

What Is My Mom Doing When I Am in Kids Zone?



Sometimes I go with my mom to the Bradley Wellness Center. My mom takes me to Kids Zone. Then she goes to work out. This keeps everyone safe.

There are two reasons why I go to Kids Zone. Moms and dads work out on machines with motors and moving parts. They run on treadmills and ride bikes that don't go anywhere. The machines are not safe for kids. That's one reason why I go to Kids Zone.

There's another reason, too. It's not possible for my mom to watch or help me when she is working out. She's busy exercising. My mom thinks about me, though, and the Kids Zone adults help me and keep me safe.

I go to Kids Zone when my mom works out. My mom knows where I am and comes to get me when she is done. She wants to learn about what I did at Kids Zone!