



Get Moving With These Top-Rated Jogging Strollers



Visits to the gym can quickly become a thing of the past when you welcome a child into your home. Finding the time, energy and money for a gym membership and sitter can make it difficult for parents to exercise, but thankfully there are products that can help the whole family stay active. From baby carriers to the best jogging strollers, workouts don't have to disappear when little ones are born, they just need to look a little different.

A jogging stroller is a big financial investment and typically is purchased in addition to a daily stroller. Because of their larger — footprint both when in use and folded — jogging strollers aren't ideal for trips to the mall and they don't often leave enough room in the trunk for other items, like grocery bags. But if you have the storage room for two strollers, or if you've decided a daily stroller is unnecessary for your family, a jogging stroller is a great way to keep the whole family active.

When looking for jogging strollers, there are questions to ask:

- **How Safe Is It?** Most jogging strollers have a five-point safety harness, which keeps little ones secure. It's also important to look at the stroller's brakes since you make be using it at a fast speed. Is a foot brake sufficient or do you live in a high-traffic area and want a hand brake for added safety? Jogging strollers often have tethers as well to keep the stroller connected to the parent, the same way you would attach a tether to yourself when using a treadmill.
- **How Old Is Your Child?** Some jogging strollers come with car seat adapters or adapters can be purchased separately, making it possible to begin using these strollers at birth. Children should not use rumble seats until they're at least six months old and can hold their heads up unassisted. If you have older children, you need a jogging stroller that can handle their body weight.
- **How Much Storage Do you Need?** Do you want a stroller that can hold large bags for hiking trips or is a parent's console for drinks enough for your daily jog?
- **What Activities Will You Be Doing?** Jogging seems like the obvious answer, but where will you be jogging? Some jogging strollers are great for paved running while others can handle hiking trails. Do you want a stroller that can also be attached to your bike? And do you typically run in warm weather, cold weather and is rain common in your area?
- **Where Will You Keep The Stroller?** Some jogging strollers are easy to fold, which makes them a great option for parents who want to be able to quickly put the stroller in their car and travel to a running spot. Others are heavier and more cumbersome to fold and are better suited to parents who have parking space in their home for the stroller.

Buying a jogging stroller shouldn't be as stressful as buying a car, but if you've ever entered the rabbit hole of kids' products, you know safety ratings, features and a wide price range will have you longing for days of pushy car salesman. That's why we've put together a list of the best jogging strollers that will help each family find a smooth ride that best fits their needs. Check out our top picks and get some fresh air (it makes kids sleepy — hooray!).

2. JEEP HYDRO SPORT PLUS JOGGER BY DELTA CHILDREN

BEST FOR NEWBORNS

From the company that brought you vehicles for off-roading comes a line of strollers that can handle all the bumps your next adventure has in store. For new parents who want to get moving as soon as possible, we recommend the Jeep Hydro Sport Plus Jogger by Delta Children. Unlike most jogging strollers that require parents to purchase infant car seat adapters separately, the Hydro Sport comes with adapters for Britax and Chicco, the two most popular car seat models available (saving money for parents? We love you, Jeep). The Hydro Sport also includes a snack tray for kids, a parent's console that includes a concealed middle section for personal items and room for two drinks, as well as a safety leash and spacious under stroller storage area that can fit a full-sized diaper bag and more. The large, 16" back wheels and 12" front wheels are paired with a shock-absorbing suspension system that will provide a smooth ride even for infants. The front wheel is easy to lock when parents want to pick up speed and the five-point harness keeps the child secured in their padded seat.

SPY received one of the Jeep Hydro Sport Plus Joggers by Delta Children and were impressed by the high-end finishes, including the adjustable leather handlebar, that was included in the mid-priced stroller. I was able to assemble the stroller in about five minutes with my 2.5-year-old as my only assistant, which means I probably could have assembled it in half the time on my own. It was easy to recline her seat with one hand and I liked the oversized neoprene canopy, which is water-resistant, has a 50 UPF rating, and a peek-a-boo window. The stroller was comfortable for me (5'5") and my husband (6'4") to run with both on paved paths and on bumpier terrain, including a grassy field. The Jeep Hydro does require two hands for the double trigger closure and at 35 pounds, the stroller is on the heavier side, but this also made it feel stable. The double foot breaks felt secure even when parked on a hill and the stroller was wide enough for our daughter to sit comfortably with plenty of room and we could still park the stroller between our cars even though space was limited.



Image courtesy of Amazon

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