



" what really matters "

Thursday, July 8<sup>th</sup>, 2010

## Make it "work" for you!



*The weather is nice and it is time to head to the playground. We just had to pass along these easy tips to make those visits even more healthy ... not just for the kids but for mom and dad too!*

Playgrounds are not just for kids, but also for those that are a "kid at heart." Make the most of a calorie burn by having fun with the kids and getting a workout in! Your children will get a benefit by having fun with mom or dad and also by promoting to them that being fit is fun.

Tara Zimliki, founder of Tara's Bootcamp, is no stranger to getting the whole family involved in her workouts. As a mom of two young daughters, she has perfected the art of making "fitness into funtime" with her children. Below are some of her favorite tips for those looking to maximize their time at the playground:

### Simple Exercises for the Playground

- Use the Monkey Bars for chin ups or pull-ups, which will effectively tone your triceps, biceps, core and back
- The Swingset is a perfect tool to use for stability and core exercises. Try a one-leg squat with one foot in the seat of the swing. Target your abs by sitting

on the swing and leaning back about 45 degrees. Hold your legs straight out in front of you and cross them over one another in a "scissor" motion

- Park Benches are not just for sitting! Target your shoulders and triceps with a bench dip. Place your hands on the edge of the bench seat and your feet angled in front of you. Lower yourself off the bench with your hands until your elbows are at about a 90-degree angle, and lift back up
- Become a Jungle-Gym Jock. While your kids play on the jungle gym, use it to strengthen your arms with a standing push-up. The father back you stand from the gym, the harder the push-ups become

### How to Turn Your Stroller Into a Personal Gym

- Lunges and Squats are made more fun for kids by using their strollers for support or added resistance
- Running with a Stroller is no picnic, but Tara suggests ramping up your workout with intervals to make your routine go from boring to exciting for your kids

Tara is a Certified Personal Trainer through The American Council on Exercise (ACE), and a Boot Camp Instructor. For more information about her, please visit [www.tarasbootcamp.com](http://www.tarasbootcamp.com).

Get more tips to be "fit" on [Simple Fitness](#).