



Fill Your “Sponges” With Exercise, not Couch Potatoes!

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Right now you must be thinking, “What is this guy talking about?” Well, now is the time of year when everyone is in full hibernation mode and exercise is the last thing on your mind. Many people love to make New Year’s resolutions to eat less, exercise more and lose weight. Unfortunately, most will set their goals too high to achieve or just lack the motivation to even give it a legitimate try and quit before getting started.

Well, I am proposing a new motivational factor- your Sponge(s). “What are you talking about Blake?” Our Sponges are our kids. No matter how much they deny it, they model themselves after mom and dad by observing us and absorbing (like a sponge) everything they see us do from day 1. They get their temper, sense of humor, eating habits, work ethic, and even their laziness from us. In the Winter, it gets dark out so early that our bodies go into shutdown mode early and all we want to do is sit on the couch, snack and watch TV until bedtime. Our kids see that and soak it up.

My proposition is not just to exercise in front of our kids for them observe, but to exercise with them. Not only will it get you and your kids active, but it is a wonderful bonding experience. When I get home at night I am usually hungry and often tired, but I usually turn into a human jungle gym for my 2,4 and 6 year olds for at least a half-hour before I get to eat, and it is the best part of my day.

When it is warmer outside, throw on your snow gear and go sledding, build a snowman, have a friendly snowball fight or just go for a walk with your kids. When it is too cold outside, go to the health club or open gym at the local community recreation center, or even turn on the Wii and play it with your kids. The important thing is to do something active for 30+ minutes at least 3-4x/week and, when possible, do it with your kids. Do this regularly, and soon you will begin to see the benefits of exercise (increased metabolism, increased energy and endurance, mood stabilization, weight loss/muscle tone gain to name a few). You will not regret it. **NOW QUIT READING AND GO FILL UP YOUR SPONGES!!!**