



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



HUDSON
TWINSBURG
SOLON

NOVEMBER NEWSLETTER



Events & Happenings

November Playdates

Free playgroups are available weekly after Stroller Strides classes

Monday Nov 4, 9:30am and 6pm -

[The One Where They Stroller Stride FRIENDS class and coffee date](#)

Wednesday Nov 13, 10:30am and

Thursday Nov 14, 7pm (after class)

- [Toy Share Play Date](#)

Sunday Nov 17, 9:30am-11am -

[Play Date at Sky Zone Boston Heights](#)

Thursday Nov 21, 7pm and **Friday Nov 22**, 10:30am (after class) - [Turkey Craft](#)

Monday Nov 25, 6pm and **Wednesday Nov 27**, 9:30am - [Thanksgiving Family Stroller Strides and Gratitude Tree](#)



November Mom's Night Out

Wednesday Nov 13, 7:30pm - Favorite Things Exchange, Brooke's House

Visit our [Facebook page](#) or email juliebutt@fit4mom.com for more details

Healthy Thanksgiving Recipe

Looking for a healthy addition to your Thanksgiving meal? Try out these yummy Honey Balsamic Roasted Brussel Sprouts favored by our Body Back and Run Club Coach, Emma!

Honey Balsamic Roasted Brussel Sprouts

Preheat your oven to 425°F. Line a baking sheet with aluminum foil or use a silicone baking mat.

Trim off the outer, dry leaves, cut the bottom off and slice lengthwise.

In a large bowl, toss Brussels sprouts with olive oil, kosher salt and freshly cracked black pepper to coat thoroughly.



Transfer the Brussels sprouts to baking sheet and roast until tender and caramelized, about 20 minutes.

Place the roasted Brussels sprouts back in a bowl, or keep on the tray, because then you're going to toss these in a fantastic combination of flavors. Add the remaining tablespoon of olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and season with kosher salt if necessary and serve.

<https://keviniscooking.com/roasted-brussels-sprouts-balsamic-vinegar-honey/>

Body Back® Holiday Hustle

We know that the holidays can be crazy and the tiniest bit exhausting. Finding time for a workout can be difficult, but we got you covered, mama!

Body Back® Holiday Hustle is 3-weeks of two high-intensity interval workouts (HIIT) per week designed to help you reach your full physical potential and reconnect to your inner strength. Our HIIT cycles through cardio, strength, and core work and concludes with a relaxing meditation to help you recharge and head back to your family. Improve your health, fitness and physical strength with other like-minded mamas! This mini session is a great preview of a full Body Back® Transformation session or a great way to continue on your Body Back® journey between sessions!



Classes are Tuesdays 7-8pm and Saturdays 8-9am from December 3 - December 21 at Twinsburg Cleveland Clinic Family Health & Surgery Center.

ENROLL NOW

Body Back® Winter Session Starts January 7

More info coming soon! And keep an eye out for an AMAZING Black Friday deal on winter session that you don't want to miss!

Don't Miss our Black Friday Deals!

We are cooking up some CRAZY deals on **ALL** of our programs - **Stroller Strides, Run Club+ 2020** and **Body Back® Winter Session** - for Black Friday!

Make sure to check your email and/or our Facebook page ([@FIT4MOMHTS](#)) starting at 5pm on Thanksgiving Day so you don't miss out!



Mama of the Month

Meet Brooke Anderson, our Mom of the Month! This series features a different mom of our Village each month.

Tell us about your family: Hi! I'm Brooke and I live in Aurora with my husband Ryan, our sons August (2) and Mack (5 months), our two dogs Scout and Penny, and our rabbit Nuxy. We have too many animals in our house. Ryan is a software engineer/manager at Rovisys in Aurora, which means he often visits at lunch. I like to workout, 'make stuff' (paint, draw, sew, whatever!), play piano, and alternate between reading and watching too much tv. Ryan likes to run, hike, play guitar, and work in his woodshop. August loves horses and Paw Patrol. Mack likes drinking milk and watching August.



Hometown: Canfield, OH

Current/previous career: Before becoming a SAHM, I taught AP Physics 1, AP Physics 2, and honors chemistry at Chagrin Falls High School. Currently, I do some freelance painting as a sort-of side hussle/hobby.

What does motherhood mean to you? Motherhood is a dichotomy. Joy and sadness. Full and empty. Laughter and tears. Freedom and constraint. Patience and frustration. Feeling old and feeling young. It is so true when people say it is 'the best and most difficult job in the world'. You really don't understand what that means before you have experienced this gift of motherhood. My favorite thing about being a mother is seeing the world anew through my children's eyes.

How did you find FIT4MOM? I learned about it during my intense 'intro to SAHM life Google search for other humans home during the day' course (haha). I stalked the FIT4MOM website for a few months, but I didn't want to spend the money. We were adjusting to one income and I was naive about 'self care' and 'finding your tribe' and the desperation that sets in if you don't! I was also very intimidated about joining a workout group. I felt so out of shape and didn't think I could cut it. August was 6 months old when I finally went for that trial class (I barely made it through, it was so hard!) but I'm SO thankful I went!

What classes do you currently attend and why do you love them? I currently am doing Body Back and I love it because it is so much more than the exercise! I also really, really enjoy leaving my children at home for a bit :)

How has FIT4MOM changed your life? FIT4MOM has given me so much since I started back in 2017. I have found a community of friends and friends for my kids, a healthy daily routine, a lifestyle that encourages health in all stages of motherhood, and confidence in being a mother and myself.

Favorite exercise: Sprints

What's one thing you would go back and tell yourself as a new mom? Take that nap, especially when someone else is offering to watch that baby!

Questions for kiddos (optional):

How old is Mommy? Old

What's something Mommy always says? I love you

What is mom really good at? Riding bikes

What's mom's favorite thing to do? Go home

What makes you proud of your mom? Playing with hair bows (?)

Brooke, we are so happy to have you as a part of our Village and can't wait to see you continue to crush your goals!

Practicing Gratitude

Written by Charlotte Beers Plank

It's November 1st. The last month before December. The last possible breath of fresh air before the relentless pressure of the holidays. The Halloween candy is now on the clearance shelves, and snow might be in the forecast soon. Jack-o-lanterns and ghosts are replaced with Christmas tree lights and Santas, and we start hurdling towards the holidays, with a short stop for a meal on Thanksgiving.



As a musician, I have always been busiest around this time of year. The start of the school year brings anticipation and new beginnings, and then we blink and we're celebrating the new calendar year on New Year's! In the last few years, I've found myself needing to pace myself and take breaths during this busy season, both for my wellbeing and for simply surviving the craziness of the weeks ahead. As we prepare our families for the holiday season, I would like to share the importance of practicing gratitude in our daily lives.

It's been proven time and time again that being grateful for what we have will make us happier. But why? What if we're struggling to get through the day-to-day stresses of raising a family, keeping a household running, managing projects at work or in a business.... how do I have time to stop to reflect?

Here's what Brené Brown (an author I regularly look to for advice or tips about life in general) has to say about gratitude:

*The relationship between joy and gratitude was one of the important things I found in my research. I wasn't expecting it. In my 12 years of research on 11,000 pieces of data, I did not interview one person who had described themselves as joyful, who also did not actively practice gratitude. For me it was very counterintuitive because I went into the research thinking that the relationship between joy and gratitude was: if you are joyful, you should be grateful. But it wasn't that way at all. **Instead, practicing gratitude invites joy into our lives.***

Here are some tips about how to insert the practice of gratitude into your life:

1. Say thank you.

It sounds simple – but it really works! I'm not necessarily talking about writing the dreaded thank you notes for everything under the sun..... but rather, just the simple act of thanking someone – a friend, a family member, a coworker, or even a stranger – can be hugely beneficial to your life.

2. Spend time with your loved ones.

Often we take what is in our daily lives for granted. It's so important to give thanks for the people in our lives – our children, our spouses, our families, our good friends. One of the best ways to show your gratitude is spending time together. Maybe you have a monthly date with a best friend on Skype, or a weekly phone call with your mom, or a standing weekly date with your spouse. Whatever it is, make sure to keep it in your routine and make the time for it.

3. Look towards the day ahead, reflect at the end of the day.

Often I feel so overwhelmed by the day-to-day hustle and bustle of my life. We're all busy people, raising families and taking care of others. One way to stay grateful is to

pause and set an intention that will carry you throughout the day. Even saying to yourself, “I will be present today”, might really make a difference. In the evening, it can be so tempting to sit in front of the TV after bedtime or check in with social media – but make sure to also reflect on how the day was. It will help to prepare for the next challenge you might face.

4. Keep a gratitude journal.

I often start journals thinking I’ll write pages and pages on a daily basis. I rarely keep up the habit if it’s a normal “Dear diary” entry about my life. But when I switch my mindset and focus on what I’m grateful for, it can seem like a truly beneficial exercise. It takes me outside of myself and reminds me of what is important. Write down three things your grateful for. Or 10, or 20!

Set a reminder – even just 30 seconds every day to be grateful can add so much to your life. This month, as we prepare for the busyness ahead and the new year that awaits us, find time in your life to reflect, to pause, to be thankful. It will help.

I am a proud member of the FIT4MOM HTS village, and I couldn’t be happier to have found this group. It’s like the pieces of my puzzle are finally coming together. As a mom to Charlie, I have had a little over two years as a mom (postpartum), and if I’ve learned anything, it’s that I am always going to be learning, improving, changing. As a fairly new mom (when can you stop saying that?), motherhood has challenged me to re-evaluate my life, in a way that I don’t know I would have done if I hadn’t had my son.

<https://globalleadership.org/articles/leading-yourself/brene-brown-on-joy-and-gratitude/>

Want to join our Village? Your first class is always free!

LEARN MORE

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