



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



HUDSON
TWINSBURG
SOLON

AUGUST NEWSLETTER

Events & Happenings

August Playdates

Free playgroups are available
weekly after Stroller Strides classes

**Wednesday Aug 14 and Thursday
Aug 15**, 10:30am and 7:00pm (after
class) - [Whale craft](#)

Wednesday Aug 21, 6pm - [Splash
Pad Playdate at Veteran's Way Park](#)

Monday Aug 26, 10:30am and 7pm (after class) - [Bubble Play!](#)



August Mom's Night Out

Wednesday Aug 7, 7:00pm - Bunco Night, Sisily's House

August Family Classes

Saturday Aug 17, 9:30am - [Family Stroller Strides](#), Glen Meadow Park

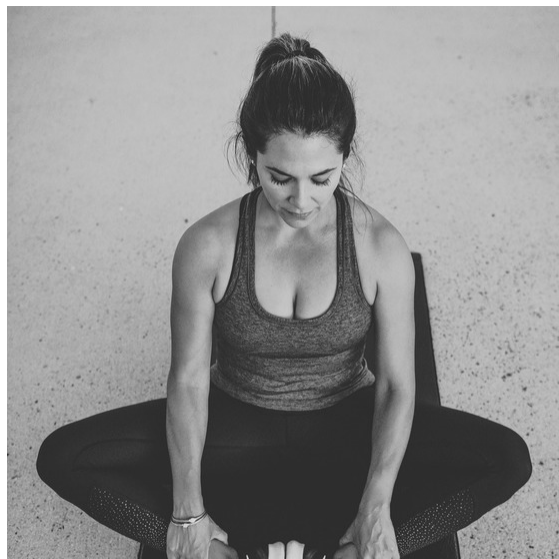
Visit our [Facebook page](#) or email juliebutt@fit4mom.com for more details

Introducing Re: ME

Whether you are in your first trimester, in the newborn fog, potty-training, sending your “baby” to kindergarten, or have a teen taking their driving test, FIT4MOM Hudson, Twinsburg, & Solon offers a slice of home to you no matter the age and stage of your pregnancy and journey through motherhood.

As moms, it's important to find sunshine, fresh air, movement, and mindfulness within each and every day if we can. We know it's not always possible to make it to class, so we are thrilled to introduce you to Re: ME.

Created by moms for moms, Re: ME stands for restorative exercises that mobilize and energize. Take 5 minutes for yourself to unplug from your hectic day and re-set. Scan your body, reset your mind, and restore, from the inside out with Re: ME.



[VIEW VIDEO HERE](#)

To celebrate modern mamahood, we created 3 additional downloads for the 3 main pillars of motherhood, helping you get movement and calm into all stages and ages of your motherhood journey.

[SIGN UP HERE](#)

Healthy Kids Running Series

We are so thrilled to be sponsoring our local Twinsburg Healthy Kids Running Series for the Fall and Spring sessions.

Healthy Kids Running Series is a national, community-based non-profit that provides a fun, inclusive, five-week running series for ages 2-14 designed to get kids active, build self-esteem and lay the foundation for a healthy lifestyle.



Registration is now open for the 2019

Fall series! The Fall session runs from Sunday, Sept 8 - Oct 6 starting at 4pm at Liberty Park in Twinsburg. Each participant receives a t-shirt and a medal and earns points each week toward 1st place to 3rd place trophies. Register your kiddo [HERE](#).



Mama of the Month

Meet Jennifer Beaupre, our August Mom of the Month! In this series we feature a mom in our Village each month.

Tell us about your family: I'm married to my wonderful husband Brandon and together we have 3 year old twin boys Tyler and Cruz.

Hometown: am from Melbourne, Australia and moved here to Twinsburg, Ohio with my husband in 2015.

Current/previous career: Back in Australia I was working as a Dental assistant and also while living in Germany. Right now I am a stay at home mum to my boys.



What does motherhood mean to you?

Motherhood means so much to me. We struggled to have a baby. And after many losses and surgery we had to turn to IVF. We were lucky and on our first round of IVF we were pregnant with our rainbow twins. These boys are hard work especially now they are 3, but when I look at them it's just pure love and joy. Being a mum to twin boys is the best, hardest, most rewarding job I will ever do.

How did you find FIT4MOM? While I was pregnant with the boys, we still didn't know anybody. And so I wanted to find a mother's group of sorts. And I just happened to come across FIT4MOM while on Facebook one day. So when the boys were exactly 6 weeks old I went to my first class and I loved it.

Favorite exercise: Not sure if I have a favorite exercise. But I do like core workouts.

Proudest moment: Watching my boys achieve each milestone. We are currently working on potty training. They are so happy when they make it to the toilet. Each time we do a little happy dance and they get so excited.

What classes do you currently attend and why do you love them? We go to the evening classes on Monday and Thursday at 6pm. We love seeing our friends each week and getting a great workout in.

What's one thing you would go back and tell yourself as a new mom? You need to relax and you've got this!! Your kids love you even when you're not being the nicest.

Questions for kiddos: I tried. They wouldn't answer. Lol

How old is Mommy? 3. (Apparently I'm 3 also)

Jenny, 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!

The Running Mama

Written by Emma Kennell

It's April, I'm 8 weeks postpartum and I've just been cleared for exercise after a C-section delivery of my third child. I jog across the street to my neighbor's house-more of a funny walk than a jog (if

I'm being honest)- my legs are stiff, my core is weak, my hips don't move like they used to, and let's not even bring up my very bouncy chest. I've been cleared for exercise, but I definitely don't feel like I can run like I used to.

It's May, I'm 10 weeks postpartum and I try again just jogging across the street to my neighbor's house. It's still tough, my core is still weak, my boobs are still

huge. But every day I try, just jogging across the street. And finally, it clicks, at 12 weeks postpartum, I can run again. Not far. Not fast. But I can run again.



I've run hundreds of miles over the years, but no miles were harder than the first miles after having my children. Because motherhood is the most rewarding and amazing thing in the world, it is easy, so easy, to get consumed in the lives of your children and forget that you need to take a half hour for yourself. My half hour comes when I'm walking, jogging or running.

Running came back into my life exactly when I needed it to, and I guess I didn't realize just how much I needed it. It was as if my body knew it was time and said, "Let's do this. Her mind needs this." I knew it would be hard. I was mentally prepared for the difficulty my body would have in starting to run again. What I wasn't prepared for was how much I absolutely wanted and needed running to be a part of my daily routine again.

But don't let me trick you into thinking that the runs I take now are the same as they were before I had kids. They're not, and in my opinion, once you get used to the changes, they're so much better. But here are a few things to remember.

1. It takes longer than you might think

With the exception of a few very experienced running mamas, you're probably not going to be able to run a marathon at 12 weeks postpartum. I was thrilled to be able to just jog across the street. Your body has done something amazing; you have grown a human being- it makes sense that it would need a little time to recover. Give your body the time it needs. Take it slowly. Your stride will come when your body is ready.

2. Your feet might have grown

Relaxin! That wonderful hormone does so many things to your body, including changing your feet. For me, that meant increasing my shoe size by half a size every time I got pregnant.

3. The mental benefits are huge

As a mother, you spend a lot of time doing things for your kids, but it is so important to take just a little time to yourself at least a few times a week if you can. Spending 30 minutes in quiet reflection lets me come back to my husband and children refreshed and clear minded for the day ahead. It's okay to want to take 30 minutes to be away from changing diapers and refilling sippy cups. Don't feel guilty about it. Embrace it. You'll be a better mother because of it.

4. Thirsty. Really thirsty.

I found that when running postpartum, especially while breastfeeding, I needed to drink a glass of water immediately before and after a run. My throat would get dry and my mouth parched if I didn't. It makes sense- you need the extra fluid.

5. Boobs, so much boob.

With breastfeeding comes a very oversized chest. A chest that may not fit into your pre-baby sports bras and may actually require two sports bras to prevent them from smacking you in the chin while you run. And watch out for leaking! I always have some pads in my bras while running postpartum.

6. Core! Core! Core!

It goes without saying that when you grow a small human inside of you for 40 weeks, your abdomen will be slightly stretched out. In running, your core is essential for stability and balance. Work on your core more than you ever thought you would- your body and your runs will benefit.

7. You can run with your kids! Jogging strollers.

What a wonderful invention jogging strollers are. You can go out and do physical activity without the guilt of leaving your littles at home. You should be able to push your stroller with one hand and keep a strong posture. Your stroller is an accessory not a crutch.

8. Tiny little cheerleaders

In so many runs, you can hit a wall, hit a rut, not want to continue. With a postpartum run, you get that too, the main difference- you now have tiny little cheerleaders yelling "Go Mommy, Run Faster. You can do It." And if that doesn't help you keep going, then I don't know what will.

They're always watching you. Watching you become a better, healthier version of yourself through running. And they're always learning. They're learning the importance of exercise, and they're learning the importance of doing something that keeps you mentally and physically healthy. You're their mom and they love you no matter what- you don't have to be the fastest or run the farthest. Running after kids is tough, but once you get over the obstacles, it's so overwhelmingly rewarding and it really does give a whole new meaning to "runners high".

So, whether you've run hundreds of races or you are just contemplating your first jog around the block, you can do it! You got this, mama. Myself and your tiny humans are here cheering you on and we believe in you.

Emma is our new Run Club+ coach. Run Club+ is an 8 week guided running 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 and in-person opportunities to train, learn, and connect! If you are interested in joining her for our next



session of Run Club or want more information, please fill out this [form](#).

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

[LEARN MORE](#)

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