

Parents: Fit in your exercise time with your child's busy schedule

We all know that it is nearly impossible to get ourselves and our families everywhere we need to be. Setting time aside for our own exercise is an after thought for most of us. But, there's no reason to not use your child's practice time as your own "practice" time. Here are a few ways to take advantage of this overlooked opportunity. You can even get other parents to join you!

- Walk laps around the field or gym during practice
- Assist the coach
- Ask if you can join in with conditioning drills
- Do exercises that don't require any equipment (lunges, squats, push ups, sit ups, etc.)
- Scrimmage with the team