



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



HUDSON
TWINSBURG
SOLON

OCTOBER NEWSLETTER



Events & Happenings

October Playdates

Free playgroups are available weekly after Stroller Strides classes

Friday Oct 4, 10:30am (after class)-
[Touch a Truck with Twinsburg Fire Dept](#)

Wednesday Oct 9, 11:30am -
[Patterson's Farm Field Trip](#)

Friday Oct 11, 9:30am - [Breast Cancer Awareness Class and Kindness Rocks](#)

Wednesday Oct 16, 10:30am (after class) - [Clean Mud Sensory Playdate](#)

Monday Oct 21, 9:30am - [Indoor Grand Opening and Music Playdate](#)

Wednesday Oct 30, 10:30am and 7pm (after class) - [Halloween Class and Mask Craft](#)

October Mom's Night Out

Wednesday Oct 2, 7:30pm - [Pump and Dump Show](#), Hilarities 4th St Theatre

Wednesday Oct 23, 7:00pm - Mystery Dinner MNO, Amanda's House

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



Family Friendly Fall Festivities

Our mamas put together a list of our favorite local farms with fun Fall activities for the entire family!

1. [Szalay's Farm](#), Peninsula - corn maze, hayride, and a farm market
 2. [Derthick's Farm](#), Mantua - corn maze and farm experience with so much for the kiddos to do!
 3. [Howard's Apple Farm Market](#), Chagrin Falls - hay maze, corn maze, pumpkins, apples, roller coaster (weekends only)...the list goes on!
 4. [Patterson's Fun Fest](#), Chesterland - play in the hay stacks and corn crib, climb the tree house and slide down the 50 ft slide, walk through the corn maze or enjoy a pony ride, and more
 5. [Maize Valley Fall Fest](#), Hartville - corn maze, wagon rides, and activities for all ages throughout the farm
 6. [Holden Arboretum](#), Kirtland - outdoor living museum with canopy walk and tower and beautiful views of the surrounding landscape
 7. [Monroe's Orchard](#), Hiram - apple harvest festival with pick your own apples and pumpkins
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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!

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

Introducing Our New Stroller Strides 6-week Maternity Leave Pass

Want to join us for Stroller Strides classes during your maternity leave? If you are looking for a village of supportive mamas AND a way to get a workout in with your new little one in tow, you are in the right place!

Introducing our new 6-week maternity leave pass. For \$99 you get UNLIMITED Stroller Strides visits (morning or evening) for 6 weeks. No registration fee. No cancellation fees.

Know a new mama who is ready to get back into exercising post-baby? This may be the perfect option for her! (And don't forget about your referral bonus of a \$20 Target gift card! We got you, mama)

PURCHASE NOW



Mama of the Month

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

Tell us about your family: I have been married to my husband, Jeremy, for 6 years. We have 2 beautiful children, Avery (4) and Sadie (4 months), as well as 2 babies in heaven. We also have a cat (who thinks he's a dog) named Boots.

Hometown: We live in Northfield, but my hometown will always be Falmouth, Maine, where I grew up.

Current/previous career: I am a licensed clinical counselor (LPCC-S) in the state of Ohio. I currently work as an outpatient therapist at a local agency serving children and families. I also organize the monthly craft and moms night out for FIT4MOM.



What does motherhood mean to you?

Motherhood, in my eyes, is an honor. It is also the hardest thing I have ever done! I am constantly trying to figure out how to fill up my own cup so that I can pour into the lives of my kids without running on empty. My goal is to raise loving, empowered, and healthy children without losing myself in the process.

How did you find FIT4MOM? I was looking for something active to get in better shape after having Avery, but I wanted to do something together since my time with him was limited due to working. I saw an ad for Stroller Strides somewhere online. I reached out to try a class and the rest is history.

What classes do you currently attend and why do you love them? I have been attending Stroller Strides classes since Avery was a baby. I love being outside, getting exercise and meeting my social needs, while the kids get to watch a model of healthy living and play with their friends. It's a win, win, win all around!

How has FIT4MOM changed your life?

When I married my husband and moved to Ohio, I didn't know anyone outside his family. After having Avery, I was very isolated and did not have a social support system. Joining Stroller Strides was a game changer. I am stronger physically, and my support system

has never been stronger. I am surrounded by an amazing group of women who never stop inspiring and encouraging me. I also really appreciate that my kids have a ton of other moms to look up to and go to if they ever needed anything. I feel at home with my FIT4MOM family.

Favorite exercise: Bridge ups and tricep work because I can feel muscles being strengthened that aren't typically used.

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

I feel like I still am a new mom! If I went way back to the beginning, I suppose I would tell myself that there are different seasons in motherhood and to accept the current stage without resisting or wishing it away.

Questions for kiddos:

How old is Mommy? 10

What's something Mommy always says? "I don't know."

What is mom really good at? Cooing like a morning dove

What's mom's favorite thing to do? Raises both eye brows up and down

What makes you proud of your mom? "I don't know"

Nicole, 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!

Run Club: How I Found My Stride and My Tribe

Written by Karrie Fries

Coach Emma, the music, and the famous chalk quotes kept my legs moving. I thought the Run Club Preview was just going to be a way to get out of yard work, but I started running and I didn't stop. I was able to run the whole 20 minutes without stopping! Let's be honest, I wasn't breaking any records, but my feet were moving in more than a walk the entire time, and I didn't feel like I was going to die. After the remarkable realization that I could run for 20 minutes straight and feel exhilarated afterwards, how could I not join Run Club? I had to know if I could do more.

The Run Club training was easy to follow. At our first meet up, we discussed where each of us was in our fitness and what our fitness backgrounds were. Emma was able to select a training plan that fit each of us individually. I used this plan like an advent calendar, except, instead of marking off the days until Christmas, I was marking my progress to race day. I thought, "Cool, I can run for longer than I walk..... I can run a mile straight! Is this really me? What fit goddess' body have I somehow been misplaced in?"

Having a group made the training experience so much better. I know when I have tried to run by myself in the past - *hello, multiple failed attempts at couch to 5K!* - it just got so frustrating. I would think, "Why am I cramping? What if I just don't feel like running today, or I don't think I can up my run interval time? I'll just quit because I've already missed 3

runs.” With Run Club, having a coach and teammates to bounce ideas off of kept things from getting overwhelming and made it easy to solve problems. It also took away the option to quit.

Running at the Cleveland Zoo (*Believe in Dreams Running Wild 5K*) had to be the highlight of Run Club. How can you not run fast when you’re being chased by wild animals?! Technically, all the animals were caged, but when part of Run Club was breaking down your mental boundaries, I found that mental imagery can play in your favor. And I was in good favor that day - I finished the race in 35 minutes! Credit goes to my team for the great race experience. Even though we all ran the race at our individual pace, it was well understood that we were there together supporting each other in our running journey. I can’t wait to run with my mother runners again.

Will you run with me?



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

[LEARN MORE](#)

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FIT4MOM

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