

Going Strong: A Babywearing, Reel Mowing Workout during Naptime

Description

One of the best things a parent can do with their baby is wear them as soon as possible after they are born. Dads especially need this to help make up for our non-childbearing bodies. Donâ€™t get me wrong, though, Iâ€™m not complaining!!



I can finally wear her on my back in the Onya!! Time to mow!!

Besides the [numerous benefits babywearing touts when it comes to bonding](#), itâ€™s also a great way to engage in weight bearing exercise. Once your baby is old enough and has good neck control, you can take your babywearing experience up a notch. Like, for instance, using a reel mower to mow the lawn *and* wear your baby.

Iâ€™ve posted about using the [Fiskars reel mower](#) while babywearing in the past, and wanted to give an update now that I can wear Avery on my back. This is way more comfortable than wearing her in the front, and enables me to move a little faster than before.

I recorded this about a month ago, but forgot to post until now. Since weâ€™re getting over a long weekend with a very cranky, teething baby, I lack the ability to write a lot for Monday. So, in place of a wordy post, I give you a video of how to make the most of your time and get a good workout while mowing the lawn and have your baby napping.

By the way, I have no clue how she actually sleeps as I run back and forth across the lawn, but then sit and scream in a peaceful, dark room with a comfy crib. #BabiesAreThe8thWorldWonder

[youtube <https://www.youtube.com/watch?v=EP5Wmum0O7c&w=560&h=315>]

If you are lucky enough to have your baby actually napping in their nursery, then you can enjoy mowing the lawn [HIIT style](#)!

Being active with kids of all ages is extremely important to their overall health and wellness. When we lead by example, our children want to do as we do (usually), and even when theyâ€™re only months

old, they are absorbing everything. The same applies to making healthy food choices and avoiding fast food that contributes nothing nutritious.

I know I've said it all before and will continue saying it often because the health of our families should always be top priority. Every trip I make to the grocery store, I see so many parents filling their carts with packaged junk that either their kids begged for or that is just a convenient option.

Sorry for the rant, I need to dedicate a full post to my thoughts on this, but it would be long! Maybe a series?

Do you have any creative ways to exercise while accomplishing other tasks?

What are your thoughts on maintaining a healthy lifestyle and leading by example?

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