



NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE



HUDSON
TWINSBURG
SOLON

JANUARY NEWSLETTER

NEW YEAR

do you 

Events & Happenings

January Virtual Play Date

Music Together Demo Class: Wed,
Jan 6, 10:30am

Try a Music Together Online Demo class! Classes are for families with children ages birth-five, but older siblings are welcome. Class will be held online on Zoom. Register for the demo class [here](#) to receive the class information and zoom link.

Please sign up by Monday, January 4 as space is limited!

Questions? Contact Jenny at director@singandswing.org.



January Family Day Out

Polar Blast Tubing: Sat, Jan 9, 11am

Have the hubby bundle up those kiddos and help you herd them into the car because we are going tubing at Brandywine! Pricing is \$25 per person for a 2 hour session. You must register ahead of time [here](#).



January Mom's Night In

Hot Chocolate Bomb

Workshop: Fri, Jan 22, 9pm

Ready to get crafty in the kitchen, mama? We hope that you are because we're making hot chocolate bombs! Gather your supplies and log on to zoom for step-by-step instructions, and before you know it you'll be treating friends and family to a chocolatey beverage that is both fun and delicious!



January Schedule

We will continue to partner with FIT4MOM Beachwood-Shaker Heights and FIT4MOM Cuyahoga Falls-Stow-Kent through the month of January to bring you a variety of virtual fitness classes. While we do not feel that it is safe to resume in-person classes right now due to the COVID-19 pandemic, we will

continue to re-assess based on CDC recommendations and local and state health department guidelines.

To try out a FREE fitness class, fill out this [form](#)

We would love for you to join us, mama!

 Virtual Schedule	FIRST CLASS IS ALWAYS FREE!					
	MON	TUES	WED	THURS	FRI	SAT
	9:30 AM Stroller Barre Lyndsey	1:00 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		

New Year, Do You: 31-Day Challenge

In need of some motivation this New Year? Start 2021 off right with our New Year, Do You Challenge!

Download our 31 Day Calendar [here](#). It includes daily challenges to nourish your maternal health, inside and out!

If you participate in the 31-day challenge, you will be entered to win a \$10 Amazon gift card, and if you participate in our special 5-day challenge on IG (1/11-1/15), you'll be entered to win a \$5 Starbucks gift card. Participate in BOTH and you could win a \$25 gift card to FIT4MOM retail shop on us!!!



Body Well™ Winter Session

It's not too late to sign up for our next Body Well Session!

Body Well™ is an 8-week journey with a focus on nutrition, movement, mindfulness, body positivity, and self-love. It includes weekly challenges and daily social prompts, seasonal online nutrition guides, twice weekly Body Boost fitness classes, and client journal. It's exactly what moms need right now, no matter their season of motherhood.

BODY Well
Health, strength, self-care and fun in 2021



Our next 8 week session of Body Well™ starts in TWO Days!

January 3rd – February 27th
Tuesdays 7PM & Saturdays 8AM

ENROLL NOW



Mama of the Month

Meet Chelsea Gable, our January Mom of the Month!

This series features a different mom in Our Village each month.

Tell us about your family: My husband Justin and I have two little boys, Justin Jr. (2) and James (6 months) and live in Peninsula. Justin and I met my first day on an audit engagement, have been married for 4 years, and we've made two little auditors since!

Hometown: was born in Ohio and moved to upstate New York when I was 8. I lived there until my senior year in high school when we moved to Alabama.

Current/previous career: I'm an Assurance Senior Manager at EY. I manage teams of accountants and audit large public companies' financial statements. The audit firm I work for is amazing and that's where I met Justin.

What does motherhood mean to you?

Motherhood is my most rewarding and most challenging job. Each day I'm so grateful that I've created these wonderful tiny humans. Watching them grow and learn is my greatest accomplishment and I did not know it was possible to love someone so much so quickly.



How did you find FIT4MOM? My mom actually found it for me online! I was complaining that I was lonely on maternity leave when I had Justin Jr. and I've always loved working out so this was a match made in Heaven!

What classes do you currently attend and why do you love them? Because I work full-time, I currently attend all night classes. Monday - Stroller Strides, Tuesday - Body Boost, Wednesday - Strides 360, and Thursday - Stroller Barre! (Shout out to F4M HTS owner Julie for giving working moms so many options!). The thing I love so much about these classes is that I am doing something for myself but also get to spend time with my kids while doing it!

How has FIT4MOM changed your life? I have made everlasting friends here and am so grateful to be part of this village. It's so great to have a group of moms I can feel comfortable around and know they're there if I ever need anything. From a physical perspective, continuing these classes while pregnant with James made my delivery SO MUCH EASIER because I was in good shape when I gave birth. At 6 weeks postpartum I was back in class and feeling great.

Favorite exercise: Any type of squats

Proudest moment: How sweet and loving Justin Jr. is with James. I am so proud of him and how great he's doing as a big brother. He gives the most aggressive kisses and hugs (sometimes a little too aggressive haha)

What's one thing you would go back and tell yourself as a new mom? Stop comparing (I still am working on this now). I used to be so absorbed with what other kids were doing or other moms and how quickly they were able to get back to their pre-baby body. I have been working to take a step back and realize that everyone's journey is totally different and that's exactly how it should be.

Questions for kiddos: *Justin (2)*

How old is Mommy? 2

What's something Mommy always says? (muah)

What is mom really good at? Juice, please

What's mom's favorite thing to do? (handing me cup)

What makes you proud of your mom? (waiting for me to get him juice)

We'VF Got This

Written by Ashley Keske

I am a planner. I write things down just to check them off. This is something simple that helps me to “control the situation”. My daily planner, which is paper and not digital, is my security blanket and has a prominent place on my desk. My personal plans, however, haven't always lined up with my day planner, much less my calendars. Meet the man of my dreams in college? Nope! Get married at 25? Guess again! Dream home at 27? Incorrect! Kids by 30? Wrong! Taking shots and tests at 35 like I'm in college? Oh yeah! (Well, minus the lime and all-night cram sessions).

My husband, Matt, and I have been married for just over two years. During our first year of marriage we moved to the same city, switched jobs, and started to settle into our new life together. After a year of marriage, we decided it was time to try to expand our family (which according to my high school religion class, it's a one and done thing because not leaving room for the Holy Spirit during slow dances at prom could lead to unplanned consequences). Matt has a 5 year old little boy who eagerly would like us to add to our family as well. Matt experienced issues in his previous relationship trying to conceive. He went through a surgery and took medication, but was blessed with a beautiful son. Knowing this struggle, we anticipated our journey to grow our family may lead to something similar, however, the surgery was to have corrected the fertility issues he was experiencing, so I was hopeful. After all, he has a son!



Six months into trying to expand our family, COVID hit and quarantine started. We thought for sure we would be putting on our letter board “We didn't social distance, Baby K due (insert date)!” With our letterboard still empty and nearing our one year mark of trying, we decided to take next steps to determine what was going on. Matt: Test. Wait. Results. Follow up with the doctor. Ashley: Test. Wait. Test. Wait. Test. Results. Follow up with the doctor. Doctor referral to specialist. Test. Wait. Wait. Wait. Results. Follow up with the doctor (1). We received Matt's results first. Matt's results were not favorable and unfortunately, no medication or lifestyle changes would make a difference. Matt was extremely upset and for the first time, I realized I had been falling into the uninformed category about infertility (2). I was providing ‘toxic hope’ because I continued to remind him, ‘you have a son!’. Seeing Matt's reaction to his test results made me realize that I

needed to be a little more sensitive and do my homework to find the best way to support my husband through this time. I've got this!

Based on my MD, that I received from google.com, I assumed we would be candidates for IUI (Intrauterine Insemination) and hopeful, because it seemed to be a lot cheaper and less invasive, but then I received my results. I have a low ovarian reserve. This news was a hard pill to swallow. For some reason, I found it easier to support my husband when I thought it was "his issue" than it was for me to accept the fact I also "had an issue". Once again, this is something that no lifestyle changes or medication can correct. After more tests, bloodwork, exams, genetic testing, waiting, consultations, results, paperwork, follow up (all during COVID), we decided to move forward with IVF. I immediately went back to my college days, starting to hum the song "Shots" by Lil Jon and LMFAO. The song fades abruptly when the nurse shouts, "Get the male nurse" as my husband faints from having his blood drawn. It's fine. Everything's fine. "I'VF got this (3)!"

Etiquette has taught us to not speak about politics, religion, or salary, but I don't recall infertility being part of that unwritten rule. Infertility can be a very private matter, which is totally fine if that is what someone chooses, but, I think we need to ask ourselves: is this topic something that is forced to be private because those going through infertility don't know how to approach the conversation? Maybe thinking, if I share too much up front, can I pull back if I get uncomfortable? Or, is it because those not going through infertility, don't know how to support someone on their infertility journey? 1 in 8 women experience infertility. We have just over 100 members in our FIT4MOM HTS Village Facebook group, statistically that means there are 12 other mamas in addition to myself who have experienced, are experiencing, or will experience infertility.

For me personally, I get through uncomfortable situations with laughter (one of the first pieces of professional feedback that I was given was that "I need to be cognizant of my nervous laughter because it makes me look like I'm not taking the situation seriously."). I am by no means an infertility expert (4), but I have learned a lot in a short amount of time from both sides of this process. My intent in sharing my findings (or shortcomings) is in hopes that this will help other women support one another through this unspoken motherhood journey .

To my fellow mamas wanting to support a friend going through infertility:

- If someone opens up about their journey, remember the key dates they share. The start of injections, the egg retrieval, and the transfer are some of the big ones.
- Be careful providing unsolicited advice. If it starts with the word "just", they can probably go without it (example: Just relax, just adopt, just do IVF, just keep trying, just be patient).
- As women, we try to put a positive spin on our words, but often it can be seen as "toxic hope". Reasons for infertility are similar to the quote from "Mean Girls", "the limit does not exist." Saying "I'm here for you" is all the encouragement that is needed.
- Infertility can be a roller coaster. One day you may get a small novel in a text response and the next you may get a one word answer. Please keep reaching out!

To my fellow mamas facing infertility:

- You are tough as a mother and you are worthy of becoming a mama (for the first or 5th time).
- You don't always have to be positive and it is ok to say "no" to prioritize you. This is your journey.
- Take it one day at a time, there will be lots of waiting and waiting.

- There will be set backs, but you are a coffee bean, not a carrot or an egg (5)

We are still early on in our IVF journey, so I am still cautiously optimistic about our future, but the biggest thing I have learned from 2020, is that in this village of mamas, you are not alone! This village of women supports one another in all aspects: our emotional and mental well-being as well as our physical health. I have received so much love and support, thoughtful notes, flowers, and check-in texts. The IVF mantra needs to be changed, because “I definitely don’t got this” on my own, but with the support of my husband, family and this amazing village of women, “We”VF got this!” and anything else this life throws at us!

- (1) The ratio of men to women tests are so disproportionate.
- (2) Secondary infertility is just as painful as primary. Infertility is infertility.
- (3) This is the IVF mantra.
- (4) Also, not an English major, so thank you for overlooking my grammatical errors.
- (5) <https://alltimeshortstories.com/motivational-egg-carrot-coffee-beans/>

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

LEARN MORE

Stay Connected

FOLLOW US:



juliebutt@fit4mom.com

© 2017 Stroller Strides, LLC dba FIT4MOM. All rights reserved.

FIT4MOM

Share this email:



emma[®]

[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

1850 Diamond St Suite 102
San Marcos, CA | 92078 US

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.