

A Month of Gratitude, Grace & Movement

Dear Faithfully Fit Moms,

May is here — and with it comes the warmth of longer days, blooming beauty, and a season perfectly designed to remind us how deeply we are loved. This month we celebrate the calling of motherhood in all its sacred, stretchy, beautiful chaos. Whether you are a mother, have a mother, or have been mothered by someone extraordinary — this letter is for you.



✦ SCRIPTURE FOR MOTHER'S DAY

"She is clothed with strength and dignity, and she laughs without fear of the future. Her children stand and bless her. Her husband praises her: 'There are many virtuous and capable women in the world, but you surpass them all!'"

Proverbs 31:25, 28–29 (NLT)

What a gift it is to reflect on these words this Mother's Day. You are seen, you are celebrated, and you are clothed in far more strength than you often give yourself credit for. We pray this month you receive the rest, the joy, and the recognition you so richly deserve.

Praise & Pilates

FRIDAY, MAY 16, 2026

Mark your calendars, mama! Join us for a soul-filling morning of worship-infused Pilates — movement that honors both your body and your faith. Bring your mat, your favorite praise playlist energy, and a friend who needs a little stretch and a lot of Jesus. Details on time and location will be shared in our group chat — stay tuned!

Praise & Pilates is one of our most beloved gatherings, and we can't wait to move and worship together. These moments remind us that caring for our bodies is an act of gratitude to the One who designed them. We hope to see every one of you there!

WELLNESS TIP OF THE MONTH



HYDRATE WITH INTENTION

As temperatures warm up this May, staying well-hydrated is one of the simplest and most powerful things you can do for your energy, mood, and metabolism. Aim for at least half your body weight in ounces of water each day. Try starting your morning with a full glass before coffee — your body and your cortisol levels will thank you! Add a slice of lemon or a few mint leaves to make it feel like a little luxury.

Thank you for being part of this community where faith, fitness, and motherhood meet. You inspire us every single day. We are praying over you this month — for strength in the tired moments, joy in the ordinary ones, and the reminder that you are never doing this alone.

With love and encouragement,

FAITH • FITNESS • MOTHERHOOD

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