



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



Hudson, Twinsburg, Streetsboro

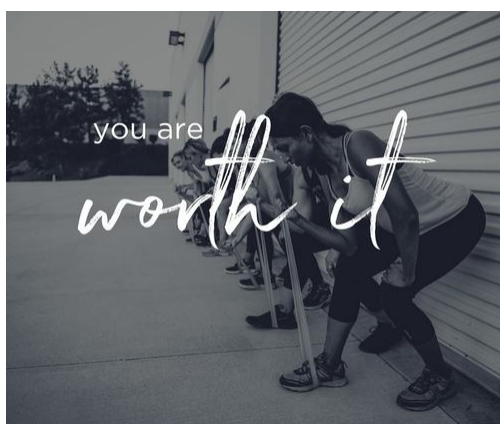
August Newsletter

Class Schedule

	FIRST CLASS IS ALWAYS FREE!					
	MON	TUES	WED	THURS	FRI	SAT
Glen Meadow Park Twinsburg	9:30 AM Stroller Strides		9:30 AM Stroller Strides		9:30 AM Strides 360	8:00 AM Body Boost
Hudson Montessori School	6:00 PM Stroller Strides					
St. Joan of Arc Streetsboro		7:00 PM Body Boost				
Virtual Schedule		7:00 PM Body Boost	7:00 PM Strides 360			8:00 AM Body Boost

Note: Beginning August 21, Saturday morning Body Boost classes will no longer be offered virtually. We'll be using equipment and following different class formats that will not work virtually. Tuesday evening will remain in-person and virtual, and in inclement weather Saturday classes will be virtual.

Events & Happenings



FREE Body Boost Preview Class

August 10, 7pm St. Joan of Arc Parish

Join us for a FREE preview Body Boost class as we prepare for the start of our Fall Body Well session!

Body Boost is a high-intensity interval training (HIIT) workout designed to challenge, empower and energize you. Combining cardio, strength training, core work and meditation, this total body workout will boost your physical and mental well-being. This 60-minute class is just for you (leave the littles at home) and will leave you feeling refreshed and recharged for motherhood and all that comes with it.

FREE Fruit Salad Class

August 11, 9:30

🎵 "I like to ate, ate, ate, a-pples and ba-na-nas" 🎵



Join us at 9:30 for a FREE fruit themed Stroller Strides Class, followed by a fruit salad playdate! Class and playdate are FREE for everyone, please bring a cut up fruit to share!

Fruit Salad Class and Playdate



Cleveland Zoo Playdate

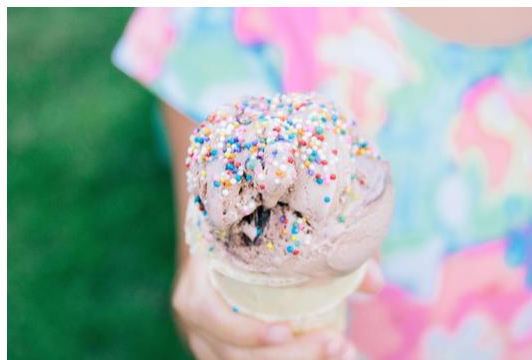
August 12, 10am

Join us at the Cleveland Zoo for a fun, animal filled day!

FREE Strides 360 and Ice Cream Social

August 20, 9:30am

Join us as we celebrate FIT4MOM's 20th Anniversary with a FREE Strides 360 workout followed by an Ice Cream Social! Ice cream will be provided, please bring your favorite topping to share!



Strides 360 and Ice Cream Social



Couples Evening Out

August 21, 5pm

Join us at Sharon's house for an evening of swimming and fun! More details will be coming soon!

Dad-urday Saturday

August 28, 9:30am

Glen Meadow Park

Mamas, the competition is on! 🏆🏆 Bring your husband (or a partner) and join us for a FREE "Dad-urday" Saturday Stroller Strides class!



Dad-urday



Brunch

August 31, 10am Ruth's House

Join us at 10am at Ruth's house. Bring the kiddos and a treat to share and join us for brunch!

The Journey to Self-Acceptance

by Caitlin Lagnese



I have been light. I have been heavy.

I have starved myself. I have binged myself sick.

I have seen myself as beautiful. I have seen myself as ugly.

I have moved my body often. I have been sedentary, barely moving at all.

I have taken care of my mental and physical health. I have completely let myself go.

Sound familiar? Like a lot of women, I tend to have a love/hate relationship with my body. Honestly it wasn't until my daughter was born that I started to really become aware of my body and my perceptions and feelings about it. And recently, I've realized the impact of those perceptions and feelings.

A few months ago as I was helping my daughter get ready for bed, she made a comment that stuck with me. "Mom, sometimes after I eat my stomach sticks out. I don't like the way it looks." I assured her that she is beautiful and that everyone's belly gets full. Luckily her thoughts had already turned to what book she was going to read for tuck-in. But after I said goodnight and closed her door, it hit me like a ton of bricks. She has heard me negatively talk about my body. I wondered how many times she heard me tell my husband that I felt big and needed to go on a diet. How many times did she overhear my conversation with a friend complaining about my stubborn belly fat? How many times has she seen me getting dressed for the day, staring at myself with such disappointment? I had literally been teaching my daughter that hating your body is both normal and acceptable.

One day I brought this up to my husband and he made a valid point. He asked me how I would feel if my daughter came to me as a teenager or young adult saying that she hated her body and felt ugly? Of course I responded by saying that it would make me feel absolutely horrible. I would do everything in my power to change her mind about herself. My husband then said, "Well, she doesn't want you to hate your body and feel ugly either. She watches you and mimics you." Wow, talk about a big punch of truth to the gut. He was absolutely correct. My kids are watching my every move, especially my daughter. I can already tell that she is comparing herself to friends at school. I can already tell that media is telling her how she should look. I can't shelter her from all the messages directed at young girls, but I can, through my words and deeds, show her that those messages are wrong.

And it's not just our bodies; it's not just a need to relearn and rewire how we see our physical selves. It's how we perceive our whole selves, how we treat ourselves, our inner monologue about ourselves. We beat ourselves up over not scoring 100% on a test, burning dinner, taking a wrong turn when we're in a hurry, striking out when we're at bat, at just feeling overwhelmed and tired at the end of a trying day.

I decided that some changes needed to be made and it needed to start with me. I must be more mindful of how I treat and talk about myself. After years of therapy, here is what I have concluded. There should be zero shame in wanting to improve yourself but there is something to be said about fully accepting where you are now. Having the right mindset is everything. I think so often we set ourselves up for failure by fooling ourselves into thinking that just one more pound lost, another title at work, one more dream achieved, will be the secret to a perfect and content life. We never seem to be fully satisfied, do we? I cannot tell you how many times I have thought to myself, if I can just get down to a certain weight, I will finally be content. If I can just be the picture perfect wife and mom, I'll be truly be happy. According to these standards, I'll never be content or happy.

I am currently in the process of changing the narrative in my head. I am beautiful. I am strong. I am capable. I am enough. I can do hard things. I can achieve my dreams. Feeling healthy and strong, and not beating myself up over a number, should be the focus. Trying to improve every day, rather than mourning where I am at this very moment, is crucial. There will be good days and bad days. The bad days don't make me a failure; they are just part of the journey.

I guess what I'm trying to communicate is that while we should always want to improve and evolve, we need to be happy with where we are today. I want to lead by example for my kids. I want to show them it's important to love yourself on the inside and outside. I want to show them the importance of evolving and growing. I want them to see me sustain a happy and healthy self-esteem concerning both my body and the person I am. That doesn't mean they won't see me struggle or fall down. It means they will see me working on myself in a healthy way instead of going on some crash diet or telling myself I'm an awful person because I made a mistake.

My wish as a mother would be that my kids will always feel confident and secure in who they are, that they won't mistake a struggle or a defeat for a reflection of their worth, and that while they should always strive to evolve and learn, where they are at any given moment will be just a step in the journey. It's cliché, but I'm going to strive for living in the happiness of the journey instead of beating myself up over not having reached some destination. There will be a lot of destinations, and not a single one of them will magically make me complete and whole. Living my truth and being myself is what will complete me. I want to embrace the journey, the evolution. I want to show my children that there is joy and self-love in that journey.

Read more from Caitlin on her blog: <https://www.reelchat.net/>

Mama of the Month

Meet Bri Britton, our August Mama of the Month

Tell us about your family.

- My husband, Adam, and I have been married for 7 years. We have Rose (3) and Blaise (1). We also have a labradoodle we adore, named Penny.

How did you meet your husband?

- My husband and I met in middle school when he moved to our school and got the locker a couple down from mine.

Where are you originally from?

- Youngstown, Ohio



Tell us about your current or previous career.

- I am currently a stay at home mom, but I used to work as a nanny.

What's on your Bucket List?

- I would love to travel to Hawaii again. We went on our honeymoon, and I'd love to go back some day.

If your nickname was your pregnancy craving(s), what would it be?

- With Rose, it would have been Tacos or Cereal. With Blaise, it would have been Ice Cream.

Where is your favorite place to travel?

- Pretty much anywhere with a beach!

What is your favorite hobby?

- I really enjoy reading.

What does motherhood mean to you?

- To me, motherhood means loving someone else so selflessly and fiercely that you would do anything for them, day in and day out, no matter how weary you may feel, and somehow always finding fulfillment in that love, despite the weariness.

How did you find FIT4MOM? What classes do you currently attend and why do you love them?

- I found FIT4MOM when it was suggested through another mom's group I was part of. I tried it out, and after the first class I knew I'd found exactly what I'd been looking for since becoming a mother. Currently, I attend Stroller Strides and Strides 360.

How has FIT4MOM changed your life?

- FIT4MOM has changed my life in so many ways. I've loved exercising for quite some time, but after having a baby it was really hard for me to find the time to do it. FIT4MOM has given me the opportunity to take time for myself and exercise while also being able to set a good example for my kids. It's also given me the community I was looking for when I felt isolated as a stay at home mom. Not to mention, it gives some structure to our days and gives the kids a chance to interact with friends!

What is your proudest moment as a mom?

- My proudest moment as a mom is any time I see my children show kindness and care toward others. It's always amazing when you see the lessons you're teaching them be put into practice.

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

- Be confident in your choices as a mother. You know and love your babies better than anyone else, and you should never second guess the decisions you make for them.

Questions for kiddos

Rose (3)

How old is Mommy?

29

What's something Mommy always says?

"Come here, come here"

What is mom really good at?

Playing with me.

What's mom's favorite thing to do?

Spend time with me.

What makes you proud of your mom?

I don't know.

Bri, 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!

FIND A CLASS



FIT4MOM Hudson, Twinsburg, Streetsboro
Amy Hoover amyhoover@fit4mom.com

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