

Tips For Working Out With Kids

Written by Alexandra Adamson



Being a mom or dad is a tough job and can take much of your “me” time away from you. Many parents feel that they had to say goodbye to their morning ritual of hitting the gym once they had a child.

However, we spoke to Orangetheory Fitness Arrowhead’s head trainer, Jennifer Ulloa-Grubb, to get the dish on how moms and dads can stay fit with their kids.

“Kids are active all the time, and they always want to be doing something new,” says Ulloa-Grubb. “So working out at home needs to be quick and simple.”

There are ways to stay healthy and in shape without having to spend hours on end at the gym or with equipment. Ulloa-Grubb recommends easy-to-do body weight exercises or using what’s around the house like water bottles or books as weights.

First, try exercises in between your chores at home. While your kids are watching T.V., do air squats or off-the-knee push-ups. Or if you are headed outside, do lunges or skip with your kids. Any small exercise raises your heartbeat and helps burn extra calories no matter how many reps you decide to do.

Ulloa-Grubb recommends a 10-minute circuit in the mornings. The circuit consists of five sets of five exercises 10 reps each.

10 off-the-knee push-ups

10 squats

10 bicycle abs

10 running man

10 sit ups

Regulate your body and break up the sets throughout the day if you can’t or don’t have time to do all five sets at once.

“Ten minutes is enough to get your heart rate up and get you moving,” says Ulloa-Grubb. “Just keep it simple and focus on the area you want to improve.”

If you are taking your kids to the park, depending on their age, there are plenty of workouts for you to try, such as a jog and lunge interval with your stroller. Or while your kids play on the monkey bars, try pull-ups or inverted push-ups on the park bench. And if you are spending the day poolside, do laps or water aerobics while monitoring your kids splashing around in the water.

Locate any local fitness groups or “bootcamps” that might be hosted near your home and join them if you need the group accountability to stay focused on your fitness says Ulloa-Grubb.

“Something is always better than nothing,” says Ulloa-Grubb. “Being a parent is a tough responsibility but being a fit parent can make you a better parent.”

Visit Orangetheory’s [website](#) for more information.