



NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE



HUDSON
TWINSBURG
SOLON

SEPTEMBER NEWSLETTER

BACK TO SCHOOL
back to you!

Events & Happenings

[September Playdates](#)

Free playgroups are available weekly after Stroller Strides classes

Wednesday Sept 4 and Thursday Sept 5, 9:30am and 6:00pm- [Superhero Day!](#)

Monday Sept 9, 10:30am and 7:00pm (after class) - [Tinkergarten Class](#)

Friday Sept 20, 10:30am (after class) - [Baby Shower](#)

Thursday Sept 26 and Friday Sept 27, 10:30am and 7:00pm (after class)- [Fall Finger Puppet Craft](#)



September Mom's Night Out

Wednesday Sept 11, 7:00pm - Fall Wreath Making, Jessie's House

Wednesday Sept 25, 7:00pm - Nutrition & Nosh, Julie's House

September Family Classes

Saturday September 28, 10:00am - **FREE** [Run Club Community Meet Up](#), E. Idlewood Park

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

Body Back® Tranformation FREE Preview Classes

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. The experience includes two high-intensity interval workouts (HIIT) per week designed to challenge, empower, and recharge you. The program also includes nutrition guidance, supplemental online workouts, accountability, pre and post fitness assessments and support.



This journey will reconnect you to your inner strength and encourage you to believe in personal transformation.

Join us for two **FREE Body Back Preview Classes**

Including FREE giveaways and an amazing discount on our next Body Back session that you don't want to miss!

Tuesday Sept 3, 6:30-8pm exclusive discount on the upcoming session only for mamas attending this preview class!

Tuesday Sept 17, 6-8pm includes a free Postpartum Recovery & Rehab talk by Women's Health Physical therapist Cara Chait, DPT, LMT



Fall Body Back® Session Starts September 24

Classes run Tuesdays 7-8pm & Saturdays, 8-9am
Cleveland Clinic Twinsburg Family Health & Surgery Center: 8701 Darrow Rd

Early Bird Pricing of \$249 ends Sept 15th!

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

ENROLL NOW

Fall Run Club+ Session

Take your running to the next level

with our 8 week guided training program for ALL levels. 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 opportunities to train, learn, and connect!



Run Club+ is an 8-week training program which includes:

- Kick Off Run Club+ Event (includes free running shoe fitting)
- Tips for Getting Started
- Detailed Training Plans
- Nutrition Tips for fueling during training
- Access to Exclusive Facebook Accountability Group
- Weekly Run Club Group Training Sessions (You can come alone or bring your kiddos in a stroller!)
- Support and progress check-ins from your Run Club Coach
- OPTIONAL Add-on Body Back 4-class pass (\$60) for cross training (email juliebutt@fit4mom.com to purchase)

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!

Testimonial from one of our Run Club+ mamas in the Summer session

"I used to enjoy running. Before I knew it, 10 years and three children later, I hadn't run a race or couple miles for that matter. I am in a good spot in my life now and hungry to get back into it. I found FIT4MOM Run Club near me in Twinsburg. I couldn't believe it, it was exactly what I was looking for, a way to get back into running gradually with a great group of women and a phenomenal coach right by my side.

If you are looking to join a run club to help you achieve your running goals (5k or 10k) or simply stay active... this group of strong women encourage and cheer each other on every step of the way. Coach Emma is very knowledgeable and makes every run different and fun. No matter your level, Coach Emma builds the training so it's challenging yet works for everyone. This is a judge free zone. Come run with us!"

- Mona Elzarka

Fall Run Club+ Session Starts October 12

Kickoff Meeting on Wed Oct 9 from 7:30-9pm at Vertical Runner Hudson
First group training session Sat Oct 12, 9:45-10:45am at E. Idlewood Park
Final Race is [A Christmas Story 5K/10K](#) on Sat Dec 7

Race registration fee NOT included in price

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

ENROLL NOW



Mama of the Month

Meet Katie Keba, our September Mom of the Month! She is also our Marketing Manager. In this series we feature a mom in our Village each month.

Tell us about your family:

I've been married to my husband Joe for four years, we have a three-year old son, Easton, a one-year old daughter, Claire, and I can't forget about our one-and-a-half year old Goldendoodle pup, Kota.

Hometown:

Cuyahoga Falls, Ohio

Current/previous career:

My husband and I own a business called "A Piece of Home Co." (shameless plug: apohc.com) Joe is in charge of all carpentry and workshop needs, and I design, schedule and instruct the paint parties and events! I'm also the Marketing Manager for Fit4Mom Hudson, Twinsburg, Solon!



What does motherhood mean to you?

Motherhood is the best, hardest thing I have ever done; motherhood to me is patience, sacrifice, multi-tasking, messy kisses, grace, and dry shampoo!

How did you find FIT4MOM?

My friend asked me to join her for a Stroller Strides workout class two and a half years ago, and I was hooked after seeing the way the other mamas interacted with each other and the kiddos!

What classes do you currently attend and why do you love them?

I'm a groupie -- I attend Stroller Strides, Run Club and Body Back. I love the social atmosphere and built-in playgroups that go hand in hand with Stroller Strides; I love how much Run Club has pushed me to achieve goals I never thought I could; I love the team of mamas in Body Back that provide constant encouragement and accountability during day-to-day activities and workouts!

How has FIT4MOM changed your life?

It provided me a schedule to stick to, and allowed me to get out of the house as a new mom! Fit4Mom has given me a group of non-judgemental, like-minded mamas that I get to "do life with!" I love the workouts, and I'm positive that I wouldn't be this active without Fit4Mom!

Favorite exercise:

Skaters, squats and ab bridges

What's one thing you would go back and tell yourself as a new mom?

Give yourself GRACE! There is no such thing as "perfect!" Your kiddos love YOU and YOU are the BEST MOM for THEM!

Questions for kiddos:**How old is Mommy?**

"3 seconds"

What's something Mommy always says?

"Go in the bath."

What is mom really good at?

"Painting herself."

What's mom's favorite thing to do?

"Work."

What makes you proud of your mom?

"Easton is proud of you."

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!

Back to School: Speech Style

Written by Koreen Luckie, M.A., CCC-SLP

It's that time of year when we all start thinking about back to school. Some of us mothers from FIT4MOM have school age children, yet many of us have little ones who will continue to stay home. Therefore, it becomes our

responsibility to be their 24-hour teacher. As a mother who is also a Speech Language Pathologist, I am constantly thinking about developmental norms and determining whether or not my child fits within his average range as compared to his same aged peers. Maybe some of you do this too. Or maybe you simply have questions or concerns in regards to the sounds your baby makes or the



number of words he or she has. Therefore, I am going to provide you with a speech milestone list for birth through age 5 that comes from the American Speech Language Hearing Association (ASHA). This list will tell you what to look for from a receptive language perspective (what kind of language does my child understand) and from an expressive language perspective (what sounds or words is my child supposed to use at his or her age). I will also provide a list of local area providers in case you have concerns regarding your child's speech and language.

Birth-3 months: Hearing and Understanding

Startles at loud sounds.

Quiets or smiles when you talk.

Seems to recognize your voice. Quiets if crying.

Birth-3 months: Talking

Makes cooing sounds.

Cries change for different needs.

Smiles at people.

4-6 months: Hearing and Understanding

Moves her eyes in the direction of sounds.

Responds to changes in your tone of voice.

Notices toys that make sounds.

Pays attention to music.

4-6 months: Talking

Coos and babbles when playing alone or with you.

Makes speech-like babbling sounds, like pa, ba, and mi.

Giggles and laughs.

Makes sounds when happy or upset.

7 months-1 year: Hearing and Understanding

Turns and looks in the direction of sounds.

Looks when you point.

Turns when you call her name.

Understands words for common items and people—words like cup, truck, juice, and daddy.

Starts to respond to simple words and phrases, like “No,” “Come here,” and “Want more?”

Plays games with you, like peek-a-boo and pat-a-cake.

Listens to songs and stories for a short time.

7 months-1 year: Talking

Babbles long strings of sounds, like mimi upup babababa.

Uses sounds and gestures to get and keep attention.

Points to objects and shows them to others.

Uses gestures like waving bye, reaching for “up,” and shaking his head no.

Imitates different speech sounds.

Says 1 or 2 words, like hi, dog, dada, mama, or uh-oh. This will happen around his first birthday, but sounds may not be clear.

1-2 years: Hearing and Understanding

Points to a few body parts when you ask.

Follows 1-part directions, like "Roll the ball" or "Kiss the baby."

Responds to simple questions, like “Who’s that?” or “Where’s your shoe?”

Listens to simple stories, songs, and rhymes.

Points to pictures in a book when you name them.

1-2 years: Talking

Uses a lot of new words.

Uses p, b, m, h, and w in words.

Starts to name pictures in books.

Asks questions, like “What’s that?”, “Who’s that?”, and “Where’s kitty?”

Puts 2 words together, like "more apple," "no bed," and "mommy book."

3-4 years: Hearing and Understanding

Understands opposites, like go–stop, big–little, and up–down.

Follows 2-part directions, like "Get the spoon and put it on the table."

Understands new words quickly.

3-4 years: Talking

Has a word for almost everything

Talks about things that are not in the room.

Uses k, g, f, t, d, and n in words.

Uses words like in, on, and under.

Uses two- or three- words to talk about and ask for things.

People who know your child can understand him.

Asks “Why?”

Puts 3 words together to talk about things. May repeat some words and sounds.

4-5 years: Hearing and Understanding

Understands words for order, like first, next, and last.

Understands words for time, like yesterday, today, and tomorrow.

Follows longer directions, like “Put your pajamas on, brush your teeth, and then pick out a book."

Follows classroom directions, like “Draw a circle on your paper around something you eat."

Hears and understands most of what she hears at home and in school.

4-5 years: Talking

Says all speech sounds in words. May make mistakes on sounds that are harder to say, like l, s, r, v, z, ch, sh, and th.

Responds to “What did you say?”

Talks without repeating sounds or words most of the time.

Names letters and numbers.

Uses sentences that have more than 1 action word, like jump, play, and get. May make some mistakes, like “Zach gots 2 video games, but I got one."

Tells a short story.

Keeps a conversation going.

Talks in different ways, depending on the listener and place. Your child may use short sentences with younger children. He may talk louder outside than inside.

Don't be afraid to reach out and seek an evaluation if you think your child is behind on his or her speech and language milestones! Speak with your pediatrician first, then contact your local school system or local area provider to get an evaluation from a certified Speech and Language Pathologist!

Speech Therapy Providers (Hudson Area)

Star Therapy, LLC

7160 Chagrin Rd, Chagrin Falls, OH 44023

Tel: 440-561-0696

<http://startherapyohio.com>

Patricia J. McLoughlin

25 Milford Drive, Suite 8, Hudson OH, 44236

Tel: 330-342-4680 Email: trishmcloughlin@aol.com

<http://www.hudsonspeechtherapy.com>

Language Learning Associates

105 Executive Pkwy SUITE 100, Hudson, OH 44236

<http://www.llatherapy.org>

Akron Children's Speech Therapy-Hudson

5655 Hudson Drive Hudson, OH 44236

<https://www.akronchildrens.org/locations/Rehabilitative-Services-Hudson.html>

Hudson Speech-Language Pathology

Tel: 347-523-3364

Provides services on site (home)

<http://www.hudsonspeech.com/contact.htm>

Sprout Therapy, LLC

Strongsville, OH

Tel: 440-316-2416

<https://www.sprouttherapyllc.com>

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

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