

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - April 2023

Welcome

Welcome to the first issue of our Monthly Newsletter-Body, Mind, & Soul for Luv Nutrition.

Luv Nutrition is more than just a workout club; it's a Community. Where a shared sense of supporting and inspiring each other is the Common Ground. Part of my dream and vision was to create a safe, fun, and healthy environment for all to not just feel good about themselves, but to feel a positive vibe around others while they feel at HOME at LUV Nutrition.

Our monthly newsletter will feature healthy Eat Well Be Well articles with meal and recipe ideas that will help nourish your body. It will also feature new and upcoming information regarding our health club, planned group activities and events that will help nourish your mind and soul as well.

As always, you can reach out to me or one of your team members for information regarding work out schedules, events, or any additional information you may be looking for.

Happy reading and much LUV!

Coach Diane Martinez



LUV NUTRITION
Home of Dreamteam

Dreamteam **Workout Schedule**

5AM Classes
Tues/Thurs/Fri/Sat

Daily Classes
Monday 7pm
Tuesday 6pm / 7pm
Wednesday 7pm
Thursday 6pm / 7pm
Saturday 7am

3622 Fairmont STE-D
Coach Diane 832-863-4367

Join us for mixed cardio, good music and happy vibes!

All Classes \$5.00/ Per Class

Monday 7pm - Chair Day Cardio

Tuesday 5am - Mixed Cardio
Tuesday 6pm - HIIT/Boot Camp
Tuesday 7pm - Mixed Cardio

Wednesday 7pm - Mixed Cardio

Thursday 5am - Mixed Cardio
Thursday 6pm - HIIT/Boot Camp
Thursday 7pm - Mixed Cardio

Friday 5am - Mixed Cardio

Saturday 5am - Mixed Cardio
Saturday 7am - Shout It Out

**There's no "I" in our Team and
if "We" need help or support,
"We" will help and support
each other.**

Announcing Our First Pop Up Event



GRAND OPENING/POP UP

Raffles Shopping Samples

8am-1pm (Ribbon Cutting 10am)

Sat. April 1st

3622 Fairmont

Come Support Small Business

Join Us to Celebrate Our Opening



Eat Well Be Well

Recipe Ideas

HERBALIFE BROWNIE RECIPE

3 scoops chocolate PDM
1/2 c Chocolate FMI
1/2 c almond flour
1/2 tbsp cocoa powder
1/2 tbsp baking powder
2 eggs
1 tbsp vanilla extract
2/3 c water
Mix all ingredients then add
1/3 dark chocolate chips.
Bake 350 degrees for 18 minutes

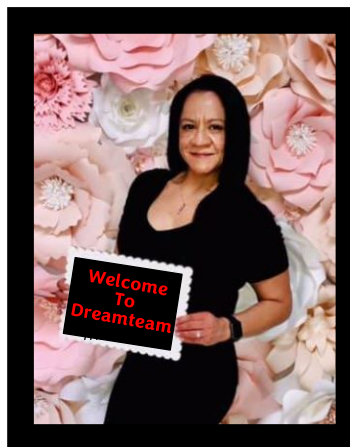


MAKES 12 BROWNIES

Fun Healthy Foods Facts

- 1 cup of strawberries contains only 50 calories while providing 100 mg of vitamin C and 2 grams of fiber.

Meet Coach Diane Martinez



Many years as a single mom...life got the best of me. With kids, schedules, and games - being a mom was firstmy health was not a priority. Working out was something I never made time for, and then it HIT! High blood pressure, and the immediate need to make changes was facing me head on.

I found a place to work out, found a nutrition plan that WORKED, and it all began. The LOVE of working out, celebrating body changes and how much better I felt...I was caught off guard. Why didn't I do this sooner?

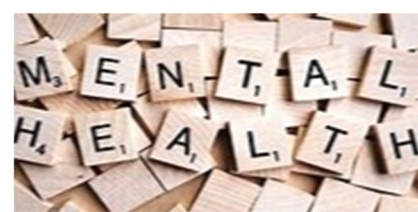
Why didn't I put a little time into myself? I quickly came to understand

that this is the same challenge for many women. Now, after creating a life of happiness and working out to be a better me...I found the LOVE of helping others.

God really opens doors! After 15 years of being a single mom, I met the LOVE of my life when we were both WORKING OUT. With the love and support of my husband Ray, we are truly excited to be able to say we're the owners of LUV Nutrition. He lets me be me, do me and find me each and every single day. He knows how happy having this home makes me, and how much every single person who comes into this club means to me. And when he isn't busy, you will find him joining in our workouts and helping around the club.

If you ask me what I LUV: it's God, Family, Friends and Fitness! GOD has blessed me and still challenges me. Family is everything, from my kids to amazing grandchildren...life is busy, blessed, and wonderful. I have a wonderful son Jacob almost 30, beautiful daughter Jaylyn 22, and my amazing grandkids Arianna, JayJay, Annaleigh, and Julius along with my beautiful daughter in law Ashley and bonus kids makes for our family! Friends-well you will find me with my work friends, workout friends and longtime school friends. I love just being with them, reminiscing about the past and creating new memories. And of course, our Fitness family-there is no better feeling than watching someone hit their goals, make healthy changes and just become a new and improved version of someone loving being healthy and inspiring others. I have grown with so many, and have had some awesome friendships flourish just by watching them grow, and not just being a Coach, but a friend in their journey!

We pray daily over our club, our families, our friends and always ask God to love, protect and keep all the positive in our home that includes LUV Nutrition. So we welcome everyone to come out, try a class, get involved and LUV what you do in the time you spend with us. It's a creation, a dream and a moment to celebrate....We LUV and appreciate everyone who walks in and calls it HOME!



We're all different.
Accept and be proud of
who you are rather than
wishing you were more
like someone else.

