Explaining Exercise to a Baby

Description

Me: Hey Avery, want to hang out with Dad in the garage while he exercises?

Avery: Youâ€™ve *got* to be kidding me. Itâ€™s cold in there and you make loud noises as if youâ€™re actually doing something.

Me: Well, you have your Zippy on which keeps you pretty warm, and I can put your kitty beanie on your head. And hey, I make those noise because I really am doing something! Itâ€™s called exercise.

Avery: Oh, exercise huh? So, why do you exercise? It doesnâ€™t sound like youâ€™re having fun in there.

Me: Exercise is a very import thing for everyone as itâ€™s one of the ways we stay healthy. There are many benefits to exercise like helping to control weight, improving your mood, fighting against poor health conditions, promoting better sleep, and it actually is a way to have fun too.

Avery: Hmmph. All Iâ€™m saying is those arenâ€™t *fun* noises you make out there.

Me: Well, it wonâ€™t always be a blissful time, but I always feel a lot better afterward. Plus, I need to exercise to be able to make sure I can keep up with you! Soon youâ€™ll be using your legs to run around and I will have to keep a close watch on you. Maybe when youâ€™re walking you can start doing squats like you see me do in the garage.

Avery: What?! Those things where you really make loud, painful noises? Passâ€¦.

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Me: Yes, squats and I have a love-hate relationship, but they are simply an awesome exercise. Weâ€™ll work on you with those. Really, exercise can be anything active. Just going outside and running around playing is exercise. Something I hope you, mommy, and me will all do together. Right now, when you are rolling around or in your jumper, thatâ€™s exercise too. You see, so exercise *can* be fun!

Avery: Interesting, I didnâ€™t realize you and mommy screaming at me as I strain on the blanket just trying to get off of my back was exercise. Are you going to scream at me when I can run around too?

Me: Most likely, we will at times, but not as much when trying to get you to roll. But hey, you can roll both ways now! We are so proud of you!

Avery: Yeah, Iâ€™m proud of myself! That was stressful!

Me: So, how about that garage now? You can watch me and take notes for when itâ€™s your turn to do squats!

Avery: Oh brother! Fine, lets go out there, but donâ€™t forget my kitty beanie!

Me: That-a-girl! Here we go! I know youâ€™re going to have a blast watching now that you know more about the benefits of exercise!

Avery: Zzzzzzzzz

Me: And once youâ€™re legs are parallel with the ground, you lift the barbell back up and repeat for reps. Think youâ€™ll be ready to lift one day now that you have the basics down?

Avery: Zzzzzzz

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Me: Hey sleepyhead! Youâ€™re back inside now. Did you know you just slept the whole time we were in the garage?

Avery: Yawwwwnnn! Yeah, sorry, must be that whole â€œimproved sleepâ€• from exercise thing. I tell ya, that rolling wears me out.

Me: Yeahâ€¦â€¦..must be. Well, I know something that might be exciting. How about going for a nice run with you in your stroller?

Avery: That sounds kinda fun, sure! But keep me in my Zippy, I like chewing my nubs.

Me: Deal. Letâ€™s go.

Avery: Oh boy, this will be exciting!!!

Me: *breathing heavy* Well, how was it? We went 6 miles and I didnâ€™t hear you make a single sound!

Avery: Yeah, not as fun as I thought. I felt Every. Single. Bump.

Me: Awww, sorry about that, the stupid construction around here leaves debris all over the road. Very uncool, huh?

Avery: Dad, *youâ€™re* uncool, this is boring.

Me: Okay then, lets go inside and just hang out.

Avery: I like that idea, no more exercise today!

Me: Back inside, nice and cozy! About that whole no more exercise thingâ€¦..how about cheering mommy and me on as we do Tabata Inferno again?

Avery: Oh geez, what choice do I have? Okay, Iâ€™ll watch, but probably not cheer. Maybe cry though.

Me: Fine, Iâ€™ll try to keep you entertained the best I can. I thought you like it when I do burpees though.

Avery: Nope, I just stare because you look dumb jumping around so much.

Me: Oh, thanks a lot, I love you too! One day Iâ€™ll get you to join me on those along with the squats. Okay, lets go practice your rolling skills. Maybe later weâ€™ll mow the lawn with our new Fiskars Reel Mower while I wear you in our Onya Outback!

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Avery: Youâ€™re crazy! I want mom!

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