

Fitting In Fitness

"Nan..." I love my five year old grand-daughter's three syllable version of Nan. "Can we do your walking video?" I tried to match her exuberance with a cheery "Sure!" The week before, it was, "Nan, can we dance?" And yesterday afternoon my grandson had an invitation I couldn't refuse... "Nan, let's play tag!"

No, it isn't a trip to the gym, a tranquil evening of yoga or a morning jog, but it is definitely exercise. Each time I was left out of breath. Something my brisk walk no longer does. I remember, as a young mother of five, often wishing I could exercise more of those pregnancy pounds away. As I look back now, I see many of the opportunities I missed. Opportunities to enjoy precious time with my children WHILE getting some much needed exercise. So this is a gentle reminder to all busy moms. Don't feel defeated. You may not be free to join an aerobics class but there are many opportunities to exercise.

Here are just a few:

- ✓ Visit the playground and join in - swing, catch a Frisbee, play soccer, hockey or tag
- ✓ Walk, while they ride bike, or take them in the stroller
- ✓ Build a snowman, go sliding, skating or swimming



If you can't get outside:

- ✓ Play tag in the house
- ✓ Teach them to skip
- ✓ Do an exercise video together
- ✓ Play freeze dance or just dance

Remember if you can get twenty minutes of exercise in the morning and afternoon, you're doing great! And added to that, will be the wonderful message you give your child... I cherish you, you have worth, you are important to me. A gift that is best given when it is wrapped in *time*.

According to Dr. Jean Clinton, Clinical Professor of Child Psychiatry at McMaster University, every child needs at least five people whose eyes light up when they see them. So have fun connecting with your child and getting fit, all at the same time. Go ahead and... "dance like no one's looking"! ☺

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