



NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE



HUDSON
TWINSBURG
SOLON

JULY NEWSLETTER



Local 4th of July Fun for the Family

With all of the local options for fireworks and parades, it can get overwhelming trying to plan what to do with your family.

Our mamas have narrowed it down to our top 5 favorite local fireworks, parades, runs and festivals for the whole family to enjoy!

1. [Solon Fireworks](#) - Wednesday, July 3 @ dusk
 2. [Aurora Fun Run, Parade, Festival and Fireworks](#) - Thursday, July 4, Run 8am, Parade 11am, Festival 1-4pm and 7pm-dusk, Fireworks 9:45pm
 3. [Hudson Fireworks](#) - Friday, July 5 @ dusk
 4. [Stow Firecracker Run](#) - Thursday, July 4, 4 mile run starts at 7:30am
 5. [Stow 4th of July Parade](#) - Thursday, July 4, 10am
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Events & Happenings

July Playdates

Free playgroups are available weekly after Stroller Strides classes

Monday July 1, 10:30am and 7:00pm (after class) - [4th of July Craft](#)

Tuesday July 9, 10:30am - Twinsburg Pool Playdate

Friday July 19, 10:30am (after class) - [Handel's Ice Cream Field Trip](#)

Friday July 26, 8:00pm - Backyard Movie Night, Becca's House

Monday July 29, 10:30am (after class) - [Water Play](#)



July Mom's Night Out

Tuesday July 16, 6:30pm - Pool Party MNO, Sharon's House

July Family Classes

Friday July 5, 9:30am - [4th of July Family Stroller Strides](#), Glen Meadow Park

Saturday July 20, 9:30am - [Family Stroller Strides](#), Glen Meadow Park

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

Coming Soon: Run Club+

Take your running to the next level with our 8 week guided training program. Whether you're training for a specific running goal (5K, 10K, or a half marathon) or simply want the support and structure of a run-training program, we provide at-home and in-person opportunities to train, learn, and improve. Included in



the 8 weeks are tips for getting started, detailed training plans, as well as nutrition tips for fueling during training. Each week, you'll have the option to participate in Run Club Group Training Sessions, you'll receive email support, accountability and progress check ins from your Run Club Coach, PLUS you'll get class passes to Body Back® for your cross training

You'll cap off the 8 weeks by completing a local race with your coach and other Run Club mamas by your side, followed by a finish line celebration to commend your accomplishments.

Run Club + is great for the mama who is just starting out on her running journey, the mama who is ready to get back into running postpartum, and the experienced running mama who would love the support and accountability of a team. No matter the stage of your running journey, our Run Club + Coach is there to get you across the finish line and we can't wait to run with you!

[MORE DETAILS](#)

Our Next Body Back® Transformation Session Starts July 10th!

Body Back® Transformation is an 8-week result based journey. You will focus on your mind and body improving your overall health and

well being. Our meal plans, accountability, and assessments are proven by university-backed studies to shed fat, increase strength and endurance, tone muscle and improve energy.



The program includes:

- TWO high-intensity interval workouts (HIIT) workouts per week in a small group format
- Nutrition guidance and real-food recipes for all diet preferences
- Supplemental at-home workouts that can be digitally downloaded
- Pre and Post fitness assessments and measurement
- Online coaching and support
- Accountability through private Facebook group with other Body Back members

Classes run **Wednesdays, 6:30-7:30pm & Saturdays, 8-9am**

July 10th - August 31st

Cleveland Clinic Twinsburg Family Health & Surgery Center: 8701 Darrow Rd

Be the first to take advantage of Early Bird pricing at \$249! Ends July 3rd.

Spots are limited.

Click link below or email juliebutt@fit4mom.com to register.

Current FIT4MOM HTS Members get an additional discount

ENROLL NOW



Mama of the Month

Meet Sharon, our July Mom of the Month! In this series we feature a mom in our Village each month.

Tell us about your family: My husband, Jeff, and I have been married for almost 6 years. Our daughter, Zoey, is 15 months, and we also have a Schnoodle named Jameson.

Hometown: I was born in Toronto, but grew up in Beachwood.

Current/previous career: I used to be an Art Director at an Advertising Agency, now I am working as a freelancer.



What does motherhood mean to you? Motherhood means loving someone more than I knew was possible. It is the most important job I will ever have, and has given my life a whole new purpose.

How did you find FIT4MOM? My friends Amanda Lange and Julie Butt both told me about it when I was pregnant with Zoey.

Favorite exercise: Squats, abs, and of course stretching!

Proudest moment: At her 9 month appointment, we realized Zoey was a bit delayed in some of her development. I worked with her every day, and she was caught up on everything except speech just 4 weeks later. We kept working with a therapist on her speech, and I was so proud when she said her first word (even if it was dada) that I cried.

What classes do you currently attend and why do you love them? I usually go to Stroller Strides in the morning, and sometimes also in the evening. I love it because we get to see so many friends, which means I don't dread exercising for once!

What's one thing you would go back and tell yourself as a new mom? They only stay little for so long, so enjoy your time together. If you snuggle instead of folding laundry or doing dishes, that's ok! You will never regret having spent more time with your baby.

Sharon Kutz, 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!

6 Tips for Traveling with Young Children

Written by Amaris Scipione

Traveling can be overwhelming and trekking around with young children can be downright terrifying, but it is a skill

that can be improved. With parents from Mexico and England, I was fortunate to fly internationally more times than most adults do by the time I was ten. I've learned a few tricks about how to fly. Travel is an opportunity to explore the world, learn something new about another culture, and ultimately learn something new about ourselves. I hope these travel tips will give you the courage to embark on the adventure of a lifetime.



1) Drink at take-off and landing.

When my son Colton was six months old, we took him on his first flight. Before our trip, we asked our pediatrician if there was anything special we should do for Colton. He highly recommended that we give Colton milk at take-off and landing. Small children can have difficulty adjusting to the change in air pressure as the plane ascends and descends. Drinking during these transitions allows them to naturally adjust to the pressure changes. While Colton was only a baby for his first flight, we have continued to use this tip on all subsequent flights.

2) Bring formula, breast milk and juice.

Infants and toddlers are given special treatment when it comes to the 3.4 ounce liquid rule that everyone else must follow. According to TSA's website, "Formula, breast milk and juice for infants or toddlers are permitted in reasonable quantities through the security checkpoint. Remove these items from your carry-on bag to be screened separately from the rest of your belongings." Let the TSA officer know that you have liquid in excess of 3.4 ounces and be prepared to hand it over for additional screening. It's always wise to bring drinks and snacks for young children when traveling. You never know if you might get stuck somewhere and it's best to always be prepared.

3) Gate check strollers.

Strollers are extremely helpful for navigating through the airport and will help you carry all the extra baggage that comes with traveling with children. When you get to your flight, you can gate-check the stroller and it will be given back to you when you get off the plane.

4) Put recently potty trained children in pull-ups.

Weather, plane maintenance and sleepy flight crews are common reasons for unexpected delayed flights and may keep you away from a bathroom. Picture this. Your flight is going through turbulence and you have just emphasized that your toddler drink plenty of juice or water during take-off. Now, that toddler desperately needs to use the restroom, but the seatbelt light is on because of the turbulence. While ideally this situation won't happen, the reality is that it's more common than you think. Put your toddler in a pull-up diaper just in case and save yourself from cleaning and changing your toddler in a very small bathroom or while trying to catch a connecting flight.

5) Bring surprises.

Sometimes you need to have a secret weapon to keep your child entertained. Bring one surprise for every hour of your flight for each child, and wrap them up separately. It is

important to wrap these surprises extremely well, and don't go skimpy on the tape! Unwrapping the present is part of their entertainment. Their new toy will give them something to play with on the flight, and the frequent surprises will help them pass the time.

6) **Bring plastic bags.**

Between snack wrappers, tissues, and wipes, little kids always seem to be handing over some sort of garbage. Bring a few plastic bags so that you can collect all the trash and easily throw it out when the flight attendant comes down the aisle.



Children definitely add a layer of difficulty to traveling, but that shouldn't be your reason to stay home versus going on the adventure of a lifetime! I hope these tips will help you find the courage to go on your dream vacation. My job is to help families explore the world and build lasting memories. If you have any travel questions, please feel free to ask me! I specialize in trips to Disney and trips around-the-world through Adventures by Disney. (Think of Adventures by Disney as a way to see the world with the ultimate FastPass.)

and book your next family vacation.

I would be delighted to help you plan

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

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