer.

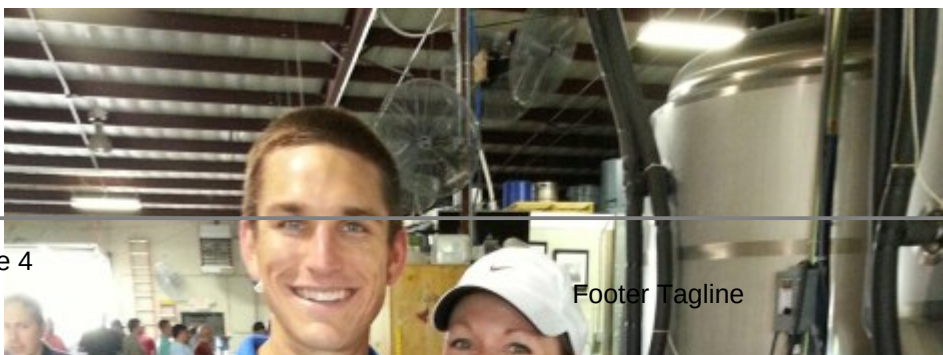


The overall time and distance based on the [Sports Tracker app](#) I used was 1 hour 24 minutes and 5.2 miles. Neither of us were really dressed for a run, but I kept comfortable and rather cool since I had on my [Rhone Apparel](#) shorts.



We hiked from the trail right up to the brewery line as they were opening. The sun continued it's abuse, but I'd say we looked pretty cool. The [Rhone Bullitt shorts](#) I was rocking allowed complete freedom of movement while still providing plenty of pocket space for my phone, five pennies I found on our hike (a penny earned!), and even a snail shell I thought looked cool enough to carry around.

The clothes you wear when you're active can make or break you, and Rhone makes athletic apparel that looks and feels good and performs even better. Even after our sweaty trek, my shorts still looked good and were stench-free as we stood around the giant vats in the brewery. Unfortunately, the same couldn't be said for the many cyclists hanging around in their stinky bike shorts.



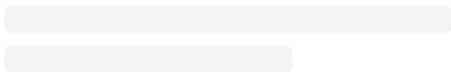
Good beer, beautiful wife, and shorts that donâ€™t stink!!

Speaking of bikers, we sat next to two awesome cyclists in their 60â€™s and had a blast talking with them the entire time. Very lively people, and they even got me another beer! I had an extra beer coupon since it was my birthday so we only paid for one beer glass tour and I just shared some of my beer with Kelley, hence her small white cup. But after hanging with our new friends, somehow we ended up with thisâ€¦



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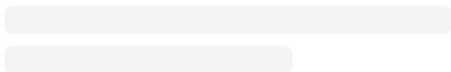


Like my â€œbeer fingersâ€• typo? *Cab* instead of *can*? Yeah, I had more than I needed and will stick to water or [Zevia](#) for a while. Probably didnâ€™t help that all I had was black coffee all day, and then the 5 mile hikeâ€¦..yeah, not the best pre-drinking combo. Meh, I had fun with my wife and thatâ€™s what matters most.



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Keeping fit and healthy also matters a great deal in our home. Anyone who reads this blog will see that fitness and nutrition are high on the list of priorities that make up part of our daily life. So things like the Dad Bod seriously tick me off. No, itâ€™s not cool or sexyâ€™.EVER! Our kids are a direct reflection of us, the parents, and I surely donâ€™t want Avery thinking a dad bod is how a guy, or anyone, should look.

This definition on [Urban Dictionary](#) sums it pretty well:

Dad-Body

1. A body resembling a man who lives a sedentary lifestyle, flabby, usually comes with a keg gut. Sometimes can see penis, most of the time cannot. Body resembles his personality; dull, lifeless, and very conservative.
2. Once in shape, but clearly has lost most athletic properties. Best suited for sitting at a desk chair, possibly doing ones taxes.

Doesnâ€™t sound appealing to me and I donâ€™t know how anyone could be attracted to it. Plus, I want to be an awesome role model to my daughter and let her see how living a healthy, active life, is fun and rewarding.

In an effort to combat this passing fad, [Rhône Apparel](#) is having a sale for \$25 off all orders over \$100 when you use the code **NODADBOD** at checkout. On top of that, you get free shipping on all orders over \$75, so you can walk away with good deal for some outstanding clothes. And if you [click this link](#), youâ€™ll get \$20 credit towards your next purchase. In doing so, Rhône will also give me a \$20 credit, so we all win, and winning, as we all know, is way cooler than losing.

Oh, hey, and guess whatâ€™s coming up? Fatherâ€™s Day! Keep the dad in your life healthy and active by heading over to Rhôneâ€™s site and getting a nice pair of shorts and a shirt to keep him motivated to stay active and be able to fit into the clothes you get him!

I love my [General Short Sleeve shirt](#) and [Bullitt Shorts](#) so much that I have to keep cleaning them to reuse several times a week. Iâ€™m actually taking advantage of the **NODADBOD** coupon code to pick up a pair of their [Mako Shorts](#) for a little Fatherâ€™s Day gift to myself. Because you never know when youâ€™ll need the ability to swing a heavy kettlebell aroundâ€¦.



â€¦or play with your kid in the backyard.



Yes, she has to be picked up a lot, so it's nice to have clothes that work with your movements and not against as they don't allow free range as you bend and stoop.

There's more to come on the birthday front, but for now head over to [Rhône](#) and see what you like for a little gift to your self for Father's Day or for the husband/father you love. Having a good set of clothes to keep motivated may be all it takes to avoid the Dad Bod and keep fit. Do you want your kids growing up to see dad keeping active, or just sitting around?

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