



**NEW & NOTEWORTHY HAPPENINGS IN  
OUR VILLAGE**



HUDSON  
TWINSBURG  
SOLON

## **FEBRUARY NEWSLETTER**

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**FIND YOUR VILLAGE.  
LOVE THEM HARD.**

FIT4MOM

**Events & Happenings**

## **February Playdates**

Free playgroups are available weekly after Stroller Strides classes

**Monday Feb 3**, 10:30am (after class) - [Signing Smart Play Class](#)

**Thursday Feb 13**, 7pm and **Friday Feb 14**, 10:30am (after class) - [Valentine's Day Craft](#)

**Saturday Feb 15**, 10am - [Brunch & Play at Cornerstone Church of Aurora](#)

**Monday Feb 17**, 10:30am and 7pm (after class) - [Snow Sensory Bin](#)

**Thursday Feb 20**, 10am - [Akron Children's Museum](#)

**Wednesday Feb 26**, 10:30am and **Thursday Feb 27**, 7pm - [Stuffed Animal Picnic](#)

## **February Mom's Night Out**

**Wednesday Feb 12**, 7pm - [Target Scavenger Hunt](#)

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



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# **Signing Smart with Miss Steph**

This month, we are partnering with [Signing with Miss Steph](#) to bring her **Signing Smart Play Class** to Stroller Strides for a fun playdate!

Using American Sign Language with your infant or toddler can reduce tantrums while enhancing cognitive development. Empower your child to be understood and to understand!

Join us to see what Signing Smart is all about – we'll be learning through play and song in a semi-structured, fun environment. Do you ever



wonder what your baby is thinking? Are you looking for ways to reduce frustration and tantrums for both you and your toddler? Signing Smart makes it easy! You'll learn simple, successful, research-proven strategies to help enrich your bond with your child while supporting speech, conceptual development and long-term learning.

Join us on **Monday, Feb 3 at 9:30am** for a Stroller Strides class followed by Signing Smart Play Class with Miss Steph!

REGISTER NOW

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## Our Favorite Date Nights

With Valentine's Day coming up this month, our mamas have put together a list of some of their favorite date nights. So schedule that babysitter and spend a special night with your Valentine! (Don't want to deal with the crowded restaurants on Valentine's Day? Plan a night out for a different night in February!)

### Night in (after kids go to bed)

- Make a meal together
- Order a heart-shaped pizza
- Popcorn and a movie
- Play board games



### Night out

- Go to a concert
- Dinner at a restaurant

Here are some of our favorite local restaurants for date night:

- [L'Albatros](#) - Cleveland
- [Texas de Brazil](#) - Woodmere
- [Urban Farmer](#) - Cleveland
- [Welshfield Inn](#) - Burton
- [Cheesecake Factory](#) - Lyndhurst
- [Zocalo Tequileria](#) - Cleveland

- [MiaBella](#) - Cleveland
- [Bamboos Inchin's Garden](#) - Cleveland
- [Red the Steakhouse](#) - Pinecrest
- [Melting Pot](#) - Lyndhurst
- [LockKeepers](#) - Valley View

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## Share the Love: Free Week of Stroller Strides®

We're sharing the love with all  
mamas this Valentine's Day!

### NEW MAMAS

For the entire week of Valentine's Day (Feb 10-14), we are offering **FREE Stroller Strides classes** to all new mamas. If you've been wanting to try out one of our classes, but have been on the fence, now is the time to come check out a class (or two, or three) for FREE! Plus, if you sign up for a monthly Stroller

Strides membership during the week of Feb 10-14, we will waive the entire \$75 registration fee!



I ❤️ my  
mamahood  
sisterhood.

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### CURRENT MEMBERS

We're also running a special Share the Love promotion for current clients. Active members can receive a **\$5 Starbucks gift card** for bringing a NEW mama friend who hasn't been to class before to Stroller Strides during the week of February 10-14.

And keep an eye on our social media on Monday Feb 10 for our **Share the (Self) Love challenge!** We want you to remember to take care of yourself in the same way you so selflessly nourish and comfort your whole family.

[VIEW OUR SCHEDULE](#)

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## Mama of the Month

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

**Tell us about your family:** I am married to Paul, we will be celebrating our 10 year anniversary in April this year. I am mum to 3 beautiful children, Annabelle 8, Samuel 6 and Thomas 2.

**Hometown:** Melbourne, Australia. But we have lived in Hudson for a year now,

**Current/previous career:** I was an office and account manager back in Australia. I was on maternity leave when Paul was offered the opportunity to further his career here in the United States.

**What does motherhood mean to you?** It means selflessness & unconditional love.

There is no love equivalent to the love a mother has for her children. And never any time to yourself - haha!



**How did you find FIT4MOM?** When we moved from Australia I knew that it wouldn't be easy, I knew Paul would be busy with work and my two big kids would make friends at school. I knew I had to find something for myself quickly or I would be lonely. I was recommended FIT4MOM by my first friend and I quickly signed up. From my first class I felt welcomed and included.

**What classes do you currently attend and why do you love them?** I attend the morning stroller strides classes 3 times a week, it has become my routine with Tommy. I enjoy the workouts and the interaction with the other wonderful mums and Tommy loves the playtime after each class.

**How has FIT4MOM changed your life?** I am sure that if I didn't have FIT4MOM my life here would be very different and lonely!

**Favorite exercise:** Burpees! Is that weird? :)

**What's one thing you would go back and tell yourself as a new mom?** EVERYONE is going to give you advice as a new mum! My advice is listen to the advice people give you BUT only use what works for you!

**Proudest Moment:** I was terrified about the labour with my first born Annabelle, but I managed to deliver her posterior with only gas and then the two boys later with no pain relief. They are my greatest accomplishment!

**Questions for kiddos:** Annabelle, 8

**How old is Mommy?** 36, oh wait you're 35

**What's something Mommy always says?** Dinner time & time to get ready for bed

**What is mom really good at?** Cooking dinner and being a mum

**What's mom's favorite thing to do?** Spending time with us

**What makes you proud of your mom?** Being the best mum ever

*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!*

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## What FIT4MOM Has Done for My Wife: A Husband's Perspective

Written by Husbands of FIT4MOM HTS Members

Taking care of your mental and physical health can have a positive effect not just on you, but on your entire family. Here are some testimonials from husbands of FIT4MOM Hudson, Twinsburg & Solon members on how FIT4MOM has helped their wives.



"My wife and I moved here a little over a year ago and didn't know anyone. With my job having so much travel, I was worried about my wife being able to stay healthy both mentally and physically. Our son demands quite a bit of attention, but a momma has to take care of herself too. Figuring out how to get her to the gym as well as making friends was a bit of a conundrum. Fit4Mom provided both elements we needed, allowing my wife to stay active while I was away as well as give her a community of other moms that she could spend time with and create friendships. She is always coming home and talking about the workouts she is doing, the friends she has made, and the friends that our son is getting to make as well. The mom's night outs have also given her a well-deserved break from our very energetic son, and her even bigger kid, dad. Without Fit4Mom, this transition to Ohio would have been nearly impossible and I am grateful for the friends and community she has made." - **Justin, husband of Karrie**

"My wife heard about Fit4Mom when our first son was 3 months old and she was immediately hooked. She would go to every class she could and it helped complete her routine as a new mom. It has been great for her physical and mental health. Not only has my wife made new friends, but our children have too. I would recommend Fit4Mom to any mom who wants to get fit, make new friends or just add a little more routine to their life." - **Ryan, husband of Becca**

"I could not be happier that my wife has found Fit4Mom. We both moved to his area and found the adjustment difficult, having left behind many close friends in our former home town. Very soon after we moved we welcomed our beautiful son into the world and, as it does for all of us, it changed everything. As we adjusted to so many new ways of living (a new city, new jobs, a new child) we found it wasn't easy to do what seemed easy before. Everything from exercise to grocery shopping become more difficult to manage. Like so many of us, my wife also frequently complained of the particular difficulty of Monday mornings (we've all heard of 'a case of the Mondays' haven't we?). When she mentioned this to a friend she had met, the friend suggested Stroller Strides to her. I feel very grateful for this friend of my wife's, as that suggestion truly has turned into a very important change in our family's way of being.

Not only does my wife get the great physical workout that is important for all of us to find our way to, but Fit4Mom has also provided a wonderful community of friends to my wife and my son. To me that is the greatest gift of Fit4Mom. It's not simply a gym membership, or an online workout. It's not an impersonal class to rush in and out of in the midst of a frantic day. Instead, it's a kind community. It's a welcoming community. It's an accepting and encouraging community of mothers and their children who care for each other as good friends do. My day is so frequently uplifted with pictures of my son playing after class that my wife brings back from a session. And, as my son has learned to speak over the course of my wife's time with Fit4Mom it is touching and wonderful to hear him say upon his return home from a session: "I had fun at stroller strides, Daddy". Like so many husbands, my wish for my wife is simply her happiness. Fit4Mom truly has been a major factor in the happiness of my wonderful wife. It has offered the perfect combination of exercise and supportive community. It has brought new friends into our lives and it has been a constant source of our gratitude. Our whole family benefits from this program and I am very grateful for that." - **Aidan, husband of Charlotte**



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

LEARN MORE

## Stay Connected

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