

Fitting Exercise Around Your Kids

- If your children are late risers in the morning then this can be a perfect time to be active. For me that is doing a morning walk or run, now he will walk with me depending on time
- Delegate duties by having the other parent push your child in the pushchair whilst you jog on and depending on age have them run with you or have them ride on their bikes
- Do it as a family, doing weights or another indoor workout. My son will often workout with his daddy or myself
- Go for walks through RHS parks and get in touch with nature with your children
🌐 RHS - UK's leading gardening charity / RHS
- Dance with your kids. My son at one time loved this before taking him to school
- There are classes like Buggy fit or Park run where kids and parents can take part. There are a lot of locations: <https://www.buggyfit.co.uk> 🌐 [MENU_HOME]
- There is baby yoga and my son goes to a holiday club so will take the time to walk, getting out early and just spend time with myself and he gets time to see other children and I will walk through areas my son doesn't like and just chilling.

