

Back to School Fitness Tips

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1. Schedule Your Workouts!

Whether or not you get an adrenaline rush from crossing things off a list, most parents need a to-do list and schedule to stay sane. Plan your workout times in advance and put it on a calendar or to-do list. Then use the power of technology to remind you it's time to exercise!

2. Seek Accountability

Find a workout buddy. This holds you accountable, makes workouts more enjoyable, and can even create a little fun competition to keep you going. If a workout buddy isn't an option, find someone to check in with you about your exercising and eating habits. Knowing someone will ask is often a good enough motivator.

3. PLAY With Your Kids

You've heard it before and you'll hear it again. Play with and enjoy your kiddos. If you're tired and need extra motivation, remember that sitting kills, and even just walking by them while they play on the playground will improve your health.

My parents were always outside playing with us, and our activities changed as we aged. They pushed us on the swings and played in the sandbox with us. Even if you aren't a pro at sports, rebounding your son or daughter's basketball can be great quality time and a chance for you to MOVE! Active video games, bike rides, and walks are also good options.