


Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - August 2023

A Note From Coach

Happy August! With more than half the year done and in the books here, it's been one AMAZING ride so far! I am anxious to see how we end and excited for what we have planned here at LUV for all the holidays to come! It will be FAST, but hang on for the ride because we can assure you it will be amazing! The newsletter this month is packed with so many good testimonials and feedback that I am not going to post much so you can be INSPIRED by these brave and beautiful women who are a part of our LUV family.

ENJOY and thanks again for being so much a part of what makes LUV truly special, welcoming, and FUN!!!
LUV Coach Diane Martinez 


Client Corner

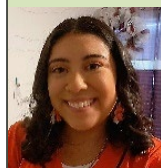


"Client Corner was created to help our amazing members share their inspirational journeys, brave testimonies, & support to others." We are so appreciative of these brave young ladies who have the courage to share what has helped them, and how LUV has impacted their life! We continue to be inspired & 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 Rose. This is a BIG year for me...it's my 50th Birthday. I truly feel blessed to have made it to a new decade. Now more than ever is when I have to get fit but importantly be healthier. I know I can accomplish my goals at LUV Nutrition. My first day at LUV Nutrition was April 29, 2023 and let me tell you, just from walking in I felt the ENERGY...the LOVE...the VIBE...the overall atmosphere in the club was like DYNAMITE!! In a good way of course. I knew I was not only going to like it...I was going to LOVE  it and I do. All the beautiful ladies are so welcoming and friendly, which is great because I'm a bit on the shy side at times until I get to know you...LOL The BEST part was meeting coach Diane... I can honestly say she's one of the sweetest people I've ever met... she exudes confidence, independence, and a true passion for what she does. I love how she incorporates all genres of music with a full body workout. That includes weights, poles and balls. Weights are my favorite work outs BTW...I most definitely will work up a sweat coming out drenched after one of her workouts. I also love how energized I am throughout the day after an early morning workout. Which is a good thing because I need it. I do have two grand baby boys (terrible twos phase) they really are not terrible but they do keep me very active & this Grandma wouldn't have it any other way. I also LOVE that she offers early morning workouts, and evening workouts, which is awesome because I really have no excuses to not work out. The good thing is I actually enjoy working out. I have a few favorites already from "TASTE" weights and "CRAZY" poles... I have a lot of favorites but those 2 are the top. I sometimes catch myself dancing more than exercising...LOL. My overall experience at LUV Nutrition has been awesome. I LOVE everything about this place. I can honestly say I've found my forever Workout home filled with beautiful soul sisters. Thank you coach Diane for being such an amazing woman!"... LUV Member Rose



"Hi my name is Sam. What do I love about LUV-LUV has been the most positive, supportive and amazing family feeling since day 1! These group of women have shown support and gratitude for those who are new/returning. We always hype each other up to finish strong or praise for any accomplishments whether it be fitness or in general. There is always a good laugh between small breaks to keep everyone pumped. Encouragement is the best word I can best describe the LUV Nutrition Club. For myself, LUV has helped me both

physically and mentally escape from the "real world" and "responsibilities". During this time I catch up with Coach Diane or Mrs. Janie and the other LUV members. My favorite workout-oh man that is definitely a tough one!! Where do I even begin? I love all of them but my favorite days are chair (Mondays) weights & cardio (Tuesdays) and the ball workouts. With my results I love the soreness! I also have a lot more energy and I have gone down in my clothes. A saying to myself before and after classes is "A little bit of progress each day." I am so proud to be a part of the LUV Nutrition team and grateful I have something to look forward to."... LUV Member Sam



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

LUV Nutrition would like to wish
our Students & Teachers an
amazing new school year !!!



GOOD LUCK
STUDENTS & TEACHERS!

HAVE A GREAT SCHOOL YEAR!

BACK-TO-SCHOOL TIPS
for parents



HERE ARE A FEW TIPS TO HELP YOUR
CHILD SUCCEED THIS YEAR!

- ✓ Go Back to School Shopping Together to Build Excitement
- ✓ Establish a Clean & Quiet Area for Homework
- ✓ Make Mornings Easy! Prep Outfits, Sports Bags & Lunches the Night Before
- ✓ Tour the School Together at Open House or Back-to-School Night
- ✓ Communicate With the Teachers if Your Child is Struggling
- ✓ Find Support Among Other Parents



You're NEVER Alone
Help Is ALWAYS Available



If you're experiencing difficult thoughts, reach out to Coach, one of your team members, or dial 988. You are an important part of our team here at LUV!!!

SAVE THE DATE **UPCOMING EVENTS** **SAVE THE DATE**

Holiday Market Extravaganza

Join Us For The Final Pop Up Of The Year. For Halloween, Christmas, and Thanksgiving Shopping.

Sat, Sept 16th

DreamTeam **RSVP to Coach or Janie**

Painting Party Night at LUV Nutrition
6:30-9:30 PM

Come WINE down with us!
Friday Aug 18th

UPCOMING EVENTS

- Group Bike Rides
- Team Building Events
- Community Events

Stay Tuned For More Info

Happy August Birthdays

Please Join Us Saturday, August 26th
For LUV's Monthly Member Birthday Cupcake Celebration

Eat Well Be Well

Recipe Ideas

Herbalife

Thick and Chewy Soft Baked Chocolate Chip Protein Cookies

Ingredients:

- 2 scoops Herbalife® Protein Baked Goods Mix
- 2 scoops Herbalife24® Rebuild Strength Vanilla Ice Cream*
- 2 scoops Herbalife® Formula 1 Healthy Meal Nutritional Shake Mix Cookies 'n Cream
- 1 scoop Herbalife® Active Fiber Complex Apple
- 2 TBSP vegetable oil
- 1 egg
- 2 TBSP low-fat milk (any kind)
- ¼ cup rolled oats
- Pinch of salt
- 1/2 tsp. baking soda
- 2 TBSP chocolate chips

*Herbalife24® Rebuild Strength is a dietary supplement with a serving size of 2 scoops per day.

Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label.

DreamTeam Spotlight

Meet Norma

Meet Norma! Being able to feature this amazing woman is truly exciting as she has been a regular since Coach Diane first started her workout career as a Coach.

When we asked Norma about sharing her workout journey, what she found that she loved here at the club, and about telling us a little about herself, we were thrilled that she shared the following with us:

"Hello my name is Norma Gonzalez and a current member of the Dream Team at Luv Nutrition. I have known Coach Diane for many years but recently our friendship has grown in so many ways. Not only is she a great loyal friend but she is also an amazing coach who is always encouraging with her words and actions. I can honestly say when you come to work out at the club you feel the sisterhood vibe and the environment is always positive.

As many women can relate, my entire adult life (especially after having my babies) my weight has been a constant personal struggle. I have done all the diets out there and taken many supplements that promise quick weight loss. But what I have learned through the years is that you must exercise to achieve *positive lasting* results. For those of you already working out – KEEP IT UP! I promise if you stay focused and committed you will see the fat melt off. I have been committed for 8 solid months and have seen great results. My journey to date is a total loss of 21 LBS and counting.

For those of you who want to start...START TODAY! Join me and my sisters at Luv Nutrition where transformations really do happen. Not to mention the music and workouts are amazing. My favorite workouts are Chair & Pole workouts. Get ready to sweat!"

Way to go Norma! Thank you so much for sharing your inspirational journey and allowing us to be able to celebrate and cheer you on with your amazing results. We appreciate you being a part of our Home, our LIFE, and OUR HEART!

DID YOU KNOW? Singing daily for at least ten minutes reduces stress, clears sinuses, improves posture and can even help you live longer.

Amazing Health Benefits of Cucumbers

- 1- Relieve Joint Pains
- 2- Rehydrates the body
- 3- Reduce Cholesterol
- 4- Cure Diabetes
- 5- Prevent Headaches
- 6- Control Blood Pressure

Instructions:

1. Line a baking sheet with parchment paper or spray with nonstick pan spray.
2. Preheat oven to 375 F.
3. In a medium bowl, beat together oil, egg and milk; add rolled oats and let stand a few minutes for oats to soften slightly.
4. In another medium bowl, whisk together Protein Baked Goods Mix, Rebuild Strength, Formula 1, Active Fiber Complex, salt and baking soda.
5. Add to egg mixture, stirring until combined.
6. Divide mixture in four pieces and shape each piece into a ball.
7. Place balls on prepared baking sheet and flatten each one into a 3-inch diameter cookie.
8. Place in preheated oven and bake for 7 minutes.
9. Cookies will be browned on the bottom but barely browned on top – avoid overbaking to keep them soft.
10. Transfer immediately to a cooling rack.
11. When cool, store in an air-tight container or zippered plastic bag.

HERBALIFE NUTRITION

High Protein Iced Coffee
Drink Mix

Benefits

- 15 g protein per serving
- 100 calories per serving
- Up to 2 g sugar per serving
- 80 mg caffeine per serving
- Low fat
- No artificial flavors or added colors