

What Counts as Exercise?

Description

Many parents, at-home and working alike, succumb to the “I don’t have time” mantra when it comes to exercise, but it’s an important part of life and is worth *making* time to do.

You might think exercise is something that requires special equipment or is only done at a gym, but you might already be “exercising” without even knowing it. Exercise falls under several definitions, and one way it is defined is that it’s [a regular or repeated use of a faculty or bodily organ](#). Knowing this, I’m positive we all have a long list of things we do every day that count as “exercise” and we never thought of it as such.

Carrying your kid around the house or grabbing them before they grab the cat’s tail would definitely count. And teaching them to perform different exercises like push-ups or yoga (maybe a combination?) proves beneficial too.



Chores and daily tasks like going for a walk, mowing the lawn, vacuuming, mopping, doing laundry, and engaging in [playtime with your kids](#) are all great ways to fit in exercise and accomplish your laundry list (pun intended) of things you need to get done.

In a nutshell, movement of any form is, in and of itself, exercise. An important thing to remember is to be consistent with your movement and make sure it’s something you enjoy. If your stomach churns just thinking of going for a run, don’t do it, you’ll never stick with it. Ride a bike, walk, swim, row, hike, or clean house. The point I’m trying to make is, keeping active, however you so choose, helps to make a better you.

As parents, we need to be excellent role models and should let our children see us being active and living a healthy lifestyle so they will hopefully follow suit and WANT to be like mommy and daddy. Note I said “healthy lifestyle”; this means exercise *and* good nutrition! If you are trying to lose weight, you can workout all you want, but without good nutrition, your results will be minimal at best. [Sleep is vital too!](#)

Finishing a great workout session is NOT a pass to go pig out on packaged, processed junk or order takeout without thinking of what you’re actually putting in your mouth. Trust me, I’m guilty of this and know firsthand. Read the ingredients or, better yet, choose food that doesn’t even need a label.

No matter your fitness goal; lose weight, gain strength, maintain current level, etc., we will all benefit from moving more and practicing good nutrition for the quality of life it provides. If you are already a conscious eater and get a good dose of daily movement, good for you, keep it up and hopefully you are inspiring others!

I’m on my feet most of the day and rarely sit down until night (I stand at the counter to use my computer) and move around a lot with Avery. She’s usually really good at “working out” with mommy or daddy and has her own equipment to use too.

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Upper body day. Sheâ€™s progressed from a thin wood #barbell to the big PVC pipe! #softstarshoes
#strength #healthykid #workout #fitness @softstarshoes

A photo posted by RC Liley (@going_dad) on Mar 14, 2016 at 3:51pm PDT

She is well aware of my upper/lower body split, but she ends up doing full body every day. Then we keep active by playing or doing anything outdoors, weather permitting. Lately, itâ€™s all about her [WOOM 1 Balance Bike](#). We named it Rocket, just like on [Little Einsteins](#).



Whatever you choose to do, try to do it with your family as much as possible. Kids mimic and idolize parents more than we realize, so being a great role model with ensure they grow up to make better decisions on their own.

Do you struggle with motivation or have no issue with exercising or nutrition?

If you have kids, do they join you when exercising?

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