



**Faithfully
Fit Moms**

FAITH • FITNESS • MOTHERHOOD

Faithfully Fit Moms

Faith • Fitness • Motherhood

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Faithfully Fit Moms – October Newsletter

■ Scripture for a Fresh Start

“Forget the former things; do not dwell on the past. See, I am doing a new thing!” – Isaiah 43:18-19

October marks a new month, a fresh opportunity to align faith, fitness, and family. Let's step into this season with renewed purpose and joy, remembering that God's mercies are new every morning (Lamentations 3:22-23).

■ Upcoming Bible Study

Date: Saturday, October 18, 2025

Topic: God and Goals – Q4 of 2025

As we enter the final quarter of the year, this study will help us focus on setting Christ-centered goals for our families, health, and spiritual growth. Together we'll explore how to plan with prayer, pursue with purpose, and finish the year strong in faith.

■ Faith in Motion Run

Faithfully Fit Moms is excited to host the **Faith in Motion Run** on **Saturday, November 1, 2025 at 10:00 AM!** This is more than a run—it's a time to fellowship, move our bodies, and celebrate the gift of health. All ages welcome, and strollers are encouraged for moms who want to include their little ones. Bring your sneakers and your joy!

■ Meal Prep Options for October

Protein-Packed Breakfast Jars	Overnight oats with chia seeds, almond butter, and berries
Family-Friendly Lunch Bowls	Quinoa, grilled chicken, roasted sweet potatoes, and spinach
Autumn Dinner Idea	Turkey chili with black beans, corn, and cheddar cheese

■ Tip: Prep ingredients in bulk on Sundays—wash, chop, and portion veggies into containers for quick weekday meals.

■ Mom Hack of the Month

“The 15-Minute Reset” – When the day feels overwhelming, set a timer for 15 minutes. Use that time to tidy one space, stretch, or simply sit in silence with a cup of tea and a prayer. Small resets can make a big difference in your peace and productivity.

Closing Encouragement

As we run, lift, and balance the many roles we carry, let's remember:

“Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.” – Hebrews 12:1-2