



## Transcript from April 6, 2010 to April 7, 2010

All times are Pacific Time

April 6, 2010

- 1:09 pm fitcityindy: Join us tonight @ 7pm ET for #indyfitchat. Create a #fitness roadmap, learn how to talk to kids about health & get them movin'. Pls RT!
- 1:14 pm J9Melissa: RT @fitcityindy: Join us tonight @ 7pm ET for #indyfitchat. Create a #fitness roadmap, learn how to talk to kids about health & get them movin'. Pls RT!
- 1:17 pm PedalingPoores: RT @fitcityindy: Join us tonight @ 7pm ET for #indyfitchat. Create a #fitness map, learn how to talk to kids about health & get'em movin'.
- 6:17 pm DayNurseryIndy: RT@fitcityindy Join us Tues, Apr 6 @ 7pm for #indyfitchat. Amy Upp, fitness instructor & mom of twins has REAL plans for families.
- 8:02 pm fitcityindy: Follow our 7pm ET #indyfitchat on Twitter OR on TweetGrid.com. Just click on Search and enter #indyfitchat. DM if you need a TweetGrid 101.
- 8:20 pm dbwrite4u: RT @fitcityindy: Follow our 7pm ET #indyfitchat on Twitter OR on TweetGrid.com. Just click on Search and enter #indyfitchat. DM if you need a TweetGrid 101.
- 10:43 pm fitcityindy: It's almost time for the #indyfitchat with @amyupp. We'll start in 15 minutes. Who's else is ready to talk about family #fitness strategies?
- 10:49 pm PedalingPoores: RT @fitcityindy: It's almost time for the #indyfitchat with @amyupp. Start in 15. Who's ready to talk about family #fitness strategies?
- 10:56 pm amyupp: RT @fitcityindy: It's almost time for the #indyfitchat. We'll start in 15 min. Who's else is ready to talk about family #fitness strategies?
- 11:01 pm fitcityindy: It's time for #indyfitchat with @amyupp from Westview Healthplex. Tonight's topic: how to create a family fitness roadmap. Welcome!
- 11:02 pm fitcityindy: @amyupp Can you share a little of your background? #indyfitchat peeps: feel free to send her questions or add your thoughts/ideas.
- 11:03 pm fitcityindy: Remember, If you are joining, introduce yourself! Be sure to add #indyfitchat to your tweets so we can all see your questions & ideas
- 11:04 pm JenStringer10: Hi, it's Jen #indyfitchat
- 11:05 pm amyupp: I am a mother of twins, working in the health and fitness industry for almost 10 years #indyfitchat
- 11:07 pm fitcityindy: Let's get started with Q1: @amy upp, why is it important to set your family fitness goals together, as a family? #indyfitchat
- 11:08 pm amyupp: It is important the whole family work together to be healthy. Parents should try to set a good example #indyfitchat
- 11:10 pm amyupp: Children will follow our lead. We cannot expect our kids do be active if we aren't.#indyfitchat
- 11:11 pm lisavielee: RT @amyupp: Children will follow our lead. We cannot expect our kids do be active if we aren't.#indyfitchat
- 11:11 pm JenStringer10: I like to keep it real. What if mom and dad are a little out of shape already? How can they start

- pm setting the example? #indyfitchat
- 11:13 pm amyupp: Take a walk after dinner, visit a park as a family, and choose activities that keep you moving (i.e. trip to the zoo) #indyfitchat
- 11:15 pm amyupp: Setting activity goals as a family can help plan your roadmap. Start with one activity and then add another #indyfitchat
- 11:15 pm fitcityindy: How long should you work the first activity on your roadmap before adding another? #indyfitchat
- 11:16 pm PedalingPoores: Evening everybody, from my backyard, while my twin toddler boys alternate between swingset and garden cultivating, #indyfitchat
- 11:18 pm fitcityindy: @PedalingPoores That sounds lovely! We are talking about setting realistic activity goals? Any tips? #indyfitchat
- 11:19 pm amyupp: work on adding more as you are able Choose any down times to have a fitness activity. be creative and try one new thing a week #indyfitchat
- 11:19 pm JenStringer10: Wow is this parents of multiples night on #indyfitchat? Cool your kids are "working" in the garden already @PedalingPoores.
- 11:21 pm PedalingPoores: Pick a goal which stretches you a little but not too much and ask someone who's already doing it how they got there. #indyfitchat
- 11:21 pm PedalingPoores: 28 days to create a new habit or break an old one, right?! #indyfitchat
- 11:22 pm amyupp: fitness activities can include games like freeze tag, kickball, gardening, swimming, running, walking #indyfitchat
- 11:22 pm PedalingPoores: Wife and Mother of my boys coordinated indoor seed starting our vegetable garden a couple weeks back, planting this wknd #indyfitchat
- 11:22 pm fitcityindy: That's what I've always heard too. RT @PedalingPoores: 28 days to create a new habit or break an old one, right?! #indyfitchat
- 11:24 pm PedalingPoores: By the way, we tend to be a little ambitious in our fitness and letting the boys try new things.... 1st 1/2 Ironman in July. #indyfitchat
- 11:25 pm nzeckner: I've found the dog is a good motivator. Even if I don't want to run, why should I deny him? #indyfitchat
- 11:25 pm fitcityindy: @PedalingPoores How old ARE your twins!? That is fantastic. #indyfitchat
- 11:25 pm JenStringer10: @amyupp Other fun things a FitCity mom shared: a signs of spring hike, geocaching, and exploring new parks <http://bit.ly/97gTfY> #indyfitchat
- 11:26 pm PedalingPoores: Love the Dog idea @nzeckner We've been contemplating that one ourselves, partly to wear the boys out, LOL #indyfitchat
- 11:26 pm amyupp: plan a family field day to include an obstacle course,hula hoop contest and get everyone involved,#indyfitchat
- 11:27 pm fitcityindy: @nzeckner Welcome to the chat. I read your post earlier about the dog not loving the heat. What other motivators work for you? #indyfitchat
- 11:27 pm PedalingPoores: C&C will be 2 1/2 this month and working on running faster, cruising thru the backyard on their balance bikes (no pedals) #indyfitchat
- 11:28 pm amyupp: everyone in your family can be active, it just needs to be fun. families that play together stay healthy together #indyfitchat
- 11:28 pm PedalingPoores: Fitness has taken on a new meaning and intensity since our boys arrived, as they're always involved via jogger or bike trailer #INDYFITCHAT
- 11:28 pm fitcityindy: With healthy prizes of course! RT @amyupp: plan a family field day w/obstacle course,hula hoop

- pm contest & get everyone involved,#indyfitchat
- 11:29 pm JenStringer10: RT @PedalingPoores Pick a goal to stretch you a little but not 2 much & ask someone who's already doing it how they got there. #indyfitchat
- 11:30 pm PedalingPoores: For any parents of young children (<5yrs old) your kids are a reason for outdoor activity not an excuse against it #indyfitchat
- 11:30 pm amyupp: @pedalingpoores You are a great example that you don't have to stop fitness because of twins! #indyfitchat
- 11:31 pm PedalingPoores: Young children love experiencing and exploring the great outdoors in any fashion you're willing to join them! #indyfitchat
- 11:31 pm JenStringer10: RT @PedalingPoores: For any parents of young children (<5yrs old) your kids are a reason for outdoor activity not an excuse against it #indyfitchat
- 11:31 pm nzeckner: @fitcityindy I love to mountain bike. If I don't run/road bike I can't be good at the thing I love #indyfitchat
- 11:33 pm PedalingPoores: I'll second @amyupp on the #geocaching concept, can't wait to schedule a few longer outings for our boys later this year #indyfitchat
- 11:33 pm amyupp: kids can do more that you can expect!They want to do what their parents do and can motivate us as much as we motivate them #indyfitchat
- 11:34 pm PedalingPoores: @nzeckner sounds like you've got some competitive spirit in you when it comes riding dirt?! #indyfitchat Crosstraining = Mixing it up!
- 11:34 pm fitcityindy: It sounds like all the exercise we need in right in the backyard! Should we reward our kids for being active/exercising? #indyfitchat
- 11:34 pm PedalingPoores: @nzeckner Haven't yet, so I'll make sure to check out <http://tinyurl.com/yhtdf66> Thx for the refer #indyfitchat
- 11:36 pm nzeckner: With things that add incentive IE new skates, balls, etc RT @fitcityindy Should we reward our kids for being active/exercising? #indyfitchat
- 11:37 pm amyupp: It is important to reinforce good behavior. Set goals and once you reach those goals plan a new fun activity to try #indyfitchat
- 11:37 pm JenStringer10: For #geocaching, Hendricks Cnty Parks & Rec will let you check out GPS equipment <http://bit.ly/baBQOI>. Something I want to try #indyfitchat
- 11:37 pm PedalingPoores: Slightly quiet #indyfitchat tonight, but I'm hoping that's a result of most folks being active outdoors in this gorgeous weather!
- 11:39 pm nzeckner: @PedalingPoores There were alot of people out in my neighborhood. Yard work, walking, biking, fishing... #indyfitchat
- 11:40 pm amyupp: Activity charts to track progress can also be a motivator. Pedometers are a great way to track steps!! #indyfitchat
- 11:40 pm PedalingPoores: @amyupp Bringing my twin boys along on training runs and rides with a park pit-stop is a secret training tool, sssshh. #indyfitchat
- 11:40 pm fitcityindy: @PedalingPoores Not everyone has figured out how to tweet and play like your family I guess! #indyfitchat
- 11:41 pm PedalingPoores: LOL! RT @fitcityindy: @PedalingPoores Not everyone has figured out how to tweet and play like your family I guess! #indyfitchat
- 11:41 pm fitcityindy: Give a kid a pedometer and they'll jump the night away! RT @amyupp: Pedometers are a great way to track steps!! #indyfitchat
- 11:42 pm PedalingPoores: @fitcityindy I decided to make an exception tonight and bring some technology into the back yard. Recovering from a 6am ride. #indyfitchat
- 11:42 pm amyupp: pedometers are great for kids and adults! i know many adults that will walk extra around the house

- pm to reach their 10,000 steps #indyfitchat
- 11:43 pm nzeckner: Re: pedometers When I was a kid they put them into Pokemon toys so you could "walk" your virtual pet :) #indyfitchat
- 11:44 pm fitcityindy: @PedalingPoores We are glad you joined in. You are a great example for other moms/dads. #indyfitchat
- 11:44 pm fitcityindy: @nzeckner What a great way to play Pokemon! #indyfitchat
- 11:44 pm JenStringer10: @nzeckner. Maybe now they need to put pedometers into the Zhu Zhu pets! #indyfitchat.
- 11:44 pm amyupp: it is important to focus on your family fitness roadmap. Everyone's is different! No two roadmaps are exactly alike #indyfitchat
- 11:45 pm JenStringer10: RT @fitcityindy @PedalingPoores We are glad you joined in. You are a great example for other moms/dads. #indyfitchat. I agree!
- 11:45 pm amyupp: Write out your roadmap. Start each week with a family mtng to discuss your goals and plans for the week. #indyfitchat
- 11:46 pm fitcityindy: Just like meal planning. RT @amyupp: Write out your roadmap. Start each week with a family mtng to discuss goals/plans. #indyfitchat
- 11:47 pm amyupp: Ask your children what they are interested in. Not every child is an athlete, but every child can be active. #indyfitchat
- 11:48 pm PedalingPoores: @fitcityindy Thanks, as the #quote says: Set yourself on Fire, folks will either watch you burn or catch on fire themselves! #indyfitchat
- 11:48 pm fitcityindy: Here are Top 10 Summer fitness activities for Kids to consider for your roadmap: <http://bit.ly/akgaKP> #indyfitchat
- 11:48 pm JenStringer10: RT @amyupp: Ask your children what they are interested in. Not every child is an athlete, but every child can be active. #indyfitchat
- 11:50 pm JenStringer10: RT @fitcityindy: Here are Top 10 Summer fitness activities for Kids to consider for your roadmap: <http://bit.ly/akgaKP> #indyfitchat
- 11:50 pm PedalingPoores: #Indyfitchat Signing off to go chase my boys around the yard, maybe some tag or soccer dribbling to keep things interesting :-)) Get Active!
- 11:51 pm fitcityindy: @PedalingPoores Enjoy the night! Thanks for being part of the #Indyfitchat
- 11:51 pm amyupp: as a family choose a charity and set a goal to raise money or walk for that charity and all can participate, strollers too #indyfitchat
- 11:52 pm fitcityindy: In our last 10 minutes, what are some things you plan to do this week as part of the @amyupp family fitness roadmap? #indyfitchat
- 11:54 pm amyupp: our goal: at least one bikeride and playing outside in the yard with soccer ball. gymnastics birthday party this weekend! #indyfitchat
- 11:55 pm eternallizdom: #indyfitchat late to the party here! We make Wii "Just Dance" a normal part of our routine these days. Always work up just a little sweat!
- 11:55 pm fitcityindy: Sounds like fun @amyupp I wish more birthday parties were active. (And had less chocolate in the goody bags) #indyfitchat
- 11:56 pm amyupp: my four olds want me to say that walking, running, dancing, playing outside, riding their bikes & the park are their favorites #indyfitchat
- 11:56 pm fitcityindy: Hi @eternallizdom! Always good to "see" you. Q: What do your kids think of that routine? #indyfitchat
- 11:56 pm eternallizdom: We also get out for a walk around the neighborhood a few nights each week. #indyfitchat

pm

11:57 pm eternallizdom: My 5 yo especially loves to do Just Dance. Took her time to warm up to it but now she asks for it almost every night! #indyfitchat

11:57 pm amyupp: we have great dance parties our house! Everyone can be silly and get a great workout! #indyfitchat

April 7, 2010

eternallizdom: My dad used to pay my brothers 1 penny for each push up, each sit up, etc. #indyfitchat

12:01 am fitcityindy: Now that's a reward! :) RT @eternallizdom: My dad used to pay my brothers 1 penny for each push up, each sit up, etc. #indyfitchat

12:01 am amyupp: include all types of exercise in your roadmap, cardio and strengthening such as climbing the jungle gym. #indyfitchat

12:02 am fitcityindy: Here is a link to a strength training guide @amyupp sent us earlier today: <http://bit.ly/diLwUo> #indyfitchat

12:03 am fitcityindy: Our #indyfitchat hour went by fast 2nite! Thanks @amyupp for your great tips & thanks everybody for your input & ideas. Fun conversation

12:04 am amyupp: thank you for having me on the fitcity chat! check out our website for fun fitness activities for your kids this summer! #indyfitchat

12:06 am fitcityindy: Here is a link to Westview Healthplex if you are interested - <http://bit.ly/dyNHEC> #indyfitchat. Awesome sports club!

12:06 am JenStringer10: @amyupp What's the website address? #indyfitchat

12:07 am fitcityindy: If you like our new #indyfitchat time of 7 - 8 p EST or want a different time, let us know. These chats are for you!

12:28 am sillysillyson: we have great dance parties our house! Everyone can be silly and get a great workout! #indyfitchat