



NEW & NOTEWORTHY HAPPENINGS IN  
OUR VILLAGE



HUDSON  
TWINSBURG  
SOLON

## MAY NEWSLETTER

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### May is MONTH OF MAMA!

The month of May is all about YOU, Mama.

And to celebrate you and all that you do, we are offering a **FREE WEEK** of Stroller Strides and Body Back classes May 6-10.

\*To redeem, enroll in classes at the link below or email [juliebutt@fit4mom.com](mailto:juliebutt@fit4mom.com)\*

To cap off the week, join us for a

[Mother's Day Celebration Stroller Strides Class](#)

**Thursday May 9, 6-7pm or Friday May 10, 9:30-10:30am**

There will be FREE giveaways, coffee and snacks, mommy & me photos, and a sweet Mother's Day craft after class.

ENROLL NOW

For the ENTIRE month of May, new members will get \$0 enrollment fee (\$75 value!) for any Stroller Strides membership plan.

SEE PRICING



## Stroller Strides® has officially moved OUTSIDE for the Spring/Summer!

**Morning Classes:** M/W/F 9:30-10:30am at Glen Meadow Park, Twinsburg

**Evening Classes:** M/Th 6-7pm at Hudson Montessori School

Check out our [Locations](#) page for more details.

In case of rain, be sure to check our [Facebook page](#) before class for location change. Posts are always made at least 1 hour before class

OUR SCHEDULE

## Events & Happenings

## May Playdates

Free playgroups are available weekly after Stroller Strides classes

**Thursday May 2, 10:00am** - brunch play date @ Lynzie's house, Cinco de Mayo theme

**Thursday May 9, 7:00pm** and  
**Friday May 10, 10:30am** - [Mother's Day Craft](#)



**Thursday May 14, 10:00am** - brunch play date @ Lynzie's house

## May Mom's Night Out

**Tuesday May 14, 7:00pm** - [Target Scavenger Hunt](#), Macedonia Target

**Wednesday, May 22, 6:30pm** - [Burpees & Brews](#), Hop Tree Brewing in Hudson, \$10

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

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## Attention Teachers!

Summer is *almost* 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 with valid teacher ID

EMAIL JULIE TO BUY NOW



## Mama of the Month

Meet Julie, our May Mom of the Month! We are starting a new series each month that will feature the moms of our Village. We thought we'd start with a spotlight on our

**Tell us about your family:** I have two sons, Samir - 3 years old, and Zayd - 12 months old, with my husband Omer.

**Hometown:** Butler, PA (about 1 hour north of Pittsburgh)

**Current/previous career:** I work part-time as a pediatric physical therapist 2 days a week.

**What does motherhood mean to you?** Motherhood means unconditional love and selflessness. It means being a positive role model, a teacher and a cheerleader for my children. It may be the hardest job I will ever have, but it is also my greatest joy and my greatest achievement!



**How did you find FIT4MOM?** I started taking Stroller Strides classes with my first son in October 2017 when I was pregnant with my second son. I was new to the area and new to being a stay-at-home mom and needed a way to fit in workouts. What I didn't realize was that I would also gain amazing friendships and support from the other moms as well as friends for my son. I took over the franchise in May 2018 right after my second son was born.

**Favorite exercise:** Call me crazy but I love squats! I also love plank because it works so many different muscles and there are many variations you can do to mix it up.

**Proudest moment:** It is hard for me to narrow down to one moment. I would say for me I've been most proud of myself after the birth of each of my children. Pregnancy and childbirth are tough and I am proud of myself for getting through it - twice! I am proud of each of my children every day for the littlest things. But I think what makes me most proud is when I see my 3 year old son do something kind for someone else. That is always a reminder that I am doing something right.

**What is the farthest you have been away from home?** My husband is from Karachi, Pakistan and we travelled there in March 2017 to visit his family. I loved seeing where he grew up and learning more about their culture first-hand. We are going back in June!

**What classes do you currently attend and why do you love them?** I currently teach Stroller Strides in the mornings. I love it because our children get to see their moms exercising and leading a healthy lifestyle. We already see them modeling our moves with their own "exercises" all the time! I also teach Body Back classes and love them too. It is such a good workout, and meditation at the end really gives moms a chance to recharge and reconnect to themselves.

**What's one thing you would go back and tell yourself as a new mom?** I would tell myself not to Google everything! I was so anxious that I would do something wrong that I would Google every little thing and end up getting 5 different answers to the same question, which would make me even more anxious! With my second child I have learned to trust my instincts and give myself some grace.

**Questions for your kiddos: (Samir, 3 years old)**

How old is Mommy? 4

What's something Mommy always says? "Don't climb the wall"

What is mom really good at? Working

What does mom like to do? Play

What makes you proud of your mom? She's good at catching balls

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## Mother Yourself: A Case for Self-Care

Written by Charlotte Beers Plank

One of the biggest buzz words these days is “self-care”. Wait, society is encouraging us to incorporate self-care into our lives? Yes! But honestly, whenever I read an article stressing the importance of self-care, my immediate reaction is a bit of anxiety. I think to myself, “I really need to drink more water and try to get to bed earlier. And eat better. And move more. Oo, meditation - I should do that. And do something fun for myself.” And all of a sudden, I feel like I’m drowning in thoughts about “making sure I’m taking care of myself”, and of course, I see that laundry needs to be done, there aren’t any clean forks, bills need to be paid, schedules need to be coordinated..... and I end up, yet again, putting self-care on the back burner. I know I “should” be taking better care of myself, but who has the time? How do we prioritize self-care, while still meeting our obligations and responsibilities as mothers, as partners, as workers, and the like?



Here are a few things I like to keep in mind when thinking about self-care:

### Quality over quantity

I often find myself in the position of wanting to spend time on self-care by exercising, taking hot baths, or making a coffee date with a good friend.... But I struggle to do those things, with a busy schedule of working and taking care of my son. What I've found most helpful lately is to take advantage of the times that I can spend time on myself, and not worry too much about how often I'm doing it. For me, I'd love to start out my days with some quiet, with a cup of coffee and a journal to write in. I enjoy writing lists of what I'm grateful for, and I tend to journal more in the morning when I'm just beginning my day, as opposed to right before bed (when I'll likely fall asleep instead!). Now that I'm a mom, it's that much harder to wake up early enough to get that quiet time in.... So I've learned to take it when I can. It might not be every day, and it might be 5 minutes instead of an hour, but it's something.

### Find what works for you

Finding the right kind of self-care is key to your success in incorporating it into your life.

If you're really into running, and enjoy it, great! But if you are making yourself run 3 times a week because you feel you "should" do it, you might find yourself putting off your run one day, then another..... Let time be your friend and wait until you figure out what works for your life, your routine, and your schedule. My routine changes frequently too, and especially with the seasons. I really enjoy spending time in the out-of-doors, but once the weather gets colder, I have a hard time motivating myself to get out because of the temperature. I usually need to brainstorm other things for me to do (thank you children's museum! Library story time!) to get through those times. Oh, and take extra vitamin D!

### **Forgive yourself**

I like to call myself a "recovering perfectionist" (thank you to Brené Brown!\*). I have struggled with perfectionism my whole life, and when I think of incorporating self-care into my life, I usually have high expectations for myself, which leads to me not meeting my goals and feeling discouraged. But the truth is, any self-care is better than nothing. I would encourage you to forgive yourself for not meeting your self-care goals, and start again. Self-care is not an indulgence. It's an essential part of your mental, physical, and emotional health. It will help you to be a better mother, partner, and friend. And most of all, if you put yourself first, your kids will see you as an example and will be happier and healthier for it.

### **Try affirmations**

I'm a big fan of affirmations; I use positive statements to counter negative thoughts and remind myself of my self-worth and abilities. I don't remember every day, but most days, I start off with four: "I am a good mother, I am worthy, I am capable, and I love myself." It sounds silly, and it definitely was weird at first. But I find myself hearing those words when I need them most - like when my son starts testing his limits and scratching or hitting or running away from me - and they remind me to take a breath and trust that I can get through whatever comes my way. And the best part? It takes like..... 5 seconds.

As you prepare for Mother's Day on May 12, how will you mother yourself? And continue throughout the year, not just one day?

\*Brené Brown is an amazing researcher, storyteller, author, speaker, and all-around amazing person that I wish I knew personally. She specializes in vulnerability, shame, and empathy. Her new series just dropped on Netflix!

*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 21-month-old 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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Want to join our Village? Your first class is always free!

[LEARN MORE](#)

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# Stay Connected

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FIT4MOM

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