



Find Time for Fitness (When There is No Time at All)

Include children in your workout

Babies:

- Sets of exercise while baby wearing
- Be the entertainment!
- Count out loud, clapping, mimicking movements
- Baby lifts for upper body
- Set up “yes” area for baby to explore
 - Safe equipment
 - Soft flooring



Toddlers:

- Play “follow the leader” - Take turns leading exercises for 1-2 minutes at a time
- Dance breaks between sets or during
 - other activities
- Safe, kid friendly equipment
 - Light weights
 - Resistance bands
 - Their own yoga mat
- Give in to kids’ music to get them more engaged

Older kids:

- Exercise challenges
- “Extreme hopscotch” or full yard obstacle courses
- Races
 - Casual in the yard or sign up to train for an event together!

Remember:

You are not “taking their time” to exercise. It is a wonderful and fulfilling activity to share and provides positive role modeling for kids of all ages.

