

Personal Training From Our 1 Year Old

Description

Gone are the days of Avery sitting idle as Going Mom and I workout. From sitting in a swing, to bouncing in her jumper, our baby turned toddler has transformed into our personal trainer.

Not long ago, we used to only be concerned with keeping Avery entertained as we [worked through an exercise routine](#) either inside or in the garage, but now sheâ€™s part of the action and helping to increase intensity! I still remember having her watch us from her swing as we sweat it out with a workout video.



Or bringing her to the garage for first time and how worried I was to do anything.



And for the longest time, sheâ€™s been happily (for the most part) bouncing in her jumper as we lift in the garage.



Eager to workout with Daddy!

But now, with her walking and wondering all over, she prefers to get in on the action when and where ever possible. My wife and I were doing a quick body-weight routine consisting of 50 seconds on, 10 seconds off working through squats, push-ups, lunges, and planks for a total of 4 rounds; making it 16 minutes total. Short but intense and perfect for those with limited access to equipment.

Apparently, Avery didnâ€™t think it was intense enough and she made sure to let her Mommy know to work harder!



Câ€™mon, faster, Mommy!!!

And I guess Kelley looked like she needed a little extra weight as she doing push-ups, so Avery helped increase the intensity by adding her own weight.



Iâ€™d say this isnâ€™t fun, but Iâ€™d be lying.

Of course, I think Avery went a little too far with the intensity at one point. Iâ€™m not sure, but something tells me Kelley would agreeâ€¦!



What? Having trouble, Mommy? Can I have milk soon?

This happened with the plank hold too, and Avery would venture over to me every now and then to check in. I think my wife got the worst of it though, but she ripped through the 16 minutes; â€œbaby weightâ€• and all!

In the garage, we just hit a milestone by removing the jumper to make room for a play yard/pen (really looks like a place for a dog) that Avery can move around in as we lift weights.



Goodbye, jumper, you served us well

I even had a second of feeling sad since itâ€™s bittersweet to take it out. Our little girl is growing too much! Common saying from parents, and I completely understand! But there wasnâ€™t much time to sit and ponder on the past, Avery let me know it was dead lift day and I needed to take my weight belt (she advocates lifting safely) and get to it.



Here, dad, youâ€™ll need this.

She looks pretty content in her new cage play yard, right? She seriously loves playing with the weight belt, so I know as soon as Iâ€™m done, she gets it back. Itâ€™s a good relationship though, she behaves and helps motivate me to lift heavy and keep focused, and I give her my belt once Iâ€™m done. Instant happinessâ€¦!



Iâ€™ve had this [mini kettlebell](#) for kids in my Amazon cart for too long, and now I have motivation to finally buy it. Soon, youâ€™ll see our daughter swinging her very own kettlebell with mommy and daddy!



How cool is that?

Whether inside or out, Averyâ€™s keeping her Mommy and Daddy in tip top shape around here. And why not? Shouldnâ€™t all kids want to have their parents be healthy so they are healthy enough to go play and run around with them?

I might joke about Avery being our personal trainer, but in a way, all parents should have their children act as personal trainers in the sense that they should want to get and stay healthy for themselves and their kids. I donâ€™t want to be one of the parents sitting on a bench as my kid runs around playing on the playground, I want to be out there playing too!

Please, if you canâ€™t find being healthy and fit for yourself being reason enough, do it for your kidsâ€™ sake. From chasing them on the playground as toddlers, to playing sports when theyâ€™re older, to helping them move out of the house when theyâ€™re fully grown, parents need to be there for their kids, physically and mentally.

Going Mom and I choose a healthy, active lifestyle, and I hope you do or will too. As an aspiring personal trainer (when Avery is older), Iâ€™d love to offer tips/advice to anyone who is serious, free of

charge. In fact, if just one person reaches out to me, I would do my best to help you achieve whatever goal it is you have in mind.

Don't limit yourself by thinking you *can't* do something. Stay positive, set your goal, and get to it! Just like you are what you eat, you are what you think too!

Do you workout with your kids?

Any fun exercises or stories you care to share?

What goals do you have for yourself and how are you working to get there?

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