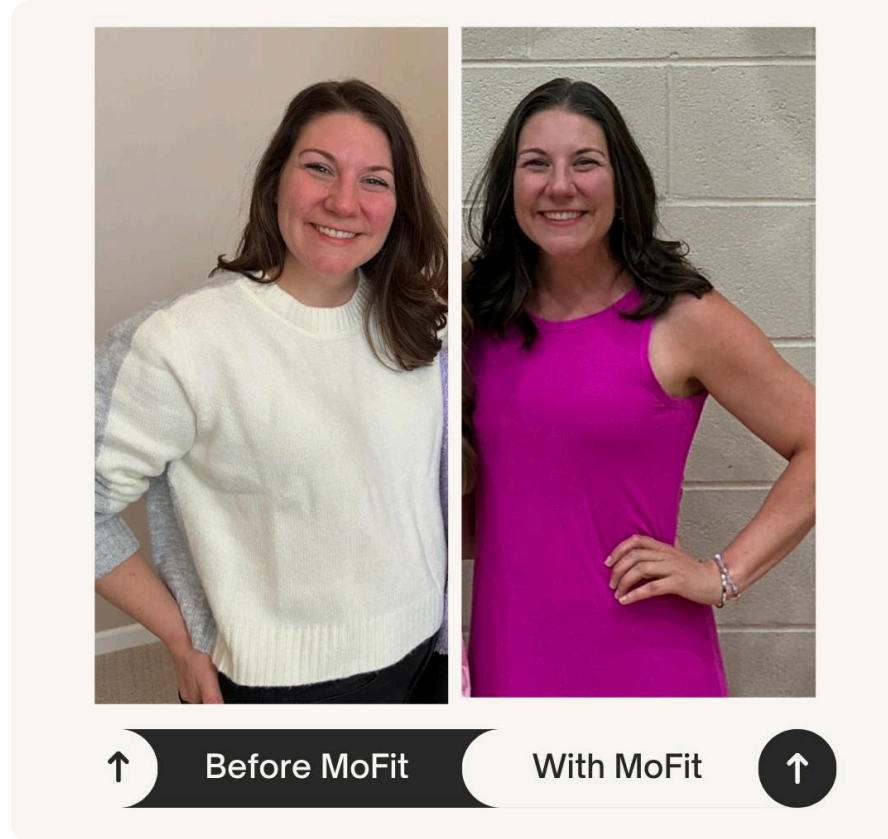

MoFit September Newsletter!

MoFit <admin@vagarro.com>
Reply-To: MoFit <mofit635@gmail.com>
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Thu, Sep 3, 2026 at 4:54 PM



Client Spotlight of the Month!
Laura Vitale



Don't Try Hard. Try Easy.

I just felt like a blob.

No definition to my face. No waist. Even my smile was smaller from my chubby cheeks. And it wasn't easy to see the scale creeping up - adding 5–6 pounds a year - not knowing why. It wasn't easy to understand what was going on with my body.

I spent so much time seeking *why* the weight was climbing. Trying to decode some secret formula that would unlock my body and make it release all the weight I couldn't explain. I read every book, listened to every podcast, and got every medical test before MoFit. When there was no clear answer, I called Mo for personal training. She recommended Kelly, and doing the January challenge.

That's when something came back to me. I had a yoga teacher who would say, "Don't try hard. Try easy."

She would say it to encourage us to breathe through the moment, because there's a difference between forcing your body and flowing into a movement. In yoga, you don't want to contort and pressure and pull your way through it. Flow through it. Breathe through it. Still push yourself, but with inner strength. Take the ego out of it.

So, with the challenge, I thought, "what if I just tried to check off everything on the sheet?" I love a checklist. Easy.

And what if I let myself take the entire day to accomplish the list instead of putting unrealistic pressure on myself to do it all by 9 AM? (Because I not only felt like something was wrong with me, I felt like if I couldn't do things fast and perfectly, I wasn't doing them well enough.)

Or, in Mo's words: **"Just do the next right thing."**

And that became my approach.

Make It Easy

What I found working with MoFit was that it was the perfect way for me to "try easy."

Because there was always a net. It catches you.

If I didn't feel like working out, there was a class waiting for me. If I didn't know how to build muscle, there was a trainer waiting for me. If I didn't know what to eat or how many steps I needed, they had experts to explain it.

Kelly kicked me off with a simple toolbox: a smart scale, personal training with exercises for every day, the fitness challenge checklist. Then a little later we layered in group classes for motivation and community, training for a 5K, and WW to make sure I was eating enough of the right things. It was easy because I didn't have to figure everything out on my own anymore.

I didn't have to wake up every day wondering what the heck was going on with my body,... what macros I needed, ...how much cardio I should do, ... whether I was stressing my body out with cortisol... whether it was just hormones... or all the multitudes of questions I'd ask myself before. I just got to action with the well-rounded and supportive MoFit program. One day at a time. One good decision at a time. Showing up one week at a time.

And it worked.

No, the workouts aren't easy. Sticking to it isn't easy. But having a team at MoFit that knows what to do makes the process easier. They give me a really easy way, a lot of support, and all the tools are there.

Feeling Like Me Again

I'm 20 pounds down, and honestly, I didn't even see the change in myself at first.

People noticed my face, my waist, my arms. And then I noticed it in my clothes.

It's fun wearing clothes again. I don't have to try hard to get into my clothes with Spanx under everything. I'm not hiding in oversized styles.

So, maybe it's not the most dramatic before-and-after photo you've seen. For me, it was about feeling like me again in the mirror and exchanging softness for sculpting - which I'm still working on!

I'm glad I lost weight, but I'm even more focused on keeping muscle.

At 44 and in the "sandwich generation" stage, I hate watching family older than me struggle to walk, stand, or even go to the bathroom alone. And with active kids, I never want to be there when they ask me to pitch a baseball to them or show them a dance move.

I want to be able to do those things for a long time.

This might not be relatable to you at all. But for me, I needed to stop being so hard on myself. Stop torturing myself about not finding the solution or secret formula fast enough. Let someone else lead. And just do the next right thing.

And I'm just finding that it's a lot easier when you don't have to do it alone.

Thank you, Laura, for sharing your story with us!! You deserve the results because you put in the work!! I'm so glad you are a part of MoFit!!

Women's Health Initiative

The first workshop of the women's health initiative was a big success! We had over 20 people in attendance at Synergy Physical Therapy & Wellness. Colleen was so informative and Kelly outdid herself with the refreshments as usual! Thank you both for making this event so special.

Join us for our next monthly event on Sunday, Sept 13th at 12:00. This time we will learn about fascia and it's impact on injury from LMT Ruth Wagner.







MOFIT
STRONGER TOGETHER

Women's Health INITIATIVE

Join us for a monthly series focused on
important topics in women's health.
Learn. Connect. Feel Empowered.

OPEN TO THE PUBLIC ♥ ALL ARE WELCOME ♥ REFRESHMENTS AT ALL EVENTS

SUNDAY AUGUST 23 12:00-2:00PM	SYNERGY PHYSICAL THERAPY & WELLNESS OPEN HOUSE 201 Front Street, Suite 104 Learn different stretching techniques that help release back and hip pain as well as be able to ask specific questions to the therapist.	 FREE
SUNDAY SEPTEMBER 13 12:00PM	FASCIA & ITS IMPACT ON INJURY Presented by Ruth Wagner, LMT Helwig Whistle Stop 599 West Bagley Road Learn about fascia and its impact upon injury as well as Myofascial Release and Craniosacral Therapy and how those modalities differ from different types of massage therapy.	 FREE
SUNDAY OCTOBER 11 12:00-2:00PM	PELVIC FLOOR & CORE WORKSHOP Presented by Dr. Jackie Meathe Location: TBA Learn about pelvic floor health, core strength, common issues, and practical exercises to support your body and overall wellness. ♥ Bring a yoga mat if you have one.	 COST: \$30

♥ RESERVATIONS ARE REQUIRED! ♥
Contact Mo ♥ 216-978-1602
www.mofit.fit

Stronger Women. Healthier Lives. Better Together. ♥

Million Steps Challenge Results!



WOW, WOW, WOW!!!

Thank you, everyone, for sticking with it over the last THREE MONTHS!!

WE DID IT!!! We completed the Million Steps Challenge!!! 🎉

You should feel SO proud of yourself for setting out to do something, making a plan, and following through **every single day**.

When it was HOT...

When it was RAINING...

When you didn't feel like it...

When you were too busy...

When you were sick or injured...

When family things came up...

When work was demanding...

When your grandkids were visiting...

When you were sore, tired, or on vacation...

YOU GOT IT DONE!!!

Congratulations to ALL of you! 🙌🙌🙌



OVER THE COURSE OF 12 WEEKS...

15 people turned in their totals every single week!

(I know some of you stopped reporting after you hit your million!)

AMAZING ACCOMPLISHMENTS:

🔥 **20 people walked OVER 1 MILLION STEPS!**

🔥 **6 people reached OVER 750,000 steps!**

🔥 **4 people reached the 500,000-step mark!**

🔥 **2 people had OVER 100,000 STEPS EVERY SINGLE WEEK!!**

INCREDIBLE!!!



OUR MILLION STEP ACHIEVERS!

Paula Diilasio

Cheryl D'Amico

Kirsten Isgro

Barbara Sulik

Melissa Cunningham

Darcy Tatum

Jennifer McCarthy

Missy Pace

Sara Bargiel

Tom Harrold

Susan Rocco

Sharon Lyons

Patti O'Grady
Steve Barto
Ryan Walukonis
Erin Peters
Maureen Keating
Kelly Fadrowski
Ron Goodwin
Kristin Pierce

GRAND PRIZE WINNERS

Kristin Pierce — 1,837,028 steps

Ron Goodwin — 1,819,703 steps

These two were **neck and neck ALL SUMMER LONG!**

Kelly said, *“They both deserve to win the grand prize!”*

I agreed! So **Kristin and Ron will BOTH receive \$100 CASH!** 💰🎉

Kelly was a very close **3rd place**, so her prize is... **she gets to be a MoFit Trainer!** 😊💪

Everyone who reached **500K, 750K, or 1 MILLION steps** will be receiving their prizes in class soon — or I'll mail them to you!

THANK YOU FOR AN AMAZING SUMMER!

I hope you all enjoyed our summer programs as much as we did!

From the **Outdoor Workouts, Hikes, Bike Club, and Million Step Challenge**, I think it was a HIT!

Our goal at MoFit is simple:

MOVE MORE.

FEEL STRONG.

UNDERSTAND YOUR WHY.

DON'T QUIT.

We want to help you build healthy habits, find a community that supports you, and become the strongest version of yourself — inside and out.

STAY CONNECTED WITH MOFIT!

We would LOVE for you to stay connected with us!



Follow us on Facebook & Instagram



Join us for our **4-Week Wellness Challenge**



Come try one of our **group fitness classes**



Share MoFit with a friend, family member, or someone you think could benefit from a caring, supportive community.

Our next **MoFit Women's Initiative** event is **Sunday, September 13th at 12:00 PM**. Check out the attached flyer for all the details!



NEW: TRAINING FOR STUDENTS!

We are also so excited about our new **Training for Students** program!

We are now working with students **ages 10 and up** — whether they are athletes or not.

We want to help students:

- Build self-confidence
- Learn how to exercise safely
- Develop strength and healthy habits
- Feel comfortable in a fitness environment
- Become the best version of themselves

If you have a student in your life who could benefit, we would LOVE the opportunity to work with them!

Thank you, from the bottom of our hearts, for supporting MoFit and our small business.

We are so grateful for this community and everything you bring to it.

Keep Moving. Keep Getting Stronger. Keep Showing Up. ❤️

MoFit — Everyone Belongs. Stronger Together.



MoFit offers Personal Training during times the rec is open. If the class schedule doesn't fit into your schedule, give PT a try at a time that is convenient for you!

September Class Calendar!



SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
moFit.fit 216-978-1602				Drop in \$12 Unlimited Sept \$60		Parknoll Park Berea-Outdoor workout
	31 Zoom Call 7p	1 MoFit 6:30a Aqua 9:10a Aqua 7:15p	2 MoFit 9:10a MoFit 5:15p	3 MoFit 6:30a Aqua 9:10a 15/15/15 6:15p Aqua 7:15p	4 MoFit 9:10a	5 Outdoor 6:45a Yoga 8:15a
6	7 Labor Day Rec closed! Zoom Call 7p	8 Challenge Starts MoFit 6:30a Aqua 9:10a Aqua 7:15p	9 MoFit 9:10a MoFit 5:15p	10 MoFit 6:30a MoFit 9:10a 15/15/15 6:15p Aqua 7:15p	11 MoFit 9:10a	12 Outdoor 6:45a Yoga 8:15a
13 Event at Whistlestop 12:00	14 Walk 6:45a MoFit 9:10a MoFit 5:15p walk 6:15p Zoom Call 7p	15 MoFit 6:30a Aqua 9:10a Aqua 7:15p	16 MoFit 9:10a MoFit 5:15p	17 MoFit 6:30a Aqua 9:10a 15/15/15 6:15p Aqua 7:15p	18 MoFit 9:10a	19 Outdoor 6:45a Yoga 8:15a
20	21 Walk 6:45a MoFit 9:10a MoFit 5:15p Walk 6:15p Zoom Call 7p	22 MoFit 6:30a Aqua 9:10a Aqua 7:15p	23 MoFit 9:10a MoFit 5:15p	24 MoFit 6:30a Aqua 9:10a 15/15/15 6:15p Aqua 7:15p	25 MoFit 9:10a	26 Outdoor 6:45a Yoga 8:15a
27	28 Walk 6:45a MoFit 9:10a MoFit 5:15p Walk 6:15p Zoom Call 7p	29 MoFit 6:30a Aqua 9:10a Aqua 7:15p	30 MoFit 9:10a MoFit 5:15p			

ABOUT MOFIT

Since 2015 MoFit has helped individuals and teams get healthy through workouts, education and accountability. We have designed a program to develop confidence inside and out of the gym. Our certified coaches work with young athletes to build strength, speed, and mental resilience. We combine sport science with hands-on coaching to create personalized training plans that help every athlete reach their full potential safely and effectively. We work out of the Middleburg Heights Community Center as well as travel to the location of your choice.

OUR MISSION

At MoFit, we believe every student athlete deserves elite-level training. Our programs are built on proven methods that improve performance while reducing injury risk. We partner with parents and coaches to ensure each athlete grows not just physically, but in confidence, discipline, and teamwork.

**Train Smarter.
Perform Better!**
Programs for Ages 10 +
When students are treated like athletes, they are

CONTACT US

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🌐 www.mofit.fit



**STUDENT
ATHLETES**

All ages, All abilities -
All belong here!

MoFit - Stronger Together

What Parents & Athletes are Saying

My experience with MoFit was great. I was a multi-sport athlete in high school and went on to go track and field at the Division I level. My training with MoFit kept me strong during the off-season and taught me new things about working out. I would definitely recommend to student athletes of all levels! *Maria*

I can't tell you enough how amazing my son's training with MoFit has been. He is thriving! Honestly, it was more than just strength training. It was more confidence that gave his mentality going into football this year is incredible. We're thank you to MoFit for being using MoFit for my younger son too! *Charles*



**ALL
AGES**

What Athletes Can Expect

Build Strength

Develop the strength needed to compete and stay durable

Move Better

Improve mobility, balance and coordination

Get Faster

Develop speed, acceleration and agility

Perform with Confidence

Build confidence that carries from the gym into competition

Learn how to Train

Give athletes the knowledge and skills to train safely for life.

Nutrition Support

Young athletes need more than workouts. We offer practical education students can use.



**Ask about special
team rates!**



MoFit Athlete Training

● Athlete Launch • Beginner

Build the Foundation.

Athletes learn proper movement patterns exercise technique and fundamental strength while developing confidence in the gym.

Perfect for any student who wants to learn about health and fitness.

● Athlete Edge • Intermediate

Build the Athlete.

Develop strength, speed, agility, and coordination while building the fundamentals needed for higher-level performance

Perfect for athletes with previous training experience.

● Athlete Elite • Advanced

Maximize Performance.

Personalized performance training focused on strength, power, speed, agility and sport-specific demands.

Perfect for competitive athletes who want to play at the varsity level and beyond.

Not sure which level is right for your athlete? We'll help determine the best starting point.

MoFit

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