



MONTHLY NEWSLETTER

OCTOBER - ISSUE 12

A message from Coach Lawrence



October is a season of awareness, celebration, and positive change. It's a time to honor health, family, history, and the joy of new beginnings. Let's take this month to care for ourselves, encourage one another, and keep growing stronger—mind, body, and spirit.

Featured:

- ★ PRE-HAB FOR JOINT HEALTH
- ★ VITAMIN D AND THE DEFENSE SYSTEM
- ★ MINDFUL EATING AND SEASONAL RECIPES
- ★ THE SOLE OF THE FOOT
- ★ CLIENT TESTIMONIAL
- ★ 16-WEEK CHALLENGE HIGHLIGHT
- ★ OFFERS AND UPCOMING EVENTS

Fit 4 U Recap!

Thank you to everyone who joined us for our event last Saturday. We loved seeing our community come together for a day of fitness, learning, and inspiration! Your energy and participation made the event such a success, and we're so grateful to have shared it with you. We're excited to announce that our next event, Fit 4 U 2, will take place in January 2026—so stay tuned for more details coming soon. We can't wait to see you there!

Fueling Movement & Fortifying Immunity

PREPARE FOR THE HARVEST SEASON

The shift to October brings crisp air, earlier sunsets, and a critical window to fortify your health. At FitSpirit, our philosophy is clear: truly transformative health connects your movement, nutrition, and rest. This month, we focus on the tools you need to boost your immunity, protect your joints from the cold, and maintain motivation as the days shorten. Think of this as your guide to building resilience before the busy holiday season begins.

COLDER DAYS, SMARTER WARM-UPS

Joint Health

As temperatures drop, the fluid in our joints (synovial fluid) becomes slightly thicker, making our bodies more susceptible to stiffness and injuries. Preparing them for work through a proper warm-up is non-negotiable in cooler weather.

Alchemize by integrating the five minute 'Joint Priming'

routine. Spend 60 seconds on each: arm circles, torso twists, hip circles, leg swings, and ankle/wrist rotations. Go through these movements slowly and deliberately in the morning, before hitting the treadmill, or lifting weights. Your joints will be thankful!

COLDER DAYS, SMARTER WARM-UPS

Vitamin D and the Defense System

With less direct sunlight, a deficiency in Vitamin D is a struggle for many Northern Ohioans, especially those with more melanin. Immune cells (T-cells) rely on sufficient Vitamin D to properly activate and fight off pathogens. Low levels are linked to increased susceptibility to common colds, flu, moodiness, anxiety, and chronic muscle aches. It is a critical hormone for immune system regulation and bone health.

Prioritize D and seasonal fiber. Consider talking to your doctor about Vitamin D supplementation (typical recommendation is 1,000 to 2,000 IU daily).

FALL FEULING

Mindful Eating

As the seasons change, let's make healthy eating a priority. Mindful eating offers a powerful solution to curb overeating and reduce your dependence on fast or frozen foods. The practice involves planning meals, eating with no distractions, and truly savoring every bite. By doing this, you enable your brain to accurately receive fullness signals, leading to instinctively healthier choices and reduced anxiety.

We understand that finding time for mindful eating can be a challenge for various reasons, but remember: fueling your body is a true form of self-care. Luckily, to help simplify your decision-making, we want to share some delicious seasonal recipes.

SAUTEED ZUCCHINI AND CARROTS



Time: 20 minutes.

- Heat a large skillet over medium-high heat & add **1 Tbsp oil & 2 Tbsp butter**

- Add **2 medium-sized zucchini & carrots**, sliced however preferred
- Sprinkle with **1 Tsp thyme, salt & pepper**
- Sauté until lightly browned & tender, stirring occasionally

Add red pepper or favorite seasoning for more spice.

Served well with: Salmon, which is high in vitamin D, chicken & steak.

ROASTED PUMPKIN SOUP

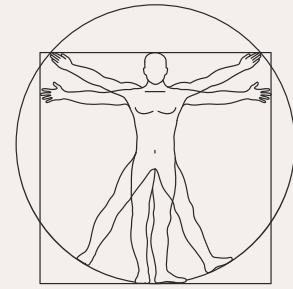


Time: 55 minutes.

- Preheat oven to 400 degrees Fahrenheit & line a large baking sheet with parchment paper
- Peel & cut **2 ½ lbs of pumpkin or butternut squash** into 2 in pieces & place them into the sheet with **4-5 garlic cloves**
- Sprinkle **salt & pepper** & lightly spray with **avocado oil spray**, then spread into a single layer
- Roast in the oven until tender, about 30 min,
- Heat a medium saucepan over medium heat & add **1 Tbsp olive oil**, then **1 sweet onion, 2 large carrots, & 2 celery stalks**
- Sauté until softened, stirring occasionally
- Add **1 Tbsp smoked paprika**, roasted pumpkin, & garlic (pop it out from the skins)
- Pour **3 cups low-sodium veggie broth** and bring to a boil, then cook for a couple min
- Take it off the heat, and puree until smooth

Rich in vitamin A, which supports vision, immune health, & skin maintenance.

FitSpirit Feature: The Sole of the Foot



THE SOLE'S CONNECTION TO POSTURE

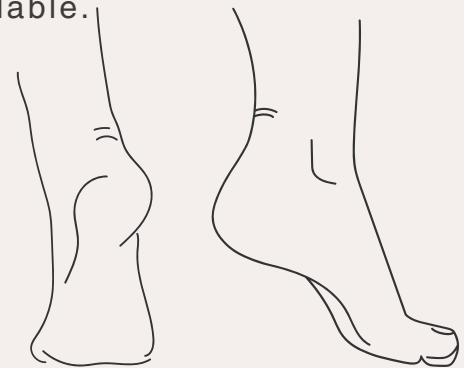
The soles of your feet act like sensors, constantly communicating with your nervous system. Strong arches and flexible toes help distribute your weight evenly. Weak arches, plantar fasciitis, or flat feet, on the other hand, can cause your knees to rotate inward, your hips to tilt forward, and your spine to curve abnormally.

Good posture doesn't start with "standing tall"—it starts with how your soles meet the ground.

BALANCE BEGINS BENEATH YOU

Balance training is not just for athletes or seniors—it is for everyone. If you've ever stumbled, tripped, or rolled your ankle, you know how fast poor balance can set you back. Much of this begins with neglected feet. When your feet are strong and flexible, they provide stability with every step. When they're weak or stiff, you're more likely to experience falls or lose control of your movements.

For older adults, poor foot health is one of the leading hidden factors in falls—and falls are the number one cause of injury-related hospital visits in seniors. Strengthening the feet is one of the best preventative "medicines" available.



THE FOUNDATION OF POSTURE, BALANCE, AND WHOLE-BODY HEALTH

Your feet are not an afterthought—they are your foundation. Proper foot health improves posture, prevents injuries, enhances balance, and allows you to move through life with confidence. If you take care of the soles of your feet, they will take care of your entire body. As our Coach always remind clients: healing begins from the ground up. Strong feet build strong movement, and strong movement builds a strong life.

Client Testimonial: Peggy Jedlinski

"My name is Peggy, and I joined Fit Spirit right after COVID restrictions were lifted. I had tried Planet Fitness and Pure Barre among others in the past, but they never felt right, and I wasn't comfortable. From my very first class at Fit Spirit, I felt at home and knew this was the right place for me.

I began attending the 6 a.m. classes with Coach Sam. Sam made the sessions fun and something to look forward to. With the friendships I built, I knew I had accountability. The coaches and fellow members truly cared about me and my progress. Recently, I also began attending the F.A.S.T. class on Tuesdays and Thursdays at 10:30. Our class may be small in numbers, but we are mighty! Coach Lawrence makes it fun and enjoyable, no two classes are the same. The other day I started to trip on a cord, but I never fell. I contribute that to the balance exercises we do in class. Thanks to them, my body knew how to react without falling.

About a year and a half ago, I began attending stretch sessions with Coach Lawrence. My lower back had been bothersome, and I struggled with plantar fasciitis. Today, my flexibility has improved drastically. I've never felt this good.



For the past 10 years, I've been a runner—usually a 5K or 10K. Running was my stress reliever. Working out at FitSpirit and with Coach, I now run because I enjoy it.

And if you've never attended Coach Lawrence's Jam Session on Saturdays at 9 a.m., you have to try it! It is energetic and intense. How hard he pushes you depends on his mood—but you'll always leave feeling accomplished."

16-Week Challenge Highlight

A results-driven program designed to transform your body, elevate your energy, and build long-term healthy habits. Whether you're aiming to lose weight, build muscle, or increase endurance, this program is customized to meet your unique fitness level and goals.

VARIED WORKOUT GENRES

The program prevents plateaus and maximizes physical progress by incorporating a wide range of training styles based on muscle confusion techniques, which our philosophy is rooted, to ensure workouts are effective and engaging.

CUSTOMIZED NUTRITION

Success is supported by personalized meal planning that is specifically tailored to individual needs, preferences, and any dietary restrictions.

ADVANCED ACCOUNTABILITY

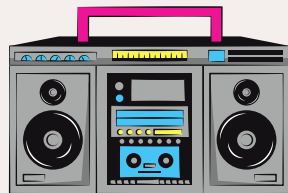
Members are kept on track through structured progress monitoring, including weekly or biweekly weigh-ins and monthly full-body scans utilizing advanced body composition analysis.



OCTOBER AT FITSPIRIT

EVENTS & OFFERS

Pump Up the Jam! 90s Throwback Workout



Grab your sweatbands and windbreakers! We're teaming up with nostalgia on wheels, Relic Clothing 3, for a high-energy, 90s-themed workout session. Wear your best retro gear and stick around after class for a special Relic Clothing 3 Pop-Up Shop right here at FitSpirit! More details soon.

Fall Functional Assessment

Originally \$45, book a 360-body composition scan for only \$25 until the end of the month. Learn 30+ measurements about your body and track progress with the Evolt app.

Reminder

Your commitment to movement is a profound act of self-care. Be consistent, be patient, and know that you are building resilience with every choice. Don't wait until January to focus on wellness. October is a time to invest in your immunity and resilience. We look forward to seeing you move well this month!

CONTACT US:

 **440-360-7502**

 **FitSpirit Fitness**

 **fitspirit_fitness_**

 **www.fitspiritfitness.com**

 **fitspiritfitness@fitspiritfitness.com**

Now on LinkedIn as
 **FitSprit
International Fitness**