

# Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - April 2024

## A Note From Coach

Happy April DreamTeam,

We are now in the past phases of the NEW YEAR and now working on goals for the SUMMER! I have been so proud of you all who are sticking with your consistency and dedication to your workouts and meal plans.

Summer will be here before you know it, so do all you can to keep that mindset and discipline strong!

We are working to build our events for the coming months, so stay tuned to all things related to LUV.

I hope you join us for the upcoming bike ride, it's going to be GOOD! A few bonus miles for those ready to surpass the original 10-mile ride!

Join us, bring a friend and let's hit the road!

I really LUV and appreciate each of you, and your time to the club. This is OUR HOME and hope you have seen that after the 1st year, it's still an exciting and fun environment with amazing results happening all around!

Let's keep crushing goals!

Love Coach Diane! 💖

## Client Corner



"Client Corner was created to help our amazing members share their inspirational journeys, brave testimonies, & support to others." We are so appreciative of these brave ladies who have the courage to share what has helped them, and how LUV has impacted their life! We continue to be inspired & are thankful for them."

We asked some of our clients to share:

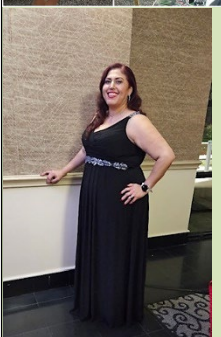
- ♥ What do you love about LUV?
- ♥ What's your favorite Workout?
- ♥ Share Your Results: As in more energy, better sleep, body results, or goals reached.

"Hi my name is Debra Ramirez. But at Luv Nutrition I'm Debbie Debs 😊  
Well I can say that every visit to Luv Nutrition is always amazing, I definitely enjoy my class. From the moment I walk through the door I'm welcomed. I feel like I belong there - I know I do! I love the ladies and I love the vibe that's always amazing...I would definitely recommend this club and age is no problem - teens and all - you will definitely burn calories & you will get an amazing workout with weights & full body cardio. Everything is amazing!!!!".....LUV Member Debbie



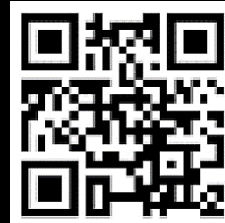
"Hola! Con mucho cariño! Quiero compartir con ustedes, lo feliz que me siento ser parte de esta familia. Entrar por la puerta y escuchar ala coach decirme "Buenos días! TIA" es una motivación para seguir viniendo y disfrutar de mi parte favorita "la pelota" me ayuda mucho con mi columna. Pero todos los ejercicios me encantan! Gracias! Por permitirme ser parte de ustedes. Gracias a las chicas que me invitaron a venir acá (Rose, Erika y Marissa) y seguir luchando por sentirme físicamente mejor y disminuir mi peso que, sigue siendo mi objetivo. Con mucho cariño. Orlis.....LUV Member Orlanda

"Hi! With much love! I want to share with you how happy I am to be part of this family. Walking in the door and hearing Coach say to me "Good morning "TIA" is a motivation to keep coming and enjoy my favorite workout "the ball" helps me so much with my spine. But I love all the exercises! Thank you! For allowing me to be a part of you. Thank you to the girls who invited me to come here (Rose, Erika, and Marissa) To keep striving to feel physically better and decrease my weight is still my goal. With lots of love. Orlis.....LUV Member Orlanda



LUV NUTRITION  
*Heart of DreamTeam*

3622 Fairmont Parkway  
Pasadena, Texas 77504



**Stop By For A Visit At Any Of Our Workouts Or Click The QR Code To Visit Our Website.**

*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**

**All Classes \$5.00/ Per Class**

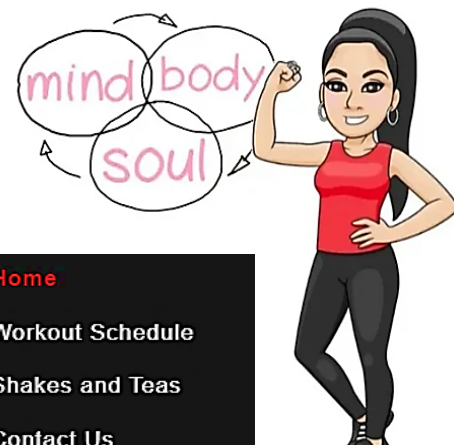
**Join OUR HYPE**

**Coach Diane 832-863-4367**

**HAVE YOU HAD A CHANCE TO VISIT OUR WEBSITE? CHECK IT OUT.**

<https://lumnutrition.godaddysites.com>

**Lots of great stuff to see!**



HERBALIFE  
NUTRITION

**Home**

**Workout Schedule**

**Shakes and Teas**

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**Social Activities**

**Events Gallery Pics**

**LUV Newsletters**

**Meet The Team**





## Upcoming Events

# WHO'S READY FOR A "SPRING ROLL" ... OUT RIDE to wake up Pasadena!

SUN. APRIL 7TH



JOIN US



ROLLOUT  
6AM



Meet at the club 3622 Fairmont



## Dream Team Member Spotlight

Blanca



Meet Blanca

Meet Blanca! We are very excited about featuring her for the April 2024 Newsletter. Blanca is a long-time member and friend of LUV Nutrition and is truly a joy to be around with her positivity and fun personality!

When we asked Blanca about sharing her workout journey, what she found that she loved about LUV Nutrition, and about telling us a little bit about herself she had this to say:

"When Coach started doing exercises, it was something that I loved because I wanted to work out and meet new people. I wanted to go out to a club where I felt good about myself and not be scared to talk to people. Here you don't have to wonder if you are the only one going through the different things that we encounter as women as I've met a lot of ladies with different stories about their lives. Sometime moms don't have time for everything, but we must adjust the time we have for us too. If we don't stay healthy who will take care of our family. My favorite workouts are all of them. I love them all because we work every part of our body weekly to stay healthy. When Coach opened her place, I was big. I couldn't do anything and was always sleepy and tired. I felt bad and just wanted to eat and sleep with no energy at all. My blood pressure was up, I was retaining water, I couldn't tie my shoe and, finally reached a point where I felt like no this has to stop now. My kids need me-I had to pick up, drop off, band concerts, football games etc. Now it's been one year, and I feel great with more energy to myself. I no longer have high blood pressure and no longer retain water. Now when I get home, I hurry up to make dinner and clean the house, so I can go exercise and try to work out three times a week. I want to say thank you to Coach for everything you do for us and for taking your time and asking us how we are doing and if we are ok. We all love you. God is Good!"

YOU GO BLANCA! Thank you so much for sharing your inspirational journey with us. We are truly blessed and grateful for being able to call you a member of our Fit Family. Thank you for being a part of our HOME, our LIFE, and OUR HEART!

Eat Well Be Well

Healthy Products & Recipes

DRINK MORE  
WATER

It's good for you.

Feel Better  
Look Better  
Function Better

A strong woman  
sees another woman  
struggling and helps  
lift her up.

WomenWorking.com



All progress  
takes place  
outside the  
comfort zone.

## Protein Baked Goods Mix Crepes

4 crepes

9 g Protein 110 Calories 10 g Carbs 3.5 g Fat 2 g Fiber

These yummy, French-inspired crepes will make your taste buds say, "oui, oui!"

### Ingredients

- 1 scoop Protein Baked Goods Mix
- 2 scoops Formula 1 Healthy Meal Nutritional Shake Mix (any flavor)
- ½ cup low-fat milk
- 1 egg
- 1 tsp. oil
- 1 TBSP flour

- Put egg, milk and oil in a blender, then add Protein Baked Goods Mix, Formula 1 and flour. Blend until smooth.
- Spray a 6" diameter skillet with pan spray and place over medium heat.
- When skillet is heated, pour ¼ cup of batter into center of the skillet, then tilt the skillet in all directions to spread the crepe batter evenly over the bottom of the pan.
- When the crepe is brown on the underside, use a spatula to gently release the crepe around the edges, then turn the crepe over with the spatula and continue cooking until the second side is brown.

## DIGEST AND FEEL YOUR BEST

- Supports healthy digestion
- Soothes the stomach
- Relieves occasional indigestion



HERBALIFE NUTRITION

BROCCOLI  
CONTAINS MORE  
PROTEIN THAN  
STEAK!

@wearteachers

April  
Birthdays!

Celebrate

Celebrate

Join Us Saturday, April 27th After 7am Workout To  
Celebrate Our March Client Birthdays