

ISSUE 7

MAY 2025

FITSPIRIT FITNESS

MAY NEWSLETTER



NEWSLETTER

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A MESSAGE FROM COACH LAWRENCE

When Pharma and Functional Fitness Work Together: A Cancer Client's Victory

There's something truly amazing that happens when pharmaceutical treatment and functional training align—when science and movement join forces with purpose.

One of my cancer clients came to us at the beginning of his targeted chemo cancer treatment journey. Most people would expect him to slow down, to step back, to rest completely—and understandably so. But he chose a different path. He committed to continuing his work with us through our specialized Cancer Exercise Program, designed to build strength, maintain stability, and support the immune system in the most functional way possible. Even during the most difficult weeks of his treatment, he tried his best to make it to his sessions. We adjusted the intensity, focused on muscle activation, balance, flexibility, and most of all—hope. He also stuck closely to a clean, high-nutrient diet tailored to support his immune system and minimize inflammation.

And now, after months of dedication, movement, and medical treatment working together—his most recent scan showed something miraculous: the former mass has significantly reduced to the point that his treatment will stop.

This is what it looks like when faith meets function, when modern medicine walks hand in hand with holistic movement, and when a determined spirit refuses to give up.

To every cancer warrior out there: keep moving. Keep believing. Functional fitness with a FitSpirit is more than exercise—it's LIFE!!

EXPERIENCE FITSPIRIT GROUP CLASSES!



WHY CHOOSE GROUP CLASSES WITH FITSPIRIT?

When you join a FitSpirit group class, you're stepping into a space where encouragement flows freely, friendships are formed, and every session feels like you're training alongside your best friends and family. It's uplifting. It's rejuvenating. It's a no-judgment zone where everyone is welcome and every small victory is celebrated.

Because FitSpirit is more than a gym—it's a sanctuary where you heal through movement.

Here, exercise isn't just about fitness. It's about recovery:

From pain. From frustration. From sadness. From depression. In every group class, you still receive individual attention. Our instructors are hands-on, attentive, and focused on your unique needs—even in a group setting.

What makes it even more special?

The community. Many of our members have been here before. They know the exercises. They're friendly, encouraging, and always ready to help newcomers or individuals with disabilities by demonstrating and supporting where needed. It's a fun place. A safe place. A no-judgment zone.

A place where healing, strength, and joy come together.

WEEKLY GROUP CLASS SCHEDULE:

MONDAY/ WEDNESDAY

6:00 AM

8:30 AM

5:30 PM

TUESDAY/ THURSDAY

6:00 AM

8:30 AM

10:30 AM FAST

5:30 PM

FRIDAY

6:00 AM

8:30 AM

SATURDAY

9:00 AM SUPER JAM

Things heard at FitSpirit:

"Ain't no joke."

"Only one more."

"That's good!"

"Almost done!"

"Only two more."

"Easy stuff."

GET TO KNOW COACH ALYSON!



"Hi! My name is Coach Alyson. I recently graduated from Ashland University with a Bachelor's degree in Business Administration. During my time at Ashland, I discovered a strong passion for fitness and overall wellness. I've been teaching group exercise classes for the past two years and absolutely love the energy and community that comes with it! I grew up playing sports and had the opportunity to play collegiate golf. I'm so excited to step into this new role as a fitness coach and help others reach their goals while having fun along the way!"

BREAKFAST RECIPE FROM THE FITSPIRIT NON-VEGAN MEAL PLAN

397 Calories | 21.5g Carbs | 16g Fat | 17g Protein

1 8-inch wholegrain tortilla

120 Calories | 18g Carbs | 4g Fat | 4g Protein

2 slices bacon

186 Calories | 0g Carbs | 7g Fat | 6g Protein

1 large egg

78 Calories | 0.5g Carbs | 5g Fat | 6g Protein

1/2 cup cherry tomatoes

13 Calories | 3g Carbs | 0g Fat | 1g Protein



ILIOTIBIAL BAND SYNDROME (ITBS)

by Brad Walker | Updated April 13, 2025

"Lateral (outside) knee pain, as a result of Iliotibial Band Syndrome (ITBS), can be an extremely painful and frustrating injury, which puts a big strain on both the knee and hip joints.

Knee pain caused by iliotibial band syndrome is common among runners and cyclists. However, the knee pain doesn't usually occur in an instant, like a hamstring strain or groin pull, but starts out as a dull ache, and progresses quickly to debilitating knee pain that can sideline the best athletes for weeks."

What Causes Iliotibial Band Syndrome?

"There are two main causes of lateral knee pain associated with iliotibial band syndrome. The first is overload and the second is biomechanical errors.

Overload is common with sports that require a lot of repetitive motion, like running, cycling, or weight bearing activity. This is why ITBS is commonly called a runner's injury. When the tensor fasciae latae muscle and iliotibial band become fatigued and overloaded, they lose their ability to stabilize the leg while in motion. This in-turn places stress on the knee joint, which results in pain and damage to the structures that make up the outside of the knee joint."

Taken from StretchCoach.com. Full ITBS article can be found on StretchCoach

Experiencing knee pain? It may be from iliotibial band syndrome! Schedule an appointment today to get you back to feeling your best!

ANNOUNCEMENTS

For those of you who are not receiving messages through remind, come to the studio and we will set up the new remind messaging system! Thank you for your patience and understanding while we updated our system.

CLIENT SUCCESS STORY OF THE MONTH!

"I was introduced to Lawrence about 5 years ago...my wife and I were looking for some personalized training that aligned with a healthier lifestyle...Lawrence took extra steps in his listening to provide creative workouts tailored to our (then) individual needs.

About a year into our scheduled routine (twice weekly) we elected to celebrate our 20th wedding anniversary by walking the 100km Camino trail in Spain together, so Lawrence adjusted our workouts to prepare us for hiking over mountain trails and old Roman stone roads. The trip was incredible and we were well prepared for the experience, thank you Lawrence!

Several months after we returned from Spain, I was struck with a sciatica nerve issue in my lower back that was very painful. Lawrence knew the benefit of exercises focused on specific muscle groups that could eliminate the problem and wove those into our exercise routine...gone...the sciatica pain is over.

Shortly after the sciatica problem, I was blindsided by having a stroke (left foot). I spent a few weeks in a recovery facility, then I returned to Lawrence's care and I am pleased to report that, one year later, I am 95% recovered! My own medical professionals are impressed that I achieved that level of success so quickly! I'm not, because I knew that Lawrence takes a deep interest in each of his clients and that caring and support was the difference in achieving my own recovery success. Lawrence listens, he's got that in his DNA.


There is a reason he has put together the two words, "fit and spirit" and he reminds us always that we are physical beings carrying a divine spark of hope and possibility".

Thank you Lawrence! - Jim L.



CONTACT US!

Join the Fitspirit Family Today!
Are you ready to start your fitness journey? FitSpirit International Fitness is here to guide you every step of the way.

 440-360-7502

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