
Exercising for You and Your Family



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Exercising can seem time-consuming when you work and have kids that are in different sports or extracurricular activities. A gym membership can seem like wasted income when you never make it there to use it. There are a ton of ways to incorporate more activity into your busy life even with a family. Small changes each day can affect you greatly in the long run. Finding time or ways to incorporate more physical activity is possible for every schedule. You just need to find what works for you and your family. Whether it is small changes every day or following an exercise video on youtube at home, more physical activity will make you feel good and benefit you inside and out.

There are multiple gyms that actually do have a great monthly price that can make it a reasonable option when it comes to incorporating fitness. Listed below are options that might make getting a gym membership to seem more reasonable!

- Planet Fitness at \$10 a month with only a \$1 start-up fee.
(<https://www.planetfitness.com/gyms/champaign-il>)
- Anytime Fitness at an average of \$30 monthly
(<https://www.anytimefitness.com/membership/>)
- Refinery Health Club with a family package of \$155 a month for a family of four that includes all amenities and group fitness classes
(<https://www.refineyourself.com/membership/membership-options/>)

What you look for in a gym membership is entirely up to you and your family. These gyms offer several different options whether you are looking for more when it comes to your fitness journey. Whether the goal is big or small, each of these gyms aims to achieve a place that makes you comfortable and gets your heart racing.

Some health benefits of physical activity are:

- reduce your risk of heart attack
- give you more energy
- help you manage your weight
- help you improve your cholesterol
- lower your blood pressure
- make your bones and muscles stronger
- relax you and make you feel content
- help you sleep better
- improve your mood and help give you a positive outlook on life
- boost your concentration and alertness
- make you more productive at work
- reduce your risk of cognitive impairment as you age

- make you happier and healthier.

(Department of Health and Human Services, 2017)



(www.health.gov.fj)

Benefits of children having at least 60 minutes of moderate to vigorous activity will have:

- Stronger muscles and bones
- Leaner bodies
- Less risk of becoming overweight
- A lower chance of getting type 2 diabetes
- Lower blood pressure and blood cholesterol levels
- A better outlook on life
- Better sleep

- Better time dealing with physical and emotional challenges

(Gavin, M. L., 2018)

While working long hours and having limited time can make you feel like you do not have time to exercise, there are different ways to incorporate physical activity in your day! You can block out time to exercise or try to incorporate incidental exercise. If you love block exercising, which is exercising for a certain period, plan that out and try it during the time of day that works best for you. (Department of Health and Human Services, 2017) Exercising does not have to be outside, if you are just looking to walk, go walk through the mall and take the stairs instead of an escalator. Instead of sitting during your lunch, you can find someone to take a walk with you outside or around the building! Make sure it is something you enjoy doing, whether it is a walk around the block or going for a jog. If your days change day to day, incidental exercising may be the thing for you! Incidental exercising is doing short periods of exercising throughout the day. This can seem like this is a small task but can surely create a difference in you and your families life if you are constantly incorporating these changes.

Some examples of incidental exercising are:

- Take the stairs whenever possible
- When unloading groceries, strengthen your arms by lifting the milk bottle a few times
- Get off the bus one or two stops earlier
- Stretch to reach items in high places or squat to grab items at floor level
- While watching television, do stretches and core exercises
- Park farther away from the grocery store

(Department of Health and Human Services, 2017)



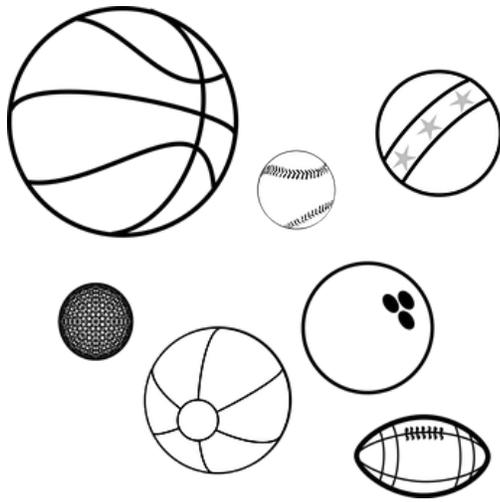
(pixabay)

For busy parents with children, there are also ways to get the whole family moving daily. Not only is this allowing the family to get exercise but will also double as quality time.

Some examples that the family can do are:

- Play tag, swim, toss a ball, jump rope, hula-hoop, dance to music or even play a dancing video game. It doesn't have to be sports—just get your family moving!
- Walk the dog, go for a jog, go on a bike ride, take the stairs or head to the park and let kids run around for a while.
- Celebrate special occasions—like birthdays or anniversaries—with something active, such as a hike, a volleyball or soccer game or playing Frisbee at the park.
- Get the whole family involved in household chores like cleaning, vacuuming, and yard work.
- Walk instead of drive whenever you can. If you have to drive, find a spot at the far end of the parking lot and walk to where you're going.
- Park farther away and count with your children the number of steps from the car to your destination. Write it down and see if you can park even farther away on your next stop.
- Train as a family for a charity walk or run.

(USDA, Obama, M., n.d)



(images from pixabay)

Scheduling your exercise with the family can make it harder to forget about and easier to maintain so that you do not put something else during that time set. Using this activity schedule can help you plan your physical activity for the family and can keep you responsible for achieving it!

You can download the calendar as a pdf at:

https://letsmove.obamawhitehouse.archives.gov/sites/letsmove.gov/files/Family_Calendar.pdf

Getting proper exercise through each day is essential to maintain a healthy body and with a well-rounded, balanced diet, your family will benefit. Making these changes do not have to be a huge change, incorporating small yet significant changes will ultimately make it easier to continue to implement these practices in you and your families life! Get up and get active this year, you have nothing to lose and everything to gain!

(pixabay)



Health Benefits of EXERCISE

for Children & Teenagers



Raised heart rate to 170 bpm
40-60 mins, 3-4x per week =
5-10% improvement in
aerobic fitness in 8-12 weeks.



Resistance training
2 or 3x per week
improves **muscle strength**
and endurance.



Every 15 mins of exercise
improves **academic performance**
by an average of about a
quarter of a grade.



30 minutes of **cardio** exercise
per day boosts **confidence**,
reduces **stress** and **anxiety**.



Exercise between the ages of **11-18**
increases **bone density**, particularly
in the spine and hip.



30 minutes on the treadmill
boosts **problem solving**
by up to 10%

REGULAR PHYSICAL ACTIVITY



Helps build and maintain healthy
bones, muscles and joints



Helps reduce the risk of developing
obesity and chronic diseases



Helps to achieve and maintain
a healthy body weight.



Improves the quantity
and quality of sleep



Greater self-esteem and
better self-image



Improves coordination
and motor skills

References:

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