



NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE



HUDSON
TWINSBURG
SOLON

OCTOBER NEWSLETTER



Events & Happenings

October Mom's Night In

Pumpkin Painting Contest:

Thursday, Oct 22, 9pm

Join us on zoom for a pumpkin painting contest! For a small fee, a mini pumpkin and painting supplies will be dropped on your doorstep before the event. On the night of, put the kids to bed, grab a drink, and join us to paint and chat. At the end of the evening, we will vote anonymously on which pumpkin turned out the best. The mama with the most-loved pumpkin will win a Starbucks gift card!

** Please respond "going" by 10/16 so that we can ensure delivery of supplies to all participants.



October Mom's Night Out

Oktoberfest: Sat, Oct 24, 5-7pm

It's a Fit4Mom Oktoberfest! Join us in Caitlin's back yard for some Bavarian fun. We'll have hot cider, German beer, and pretzels from Auntie Anne's! We are asking that attendees chip in for catering (approximately \$5-7, payable in cash or venmo). Prost!



Trunk or Treat: Wed, Oct 28, 10:30-11:30am

Dress up your little monsters and head over to Glen Meadow Park after Strides 360 for a socially distanced trunk or treat! Participating mamas can pop their trunks and set out individually bagged treats before accompanying their little ones on a costumed parade around the parking lot (with stops to collect candy, of course!) All mamas and kiddos are welcome!



October Class Schedule

During the month of October, we will continue to offer outdoor in-person Stroller Strides and Strides 360 classes (weather permitting) as well as plenty of virtual workouts in all of our class formats.

Our Body Boost and Strides 360 (Wed evening) classes have returned, and Strides 360 will now begin at 7pm on Wednesday evenings.

View our Outdoor Class Reopening 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!

CLASS SCHEDULE		October 2020
Monday	9:00a Stroller Barre Virtual 9:30a Stroller Strides Glen Meadow Park 6:00p Stroller Strides/360 Hudson Montessori School	
Tuesday	7:00p Body Boost Virtual	
Wednesday	9:00a Stroller Strides Virtual 9:30a Strides 360 Glen Meadow Park 7:00p Strides 360 Virtual	
Thursday	6:00p Stroller Strides Virtual	
Friday	9:00a Stroller Strides Virtual 9:30a Stroller Strides Glen Meadow Park	
Saturday	8:00a Body Boost Virtual 8:00a Body Boost E. Idlewood Park	
 FIT4MOM®		HUDSON TWINSBURG SOLO

Notes:

1. On bad weather days, outdoor classes will move to virtual format.
2. All virtual classes will be offered on Zoom. Links provided to current members.
3. Monday evening workouts will alternate between Stroller Strides and Strides 360 each week.

Apple Picking in Northeast Ohio

While Fall activities may look a little different this year due to the pandemic, there are still some fun outdoor, socially distant outings that you can do as a family. Apple picking is a great activity that is fun for the whole family! There are plenty of local farms in Northeast Ohio that offer a variety of apples for picking as well as fall festivals and other activities.



Click the button below for a guide to the best places to pick apples near you!

[List of Apple Orchards](#)

Update to Membership Plans

We have updated our monthly membership plans, effective October 1. We are now offering an All-Access Membership plan that includes unlimited attendance at all of the fitness classes that we offer. If you are only interested in our Stroller Classes, including Stroller Strides and Strides 360, we have our Strides Evening Membership and Strides Unlimited Membership plans. See the chart below when deciding which membership option works best for you!

	10 CLASS PASS	ONE CLASS PER WEEK MEMBERSHIP	STRIDES EVENING MEMBERSHIP	STRIDES UNLIMITED MEMBERSHIP	ALL ACCESS MEMBERSHIP
INCLUDES	All Classes	One class per week – any format	All EVENING Stroller Strides + Strides 360 classes	Unlimited Stroller Strides + Strides 360 classes	Unlimited classes – any format
PRICE PER CLASS	\$12	\$9.75	As little as \$4	As little as \$3	As little as \$3
BEST IF YOU...	Attend less than one class per week	Attend one class every week	Attend at least 2 evening stroller classes per week	Attend at least 6 morning stroller classes per month	Attend at least 8 classes per month
ALSO INCLUDES	Our Village Community	Two resistance bands, discounted FIT4MOM Run Club+			Special Pricing on Body Well™
PLAN/PASS PRICE	\$120 Good for 6 months	\$39/month	\$49/month	\$70/month	\$89/month

Run Club+ Fall Session Starts Oct 5th

Take your running to the next level with our 8 week virtual training program for ALL levels!

Includes:

- Detailed Training Plans (5K, 10K or half marathon)
- Eight Class Pass to attend one of our fitness classes each week (any format)
- Support and progress check-ins from your Run Club Coach
- Access to exclusive Facebook accountability group
- Tips for Getting Started
- Nutrition Tips for fueling during training



You'll cap off the 8 weeks by completing a virtual race (registration not included) at the same time as your coach and other Run Club mamas!

ENROLL NOW



Mama of the Month

Meet Jessica Anthony, our October Mom of the Month!

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

Tell us about your family: My husband, Bryan, and I met on the first day of graduate school at Ohio State University. He sat next to me on orientation day in 2007. We got married in 2012, had our first son, Elliot, in May of 2015, and our second son, Owen, in October of 2018. Although we have our moments, I'm obsessed with my three guys and it's my personal goal to make them belly laugh at least once per day.

Hometown: St. Louis, MO

Current/previous career: I'm a research scientist at the Cleveland Clinic Lerner Research Institute. Although I received my Ph.D. in Immunology, my post-graduate training pushed me to specialize in neuroimmunology. So, we moved to Cleveland and I opened my laboratory in the Department of Neurosciences in 2017. I lead a research team to try and better understand how immunity can be better utilized to improve the therapeutic options available for multiple sclerosis patients.



What does motherhood mean to you? So many things! It's the hardest job I've ever had, but the one I love the most. To me, it essentially means loving with my whole self... all of the time... no matter what... forever.

How did you find FIT4MOM? Back in February, when we could openly socialize, I was having dinner with my sweet neighbor, Liz Kutz, at the Sapphire Creek Winery and she told me about FIT4MOM and asked if I wanted to join her for the upcoming session. After having Owen, I was struggling to find an exercise routine that worked for me, so I gave it a try and I've been hooked ever since!

What classes do you currently attend and why do you love them? I'm currently in the Summer Session of Body Boost. It's my second BB session and I plan to also enroll in the new and improved Body Well class for fall. I love the comradery, positivity, encouragement, and support among the moms in the FIT4MOM village, the

incomparable Coach Emma, she is amazing, and the challenging workouts that continually improve my fitness.

How has your experience with FIT4MOM's virtual classes been? I'm in a bit of an unusual spot; I've only ever done virtual workouts because I joined FIT4MOM in March of 2020, when the COVID19 pandemic really got rolling. Nevertheless, although I love the convenience of doing the workouts in my own home and still feel like I've connected with the other mommas in my sessions, I am looking forward to meeting them all in-person some day!

How has FIT4MOM changed your life? After moving to Cleveland in 2017 to pursue my career goals and adding Owen to our family, putting my fitness at the top of my priority list seemed unrealistic. Then, along came FIT4MOM, and I realized that my emotional and physical health WAS a priority and that this was exactly the platform that I needed.

Favorite exercise: Bird dogs!

Proudest moment: Throughout my first session of Body Boost, I didn't really lose any weight, which was discouraging during the weekly weigh-ins. However, after the session was over, we compared our post-session measurements to those that we recorded before the session started. I realized then how many inches I actually lost. I had no idea. It was a super proud moment because I thought I was body boosting wrong! In terms of motherhood, seeing the love my boys have for each other makes me the proudest I've ever been.

What's one thing you would go back and tell yourself as a new mom? You can never be a perfect mom, no matter how hard you try, and sometimes your best won't meet the incredibly high expectations that you've set for yourself. Always allow flexibility and always give yourself grace.

Questions for kiddos: Elliot, Age 5

How old is Mommy? 70

What's something Mommy always says? That you love me.

What is mom really good at? Bike riding.

What's mom's favorite thing to do? Ride your bike.

What makes you proud of your mom? That you're so smart.

Jessica, 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!

My Tips for a More Organized Life

Written by Caitlin Lagnese

Let's talk organization, mamas! I was diagnosed with OCD in 2011. Suddenly it all made sense. I was the kid in the grocery store who was organizing the candy at the checkout. I was the teenage who could not stand her room to be messy. I was the Chi Omega in college who had to go clean/organize the sorority house (by the way I didn't even live there) while her sisters looked at her like she had three heads. I have this inherent need to keep my environment clean and tidy. Organization helps me to feel more in charge and in control of my life. I thought for sure having kids would be the end of my tidy days,

as kids tend to not be the cleanest creatures. While some may disagree, I decided to “train” those little people from the minute they could say mama. Josie and Matthew know they need to clean up after themselves and often complete small and easy chores around the house. Now don’t go picturing Cinderella here! I simply believe that a happy home consists of everyone doing their part, no matter how big or small that may be. I want to help mamas get organized. I want mamas to feel as if their home is their sanctuary too. I want mamas to get control of their space and truly own it. I think often we buy into the idea that once we have kids we should just let ourselves and our homes completely go. I don’t believe that has to be the case. Now I don’t think everyone needs to be as hardcore about their homes as I am. I just want you to know that finding peace and order within your home can be life changing. I want to be your little organization fairy and sprinkle bits of tidiness into your life!

Below are my top organizing tips! When your life is more organized (your home, your calendar, your schedule, etc) you will notice your mind is more organized. At this stage in life I only spend a few minutes a day cleaning and/or organizing. Writing things down and having a plan has done wonders for my mental health! Organization looks different to each person so I say go with what works for you and your family! Remember that this should be fun and everyone in your household can help out. In our house I am in charge of keeping the house cleaned, organized and decorated. Mike is in charge of the outside (mows grass, washes cars, waters flowers and garden, etc) and is also in charge of keeping our finances organized. The kids are in charge of their rooms and their toys. We all help each-other out!

My top organizing tips:

- 1) Make your bed! It’s a great way to start your day and by the time you leave your bedroom you have already achieved something for the day.
- 2) Once you commit to this journey, work on organizing ONE room a WEEK. Section out the room by days. You don’t want to become overwhelmed.
- 3) Consider donating, selling or trashing things you know you do not use or need. Does it actually bring joy? Are we actually using this?
- 4) Less is more! Less things means less to manage.
- 5) Once a room is organized do your best to keep that room tidy.
- 6) Dual purpose furniture.
Example— We have an old bookshelf and repurposed it. It makes for great game and baby doll storage.



7) One of the perks to getting organized is finding that your house tends to stay much cleaner. I do a lot of cleaning up as I go. I actually only clean 1-2 rooms a day. I also only do one load of laundry per day. On Fridays I do a light clean as well. I clean all the toilets, change out the towels, run the vacuum and change bedding.

8) At the end of the day clean up the house. Example— wash dishes, put toys away, etc. You will feel amazing waking up to a tidy house. Think about how you feel walking into your house after a long vacation. How do you feel if you walk in and it's nice and neat? How do you feel if you walk in and there is stuff everywhere and you know you have to get to cleaning? The morning is really the same way. It's nice to wake up to a new day in a clean house!

9) We keep toys in designated areas of the house and do our best to keep things together. In the family room we have a toy box (check out Target, they have such cute storage units that can blend right in with your home). The basement is the main kids playroom. We have all the Barbie stuff down there as well as Matthew's big basketball hoop and hot wheels.



10) Keep 1-2 junk drawers.

11) Write things down! Have a planner. Make a little weekly schedule.

12) Have fun with it! Find new and inventive ways to style, decorate and organize.

13) One day at a time. The more you practice organization the easier and more natural it will become.

14) DO NOT strive for perfection! It's not about having a picture perfect house that looks like it is not lived in. This is simply about turning your home into your sanctuary instead of a clutter factory!

15) Know your why! My why- when my house is in disorder it often represents my life being chaotic. Having your home being a place that you and your family take pride in can really make a difference in your mental health! My house is not perfect but as a family

we do our best to keep up with it and make it an enjoyable place to live. I love my cozy house!

Please feel free to shoot me a Facebook message if you have any questions or would like some assistance. I'm no professional but I'd like to think my OCD has given me an organizational advantage! To each is their own. Everyone has different things and circumstances going on! This is just what works for me and my family!

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

[LEARN MORE](#)

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juliebutt@fit4mom.com

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