



**NEW & NOTEWORTHY HAPPENINGS IN  
OUR VILLAGE**



HUDSON  
TWINSBURG  
SOLO

# **JUNE NEWSLETTER**

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## Sweet, Sweet Summertime!

The weather has finally warmed up and it's time to get out to all of our local parks with the kiddos! We asked our mamas to name their favorite parks in the area and boy, did they deliver! Click the button below to see the parks that made our list.

So grab your kids and get out to play!

[VIEW OUR LIST HERE](#)

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## Events & Happenings

### June Playdates

Free playgroups are available  
weekly after Stroller Strides classes

**Monday June 10**, 10:30am and  
7:00pm (after class) - [Bug Craft](#)

**Friday June 21, 10:30am** (after class) - [Ice Cube Treasure Hunt](#)

### **June Mom's Night Out**

**Tuesday June 25, 7:00pm** - [Clean Eat Meal Prep MNO](#), Cuyahoga Falls



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

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## **Attention Teachers!**

Summer is *finally* here and we have a deal specifically for YOU!

We are offering teachers an **UNLIMITED 3 Month Stroller Strides® Class Pass** for \$175. With \$0 enrollment fee, that is a savings of \$95!

\*offer valid for new members only or members not currently on a membership plan with valid teacher ID

**EMAIL JULIE TO BUY NOW**

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## **Body Back® Mini Session Starts June 5th!**

Our Body Back® mini session includes 4 weeks of two high-intensity interval (HIIT) workouts per week. You will also be part of a private Facebook group with your Body Back® coach and other like-minded mamas for accountability, including weekly challenges that focus on your health and well-being.



It is a great preview of a full Body Back® Transformation session OR a great way to continue your Body Back® journey between sessions!

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

June 5th -29th

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

Click link below or email [juliebutt@fit4mom.com](mailto:juliebutt@fit4mom.com) to register.

\*The next 8-week Body Back Transformation Session starts on July 10th\*

ENROLL NOW



## Mama of the Month

Meet Jessie, our June Mom of the Month! This is a new series that will feature a mom in our Village each month.

**Tell us about your family:** I have 1 son Luke who will be 4 this month and 1 daughter Taryn who will be 2 in July with my husband Chris Hamed

**Hometown:** Kent, Ohio (Roosevelt high school alumni and a Kent State University Alumni)

**Current/previous career:** I work full time as a Product Operation Analyst in Party Goods at American Greetings Headquarters in Westlake, Ohio

**What does motherhood mean to you?**

When I first think of motherhood I think superstar and master multi tasker. We as mothers have a huge job to raise these little humans to be the best they can be while also taking care of ourselves. It's not easy being a mother but it truly is the best gift ever.



**How did you find FIT4MOM?** I found FIT4MOM through word of mouth by my former neighbor, Carly Jean. I attended my first class in 2016 when my son was 7 months old. I was really looking for a moms group that I could fit into my working schedule and this



group was the perfect fit because I got to work out without feeling guilty about leaving my child since I was gone most of the work days. Not only did this group help me stay healthy throughout my second pregnancy and post labor but I have also made some great friendships.

**Favorite exercise:** My favorite exercise is probably anything arms.

**What classes do you currently attend and why do you love them?** Currently I am attending Thursday evening Stroller Strides classes with Kara and occasionally Friday mornings with Julie.

**What's one thing you would go back and tell yourself as a new mom?** Stop worrying about what other people think or are doing. When I first went back to work after my son was born it was super hard, I had crazy mom guilt and was worried I wasn't spending enough time with my son. I didn't want to leave him or take trips without him. After my daughter was born I realized how important it was to have date nights with my husband or take a trip just the two of us. I knew in the end it was about quality time with my kids and making most of our time together.

**Questions for kiddos:** Luke (4 year old)

**How old is Mommy?** 13

**What's something Mommy always says?** Peanut butter jelly (lol I have no idea where this came from)

**What is mom really good at?** Doing work

**What's mom's favorite thing to do?** Clean her braces (lol having braces as an adult makes you more aware of how important oral hygiene is)

**What makes you proud of your mom?** She is good at being my mommy

*Jessie, 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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## My Journey Through Postpartum Depression and Anxiety

Written by Charlotte Beers Plank

"Postpartum depression? You don't have that! That's when you're angry and you throw things."

That's what I heard when I first noticed things weren't right.

"But your son survived! Just be happy!"

That's what I kept telling myself. I was lucky.



Perinatal mood and anxiety disorders come in many forms and are often not what people assume. They also affect so many people, often silently. Did you know that 1 in 7 moms and 1 in 10 dads suffer from postpartum depression? I was 1 in 7. And that's just

diagnosed, reported cases.

In July of 2017 I became a mother after the birth of my son. I had an uneventful, beautiful pregnancy, and had expectations that delivery would be the same. I also told everyone I would be 28 when I became a mom, since his due date was on July 1, and I didn't turn 29 until later in the month. Guess what? He was born the day after I turned 29.

After 33 hours of induced labor, I had an emergency c-section, for which I didn't prepare. My son was born with the umbilical cord wrapped around his neck 3 times, really tightly. When he came out, there was no initial cry. Instead, 7 or 8 nurses huddled around my son, trying to get him to breathe. Eventually I did hear a quiet cry, muffled under an oxygen mask. They had gotten my son to breathe, but I wasn't able to see him. They took him to the nursery to continue stabilizing him. I was still on the operating table, and as soon as the doctor finished the surgery, my husband rushed into where our son was, leaving me alone, waiting for answers to endless questions.

It took about 45 minutes to get our son stable, but the nurses finally brought our newborn into the room where I was recovering post c-section. I remember thinking, "is he really mine? I made him". For about five minutes, I forgot the painful, long labor and the unexpected c-section. And then my heart sank when the nurses told me they were preparing to transfer him to another hospital, "just for observation", because of the initial difficulties at birth. The hospital I delivered at didn't have the resources to keep him. We were then apart for two days, while I was recovering from major surgery. We were able to start breastfeeding right away when we were reunited, which was a blessing, and after about five days we were discharged and sent home.

The first few months of being postpartum were busy - and compared to what I had experienced in the two hospitals, a breeze. I was happy to have a baby, happy to not be pregnant anymore, proud to be a mother. I didn't really start struggling until I went back to work. I went back full time plus a part time job - working about 50-60 hours per week. It was ideal on paper, horrible in reality. The time away from my son immediately reminded me of the time apart when he was in the NICU, and I also had so much guilt about being away from him in general. I lasted about four months before I got into really bad shape, and had to take a leave of absence at the end of January 2018. When I thought I had hit rock bottom, I found help in an intensive outpatient therapy program, and started a long and windy recovery process. I ended up quitting my full time job, pulled back on my work hours and found a weekly support group. I found a new therapist, a new psychiatrist, and slowly found my way back to health.

There were so many reasons why I experienced postpartum depression, anxiety, PTSD, and a bit of OCD. I was unable to find enough help, and I felt so much shame around needing help. Did this make me a bad mom, that I couldn't do it alone? Maybe I can just try harder, and it will go away. I had a history of depression, but just wasn't able to see the many factors that went into my depression and anxiety this time around.

Symptoms of perinatal mood and anxiety disorders typically appear at any point during pregnancy and the first 12 months after childbirth. These illnesses can and do affect women of every culture, age, income level and race. Although the term "postpartum depression" is most often used, there are several disorders that women may experience, including anxiety, depression, OCD, bipolar mood disorder, PTSD (e.g. from a traumatic birth), and postpartum psychosis.

Each situation is unique, which makes it all the more important to reach out for help. If you or a loved one are experiencing symptoms of a perinatal mood or anxiety disorder, there are resources out there. Postpartum Support International offers a thorough overview of the various disorders [here](#).

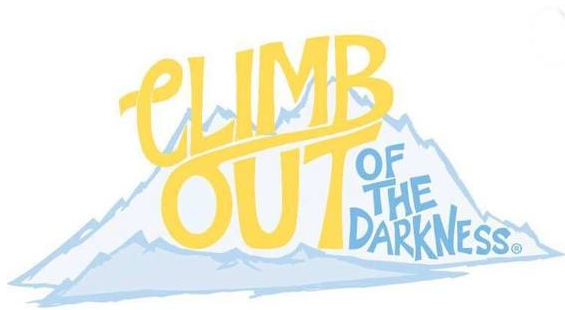
I eventually did get better, and I would honestly say that I am thriving, now more than ever before, 22 months postpartum, almost 2 years after I gave birth to my son. I have a greater understanding of who I am, who I want to be, and the kind of mother I'd like to be for my son. I now see the value of taking care of myself, in order to take care of my son, or anyone else. With the use of therapy, medication, self-care, exercise, support from family & friends, and time, I have found myself in a much better, healthier and happier state.

*I'm new to the FIT4MOM 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 almost two years as a mom (postpartum), and if I've learned anything, it's that I am always 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.*

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## Climb Out of the Darkness Cleveland

As mothers, we have all been affected by maternal mental illnesses such as postpartum depression, postpartum anxiety and OCD and more, whether personally or through a close friend or family member. On Sunday, June 23 at 4pm at Lakewood Park, we are participating in Climb Out of the Darkness Cleveland, a family friendly walk to raise awareness of maternal and paternal mental health issues and



Perinatal Mood and Anxiety Disorders (PMADs). Funds benefit the Ohio chapter of Postpartum Support International (PSI), a nonprofit organization that provides education, awareness, online and telephone support, and linkages to local resources for families.

Please help us to support this organization by donating to our page. All proceeds go to the Ohio chapter of PSI and will have a direct impact on Cleveland families. [Donate Here](#)

**[Or come join us at the event!](#)**

Postpartum Support International's Climb Out of the Darkness is the world's largest event for raising awareness of perinatal mood and anxiety disorders, while raising money and building community.

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*You are not alone. You are not to blame. With help, you will be well.*

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

LEARN MORE

## Stay Connected

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