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## The Triangle's Family Resource

### **Parents: Exercise at Home With Kids!**

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No money or time or energy to exercise? I sometimes feel that way. After cooking dinner and looking after the kids, I'm often too tired to exercise. Heading to the gym takes time—if you can afford the cost—and these days that's a big "if." If you're living on one salary, exercise equipment is often out of reach of the family budget. But here's a new and different "backyard boot camp" exercise program to get a great workout using your home and the outdoors as your gym. Best of all, you can involve your kids—if they're game—and get them in the habit of exercising, too. The program comes from New York City Personal Trainer [Stacy Berman](#), founder of Stacy's Boot Camp.

#### **Stacy's Four-Step Backyard Boot Camp**

##### **● Stage One: Warm Up**

o You can do this in almost any room in your house, outside on the driveway, or in your yard. The great thing about jumping jacks and jump roping is that you can have your kids join in on the fun!

1. To get your heart rate up, jump rope for 2 minutes
2. Do 2 sets of 20 jumping jacks
3. To complete your warm up, jump rope for 2 more minutes

##### **● Stage Two: Cardio Workout**

o Once you've warmed up, use what you have! There's no need to invest in a Stair Climber or Treadmill. Instead of stepping on an endlessly turning set of stairs that can cost a pretty penny, use the staircase in your home or your driveway.

1. Run up and walk down your stairs for 4 minutes
2. Sprint up your driveway and walk down for 4 minutes
3. Repeat two to three times

##### **● Stage Three: Weight Train**

o Instead of investing in hand weights, an at-home gym, or other equipment, use things around the house! Canned goods from your pantry serve as great hand weights. Use two cans of soup—or whatever you have—for this sequence:

1. Bi-cep curl—keep your elbows at your sides and bring your hands to your shoulders. Then release and return your hands down to the side of your body. Do this for 20 repetitions.
2. Over-head press—lift your hands over your head and bring down to your shoulders. Then press your hands back up over your head, straightening your arms. Do this for 20

reps.

3. Chest press—create a 90-degree angle with your arms out horizontally from your body. Pull your hands in to your shoulders then press out. Do this for 20 reps.

o Your child can also be used as a weight: Ever notice how once you started picking up and putting down your little one all day long, your arms became stronger? You can do the same exercises you did with cans, with your child. Or—do the exercises below to work your legs.

1. Squats—standing up straight, hold your child to your chest. Keeping your back straight, squat (do not let your knees go in front of your feet) and press your child out away from your body. Stand up again using the strength from your upper-legs and pull your child back into your chest. Do this for 20 reps.

2. Lunges—standing with your feet together and your child at your chest, step forward with one foot while pressing your child out away from your body. Pushing off from your front foot, return to the feet together position and pull your child back to your chest. Then step forward with your other foot, repeating the same motions. Do this for 20 reps.

o Use your furniture:

1. Tri-cep dips—use your couch! With your feet on the floor and your hands on the edge of a couch/chair, push your body up and down. Do this for 20 reps.

2. Lunges—putting one foot up on the ottoman, do 20 lunges (alternating feet) as described in step #9.

#### ● **Stage Four: Cool Down**

o Get yourself a Yoga or Pilates DVD and do it in your living room: Getting to the gym to take a Yoga or Pilates class may not be enough to peel you off the couch after a long day. The simple solution: buy a DVD and throw it in your player at home

1. Do Yoga or Pilates in your own living room- a great cool down that will still work and tone your muscles!