# Body - Mind - & Soul

### **LUV Nutrition Monthly Newsletter - April 2025**

### A Note From Coach

Hello April Team!

I am super excited for a new month, new opportunities and more new faces at LUV!

We have seen a few new faces here, and wanted to just share with you that I appreciate the referrals and friends that you invite to the club. I hope their experience has been a good one, and always remember that I do appreciate feedback and suggestions.

Just a few things to remember as a new client:

We do have a birthday board, so make sure you put your birthday so that we can celebrate you and acknowledge you in our monthly cupcake celebrations.

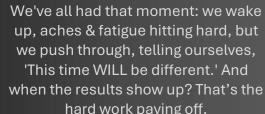
We have a prayer/suggestion jar in the back. A place for you to put in a prayer request, an idea or just share with me your feedback or results. It's an opportunity for you to let me know something privately and if you put your name down, I will be happy to reach back out to you for a follow up.

I do offer weigh ins, evaluations and one on one coaching time. Just get with me to schedule a date/time and let's keep track of your progress.

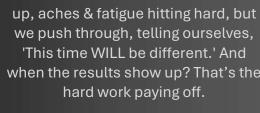
Keep watch on the website, Facebook and newsletters. Always new and exciting up to date news on the club, our clients and events.

Thank you all for your support of LUV, let's work to get ready for SUMMER!

Coach Diane 🐠



THIS IS THAT HARD WORK YOU SEE RIGHT HERE!!!





3622 Fairmont Parkway Pasadena, Texas 77504



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

## Workout Schedule 5AM Classes

## Tues/Thurs/Fri/Sat Daily Classes

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









### Shout Outs and High-Fives from Coach Diane

I wanted to circle back around to earlier this year. In January, Ray and I had the chance to take our grandson JayJay away to Disney World. Talk about a once-in-a-lifetime moment for my grandson, who had never flown, never been to Disney, and it was Ray's first trip too! I am so glad that I had a few special people to whom I could entrust my keys and routines - people who stepped in to support a Saturday workout.

Evelyn, Carlos, Janie, Oscar, and Adaly all stepped in to cover a routine, ensuring they not only showed up for DREAMTEAM in my absence but also helped LUV Nutrition shine with the same support, excitement, and camaraderie that LUV is known for.

I honestly pay close attention to all of you during class, and I see so many of you truly SHINE during certain workouts. Whether it's the song, the routine, or just the energy... some of you really step up and show your LUV for the classes. I often find myself asking you to come up front and showcase your moves, and my friends did exactly that.

So thank you all for taking that Saturday to be here for the Team, covering for me, and giving us an ease so we could enjoy our time with our grandson.

I want to send a HUGE shout out and congratulations to our very own Adaly! She AGAIN in this school year has received the Colt of the month award. To be such a shining light and be recognized for her accomplishments and dedication to her studies, citizenship and responsibility to who she is, that's something we at LUV are so proud of! Also congratulations to Evelyn and Carlos for the awesome and supportive parents they are and for the great parenting they instill in their kiddos!

We love you guys 🛡



LUV Nutrition loves celebrating the achievements of LUV kiddos! If your child has earned an award or recognition, let us know, and we'll feature it in our next newsletter!





Join Us Saturday, April 26th After 7am Workout To Celebrate Our April Clients



#### Carrot Cake Baked Oatmeal Bars

#### Ingredients

#### Bars

- 2 scoops Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Vanilla
- 2 scoops Herbalife Nutrition Active Fibre Complex, Apple
- · 6 scoops Herbalife Nutrition Simply Probiotic
- · 2 cups rolled oats
- 1/2 cup raisins
- 1 tsp baking powder
- 2 tsp cinnamon
- 1/2 tsp salt
- 1 cup finely grated carrots (2 medium sized carrots)
- · 2 eggs
- · 2 cup low fat milk

#### Topping

- 3/4 cup plain nonfat greek yoghurt
- 1/2 scoop Herbalife Nutirion Formula 1 Healthy Meal Nutritional Shake Mix, Vanilla

## Healthy Products & Recipes

#### Carrot Cake Baked Oatmeal Ba

#### Instructions

- Preheat oven to 350° F (177° C) degrees. Spray an 8 x8" baking dish with pan spray or wipe lightly with vegetable oil.
- Mix oats, raisins, baking powder, cinnamon, salt, Herbalife Nutrition Formula 1 Nutritional Shake Mix, Herbalife Nutrition Active Fiber Complex and Herbalife Nutrition Simply Probiotic in a large bowl.
- In a medium bowl, beat eggs, then add milk and grated carrot and stir together.
- Pour milk mixture over dry ingredients and stir gently well-combined.
- Pour mixture in to pan sprayed baking dish,
- Transfer to oven and bake for 40 minutes until lightly browned on the edges. Avoid over-baking; oats should still be slightly moist, not baked firm. Let stand a few minutes before cutting into squares.
- To prepare topping: stir together yogurt and Formula 1 Vanilla until smooth. Spread evenly over each bar.

Make 6 bars. Per serving (with topping):







