



## **Playgrounds aren't just fun for kids, they are a workout for moms**

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Playgrounds are not just for kids, but also for those that are a “kid at heart” — such as moms. So, moms, 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 you and also by promoting to them that being fit is fun.

**Tara Zimliki, founder of Tara's Bootcamp** — which I profiled in **THIS** story back in January — is no stranger to getting the whole family involved in her workouts. As a mom of two young daughters, the Branchburg native has perfected the art of making “fitness into fun time” with her children. Here 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 farther 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 Zimliki suggests ramping up your workout with intervals to make your routine go from boring to exciting for your kids.

More information is available by visiting [www.tarasbootcamp.com](http://www.tarasbootcamp.com) or <http://twitter.com/tarasbootcamp>.