



NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE



HUDSON
TWINSBURG
SOLO

NOVEMBER NEWSLETTER



Events & Happenings

November Mom's Morning Out

Go-Karting: Sat, Nov 14, 11am

Meet us at Fun 'N Stuff in Macedonia for an hour of private go-karting. We can only accommodate 25 mamas, so RSVP as soon as you can! Pricing is still TBD but will likely be between \$10-\$20, depending on attendance.



November Mom's Night In

Favorite Things: Tues, Nov 24, 9pm

Do you have a new skincare obsession? Something that's made throwing together quick dinners a breeze? Was the last book you read life-changing? Share it with us, mama! Sign up to be randomly assigned a mama to share your favorite thing with (\$15 or less, please!). Have Amazon do the leg-work for you, or drop the surprise off on her doorstep (just remember to package it so she can't tell what it is!). Then, on the night-of, log in to the reveal all of our new must-haves as we unbox and take turns talking about why we chose what we did. Please RSVP by November 14th to ensure everyone has time to deliver the goods.



November Play Date

Virtual Play Date with Elsa: Thurs, Nov 12, 10:30am

Join us on Zoom for a fun virtual play date with Elsa from Frozen! Your little one will love singing songs, listening to story-time, and chatting with one of their favorite characters, Elsa!



Starting November 2, we will follow the schedule below. We are teaming up virtually with two of our FIT4MOM franchise neighbors in Northeast Ohio to offer you a variety of classes and times.

View our Indoor Class Policies [here](#)

To try out a FREE fitness class, whether virtual or in-person, fill out this [form](#)

We would love for you to join us, mama!

	FIRST CLASS IS ALWAYS FREE!					
	MON	TUES	WED	THURS	FRI	SAT
The Edge Twinsburg					9:30 AM Stroller Strides Julie	
Glen Meadow Park Twinsburg						8:00 AM Body Boost Emma
Virtual Schedule	9:30 AM Stroller Barre Lyndsey	12:30 PM Nap-Time Workout Lyndsey	9:30 AM Stroller Strides Julie	8:00 AM Strides 360 Emma	9:30 AM Stroller Strides Sarah	8:00 AM Body Boost Emma
	6:00 PM Stroller Strides Julie	7:00 PM Body Boost Emma	7:00 PM Strides 360 Julie	7:00 PM Stroller Barre Lyndsey		

Holiday Schedule

Here is our class schedule for the week of Thanksgiving. Wednesday evening Strides 360 will be cancelled that week and we will not have any classes from Thursday, November 26 - Saturday, November 28.

It has been a difficult year for all and we hope that you are able to enjoy some time with your family and find many reasons to be thankful.

CLASS SCHEDULE - WEEK OF THANKSGIVING 2020



MON Nov 23	TUES Nov 24	WED Nov 25	THURS Nov 26	FRI Nov 27	SAT Nov 28
9:30am Stroller Barre	12:30 pm Nap-time Workout	9:30am Stroller Strides	NO CLASSES	NO CLASSES	NO CLASSES
6:00pm Stroller Strides					

Lookalikes and Character Entertainment

Want to make your little one's birthday extra special this year? Maybe you can't do a big party due to COVID-19, but you can still make them feel extra special on their big day. Look-alikes and Character Entertainment has tons of princesses and superheros available to do Facetime calls,



customized videos or join in on Zoom parties to help celebrate your kiddo's birthday. Contact Patrice at lookalikes@yahoo.com.

Check them out on Facebook!

Black Friday Sales

Black Friday is *almost* here! You are not going to want to miss our Black Friday and Cyber Monday sales this year!

Starting November 27.

Stay tuned for more details!



Food Drive for Akron-Canton Food Bank

This year FIT4MOM Hudson, Twinsburg & Solon is running a food drive for Akron-Canton Regional Food Bank. Drop off any of the following items to one of our 3 drop-off locations before Monday, Nov 23.

The "super six" most needed items:

1. Boxed cereal
2. Peanut butter
3. Canned tuna
4. Canned vegetables
5. Canned beef stew
6. Canned soup



Other needed items:

- Canned Vegetables (beans, green beans, carrots, potatoes, tomatoes, tomato products)
- Canned Meats (tuna, salmon, Spam, ham, chicken)
- Canned Meals (stew, chili)
- Canned Fruit (applesauce, peaches, pears, pineapple)
- Condiments and Dressings
- Dried Pasta, Rice and Beans
- Canned Soups
- Cleaning Supplies (laundry supplies, household cleaners)
- Paper Products (paper towels, facial tissue, bathroom tissue)
- Personal Care Items (deodorant, shampoo, bath soap, toothpaste, toothbrushes, hair care products)

Drop-off points:

- Aurora: 1200 East Blvd
- Hudson: 6566 Ebury Circle
- Twinsburg: 2060 Spring Ridge Dr

Thanks in advance for ensuring all of your donations are unopened and still within the best by date.

Join us as we race for our physical and mental health and to support moms' maternal health worldwide.

The FIT4MOM Strength in Motherhood Virtual Race can be completed any date you choose between Nov 1, 2020 and Dec 15, 2020. Race from anywhere and gather your friends and family to run/walk alongside you for support! You can choose and complete the distance of your choice - 5K, 10K or Half

Marathon. A portion of proceeds are being donated to EveryMotherCounts.org, which works to make pregnancy and childbirth safe for every mother, everywhere.



[SIGN UP NOW](#)



Mama of the Month

Meet Melissa Ahlin, our November Mom of the Month!

This is a series where we feature a different mom in Our Village each month.

Tell us about your family: I live in Hudson with my husband, Erik, and almost two and half year old daughter, Emily. Erik and I met in college and got married in 2013 officially becoming Miami Mergers.

Hometown: Hudson. We moved back to Hudson in July 2019 after 9 years in

Chicago.

Current/previous career: Graphic Designer. I create the packages you see in the grocery store! My current full time job is as a stay at home mom with freelance jobs thrown in to keep me on my toes.

What does motherhood mean to you? Motherhood is a crazy journey that cannot be described. Everyday is different- some days are exciting, some days are mundane and some days you want to pull your hair out but it is all worth it for the precious smiles and hugs.

How did you find FIT4MOM? I followed FIT4MOM on Facebook for a while before I gained enough courage to join. Coach Emma invited me to join the first Run Club but I was too self conscious to join- I didn't think fit, non-judgemental, fun moms existed (boy, was I wrong!). I finally gave in when Charlotte invited me to a Stroller Strides class. At the time I never thought I'd see it through- getting me and Emily ready and somewhere by 9:30am!? And that somewhere is to work out!? No Way! Now I attend 4 morning classes a week AND set an alarm to joyfully go to Saturday morning classes in the cold.



What classes do you currently attend and why do you love them? Stroller Strides, Strides 360 and Fall Body Well. I love the variation- every class is something new! Most of all I love the encouragement and community.

How has FIT4MOM changed your life? Physically I am in the best shape I have ever been in. I have muscles I never knew existed! More importantly FIT4MOM has introduced me to a community of fun, non-judgmental, real, loving friends.

Favorite exercise: Squats

Proudest moment: Most recent- Emily shed no tears when she got her flu shot. We joyfully said "Yay Emmy!" as we were leaving Cleveland Clinic Twinsburg. Emily proudly shouted "Yay Emmy," the whole first floor responded with an enthusiastic "Yay Emmy." The joy she spreads everywhere she goes reminds me that's what life is all about.

What's one thing you would go back and tell yourself as a new mom? Ask for help. You can't and shouldn't try to do it all and when you do 1/2 of the things you expect of yourself it's a win.

Questions for kiddos: (Emily, age 2.5)

How old is Mommy? 8

What's something Mommy always says? Happy

What is mom really good at? Happy Snacks

What's mom's favorite thing to do? Be Happy

What makes you proud of your mom? Hugs

What I learned from walking 10,000 steps a day

Written by Julie Butt

We have all heard that it is recommended to walk 10,000 steps a day. This equals about 5 miles of walking for most people, which sounds like a lot! The recommendation of 10,000 steps a day originally came from Japanese researchers in the 1960s. Today, health organizations including the World Health Organization, American Heart Foundation, American College of Sports Medicine and more all recommend 10,000 steps a day as a reasonable goal for healthy



adults to improve their physical fitness and reduce risk of disease. Beyond this, the additional benefits of all of this walking are plentiful: increase energy, aid relaxation and improve sleeping, improve confidence and mood, help manage your weight, promote healthier blood cholesterol and blood pressure, and build stronger bones and muscles.

For our recent Body Well session, we have been challenged by Coach Emma to walk at least 10,000 steps for 21 days. I have to be honest; the first couple days were tough, and it felt overwhelming to think about sustaining it every day. As time went on, however, I learned ways to fit 10,000 steps into my normal routine and I actually looked forward to my daily walks.

So what is the secret? Well...you have to walk. Adding a 20- or 30-minute walk to your day will likely get you to 10,000 steps. And you don't have to do it all at once – you can break it into short 5-10 minute walks throughout the day if needed. Days that I do a 60-minute exercise class that involves running or some type of cardio in place (basically any FIT4MOM class!), I'm usually able to get to 10,000 steps without doing an additional walk. And then some days I end up walking circles around the couch to get in my additional steps while my husband relaxes and watches TV.

In addition to a walk or other exercise, you do need to move throughout the day to get to 10,000 steps. Unfortunately, sitting on the couch bingeing Netflix won't cut it. But luckily, we are moms and we don't have time to do that anyway (one can dream...!) As I have paid more attention to my steps, I discovered many ways that we, as moms, can get in our steps each day:

- Chase your toddler around while trying to get them dressed
- Chase your toddler down the driveway trying to get them into the car
- Walk up and down the stairs 10 times to put away your 10 loads of laundry
- Walk back and forth to your pantry 20 times trying to meet the ever-changing snack demands of your toddler
- Go back and forth to the bathroom 50 times because you always have to pee
- Vacuum up all the crumbs your children leave around the house
- Walk between your room and the kids' rooms 100 times trying to get them to GO TO SLEEP
- Walk around room to room picking up your kids' toys (and the socks your husband leaves lying around)
- Escape to Target and walk around for hours just browsing the aisles

- Wander around the house aimlessly trying to remember what you needed to do when you got up in the first place

As moms, it can be hard to find time to fit in any activity, let alone the “me time” that we so desperately need. On days where you are craving some alone time (ok, so everyday...), have your husband watch the kiddos for 20 minutes and get in your walk. Not only will you be getting your steps in, but you will also get your well-deserved time to yourself. Still feel like you need to multi-task? (I get it, we are all moms here – we are multi-tasking queens). Listen to an audiobook or music while you are walking, walk on a treadmill in front of your TV and catch up on your favorite show, or chat with a friend on the phone during your walk.

You could also make your walks a family affair and push your kids in a stroller or have them walk with you if they are old enough. My kids love going for a walk to the ponds in our neighborhood to look for ducks and geese. And if they walk the whole way with me, they burn some of their endless energy and fall asleep faster at bedtime. It’s a win-win!

If you work in a job where you are sitting at a desk most of the day, you may find it harder to get in 10,000 steps. I work as a physical therapist one day a week and even though I am on my feet most of the day, I still don’t even come close to 10,000 steps during my work day. In fact, I find this day my hardest to get in my steps. In order to get to my step goal on these days, I have found that finding an excuse to get up and walk every once in a while is helpful. If you are sitting at a desk most of the day, at home or at the office, try to give yourself a break every 45-60 minutes and take a quick walk to the bathroom, or to get another cup of coffee, or to visit a coworker, or just to make a lap around the building. Taking this break every so often can also help your mind to focus on your work and increase your productivity. And walking will help to increase your energy and fight off the mid-afternoon slump.

There are several different options to track your steps these days – Apple watch, Fitbit, Garmin watch, the list goes on. Most likely you already own some type of device that tracks your steps, whether or not you are looking at it. If you are competitive or need a challenge for motivation, check out the app Stridekick. It is a free app that connects to your fitness tracker and allows you to enter free step challenges. You can compete with family and friends on the app or join a community challenge. We are using it for our Body Well program and it has been great for accountability.

Even if you are not able to get to 10,000 steps every day, making an effort to increase your daily steps and up your activity level is going to have a positive effect overall on your physical, emotional, and mental health. And happy mamas = happy families = happy communities. You got this, mama!

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

[LEARN MORE](#)

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