



## FIT by Fiona E-Newsletter

December 2024

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How is 2024 almost over already?!

Wishing you all a wonderful holiday season, and an amazing 2025!

I think the biggest WIN for me in 2025 was finishing my Menopause Doula certification!

And some of my highlights for the year were...[skate skiing in Fernie](#), 2 weeks in [Newfoundland](#) early summer, my Dad being in Canmore for his [80th birthday](#), 2 weeks in [Australia](#) in October, and being recognized at the [Mayor's Volunteer awards](#) in Canmore!

The year didn't come without it's challenges though! The biggest one for me being a severe infection in my elbow in March, which turned into bursitis, and took me a solid 8 months to heal from!

I don't know about you, but I'm SUPER excited for 2025, and I can't wait to continue sharing my passion for menopause, FITness, nutrition, and wellness!

Keep reading for upcoming [workshops](#), menopause coaching discovery sessions, and more!

With love,

Coach Fiona

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**CERTIFIED!**

I am now a certified



Menopause Coach!

In November, I finished my Menopause Doula certification course with Doula School Canada!

I started this course in September 2023, and estimate that I dedicated 150+ hrs, including over 30 hours working with my

practicum clients, to my schooling.

And I am now accepting 1:1 **Menopause Coaching** Clients!

The first step in the coaching process is a 75 min discovery session (\$175+gst).

If you would like to schedule a session, please email

[fitbyfionacoaching@gmail.com](mailto:fitbyfionacoaching@gmail.com)

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## Virtual Workshop!

Do you want to thrive in peri and/or post menopause?

If the answer is YES then this virtual workshop is for you!

This 90 minute interactive workshop will cover simple lifestyle practices that you can implement immediately to minimize symptoms, and THRIVE during this time of your life!



Here are the details:

Date: **Sunday January 26th**

Time: **6.00-7.30pm**

Where: virtual!

Cost: \$20+gst

[CLICK HERE](#) to pre-register!

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## Women of Steel!

I am thrilled to be presenting on Eating Psychology at the January [Women of Steel](#) event at the Strength Edge in Calgary!

Here are the details!

Date: **Saturday January 11th**

Time: **6.00-9.00pm**

Where: [The Strength Edge](#)

Cost: 1 person \$25; 2 people \$40

To register, email [smcappon@shaw.ca](mailto:smcappon@shaw.ca) with your name and any questions you have & send an e-transfer to the same address!



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## Menopause in the Mountains

1 year ago Kristy, Natalie and I founded "[Menopause in the Mountains](#)" and hosted our first event!

We have now hosted 4 events, the last two being screenings of **The M Factor** with almost 200 people registering for these screenings!

Our other events were...

Dec 2023: Merry Peri party!

April 2024:  
Menopause Bingo!

[CLICK HERE](#) to join our Facebook group!



## My 2025 Comp Plans!

Putting this out there so that I am accountable to my goals!

This girl obviously can't choose just one sport lol!

Here are my plans for 2025...

February: 2 CrossFit Comps

March: my first ever Strongman comp!

September: team CrossFit comp

Fall: Bodybuilding season!

LFG!!!



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I think that's it for now!

Feel free to [connect](#) with me anytime!

Or follow me on [Instagram](#)!

Stay *FIT*, stay healthy, stay happy.

Your Coach,  
Fiona



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