

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - August 2024

A Note From Coach

Happy August LUV Nutrition Family!

I am excited for another newsletter as the end of the year will be busy for all....BUT we are here and ready to tackle together.

Keep a look out for all the news and updates on events, both in and around the club. LUV Nutrition continues to find ways to impact our DREAMTEAM and also be a support within our community.

Always remember that we're a FAMILY so I'm always open to hearing your ideas and suggestions for what you'd like to see happen at our club. This works, because of EVERYONE and it's the ideas and things we do TOGETHER that keep us pushing and GOALING for more!

Speaking of goals, I'm working on weigh-ins...so if you would like a private weigh-in to discuss your personal goals or progress, please make time to text me or speak to me after a class. I'm seeing so much progress in our SUMMER Switch UP Sessions and the feedback has been incredibly positive. I'm happy to report that team members are feeling stronger, more confident, and seeing results from changing things up. Sometimes a little "shift" can move the scale, help direct our bodies to a transition, and even allow us the opportunities to challenge and accomplish things we didn't even know our bodies were capable of. In the end, it's all about taking steps to make ourselves healthier and helping one another reach our goals.

I would like to personally THANK each of you for your support of one another. I see so many Clients coming out, building friendships, and enjoying their time here at LUV. I hope you know it's so much more to me than just a workout or even just a shake or tea...it's the Sisterhood, Companionship, and LUV we show to one another that makes others feel seen, heard, and supported along their journeys. Whether you're striving for new goals or are maintaining your progress - it's all important - and if it matters to You, it matters to Us All!!! I love that we show up not just for ourselves, but for each other.

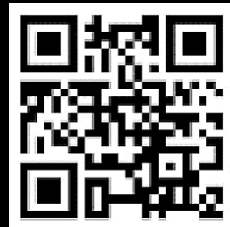
Be blessed as I send you all my LUV!

Love Coach 💖



LUV NUTRITION
Home 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

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 Damian Torres, I'm 16-year-olds. I started going to LUV Nutrition a couple months ago. I'm a shy person and was nervous going to my first workout. After many attempts of my mom trying to get me go I finally gave in. My first workout was intense cardio which I really LUVED (the sweat was real). Not once do I regret not going. My favorite workout overall is Rich Baby Daddy because it gets me going. From the cardio to the weights, to doing stations is beneficial for my baseball. The environment at LUV Nutrition is amazing and welcomes you with open arms. I enjoy the music we workout to because it varies from rap, hip hop, cumbias and many other types of music. Special thanks to Ray and Coach Diane for not only supporting me on my workouts but also on my baseball.".....LUV Member Damian

**Take care of your mind,
your body will thank you.**

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your mind will thank you.**



**We want to wish all the
students, teachers,
administrators and parents a
safe & wonderful school year!**

**We send prayers & LUV for a
safe and adventurous school
year with many celebrated
accomplishments and fun
experiences this year!!!**



Upcoming Events & News

Mark Your Calendars For These Upcoming Events

	LUV's 1st Night Market Pop-Up <i>A fun night of shopping for your Halloween, Thanksgiving, & Christmas Holidays</i> Friday, October 11 th @ 5:30pm
	LUV's 1st Trunk or Treat Event <i>Bring your kiddos for a safe & fun night of spooktacular fun with games, snacks, & treats</i> Saturday, October 26 th
	LUV's Friendsgiving 2024 <i>Join us for LUV's Annual Friendsgiving celebration as we give Thanks for another great year of Amazing Friendships</i> Sunday, November 10 th
	Holiday Lighted Parade 2024 <i>A fun & festive night of laughs, fun, and Christmas Spirit as we participate in the Pasadena Parade</i> Saturday, December 7 th
	LUV's 5th Annual Christmas Pajama Jam <i>LUV's Pajama Jam is always a blast & the perfect ending to another amazing year with our Clients!!!</i> Saturday, December 14 th



Welcome Baby Alina!

Help Us Congratulate LUV Client Rose For The Arrival Of Her Grandbaby Alina!

Alina Michelle Rome
Born-July 27, 2024
Weight-7lbs 2 oz
Height-20 in



Join Us Saturday, August 31st After 7am Workout To Celebrate Our JULY Client Birthdays

DreamTeam Member Spotlight



Meet Ray

Meet Ray "Mr. LUV Nutrition"! Ray Martinez is behind the scenes always working hard to help make LUV Nutrition an absolute success and is LUV Nutrition's biggest supporter and cheerleader.

His resourcefulness and handy work is an absolute plus when you're running a business and believe us, no task is to large or small for this hard-working owner. You will often see him at events because he truly understands the importance of being present and helping to celebrate milestones for the club, LUV Clients, and His Beautiful Wife-Coach Diane!

We're thrilled to feature him for the August 2024 Spotlight and be able to share his journey with you.

"Everyone who does or doesn't know me, let me introduce myself. My name is Ray Martinez Co-Owner and also a Client of Luv Nutrition-Home of the amazing Coach Diane . I started my journey back in the pandemic and asked her if I could join her team and she took me on for the challenge. Under her leadership and guidance I lost 45 lbs. in the process. My go-to nutrition has always been Chocolate ReBuild that helps aid in recovery, along with the amazing loaded hot and cold teas, help you get a good sweat. God is amazing and blessed us to find each other when we never had a plan, but as soon after we tied the knot that can never be broken, came the birth of LUV Nutrition and her Dream Team. I encourage everyone to continue your journeys because you have the best in the business encouraging, believing in everyone, and creating ideas to suit everyone and every part of your body transformation, but it's up to everyone to have the desire to show up and just do your best and a real environment with positive energy, vibes and positivity than anywhere you have tried. I had fallen off and it's ok but I needed to feel good about myself again and went back home, work, and grinded out 10 lbs. It has benefited my body, energy and endurance on my endless hours on the oil rigs. Thanks to Diane helping and pushing me forward so we can love and walk this earth together longer. My entire mindset has changed my attitude too. I have learned to be proactive and disciplined. Even though I have a sweet tooth. My time has become easy more valuable which caused my confidence to grow immensely throughout. I feel more confidence in social spaces and speaking to people as well as feeling much better about myself due to not having the time to run my self-esteem down. I concentrate harder, have a lot more energy throughout the day. The changes I've become to notice have made me push harder and have given me a motivation boost I could have not foreseen . My friends and colleagues have noticed this change in me and the determined person I've become. Coach Diane has been the better positive of this entire shift of life for me. Generally I found this task to be most effective in my day-to-day life. It has changed my entire mindset to everything and has given me the motivation not to stop. I will be following Coach Diane's expert advice in following my fitness goals and carrying on workout training at Luv Nutrition in order to reach them. So don't put off your health because we all love something we indulge in but who says you can't enjoy life. But being in the best shape that you look in the mirror and admire your hard work will bring joy to your heart. So check out Luv Nutrition the true place that lives up to its name and where there is no judgement only compassion ,Luv and desire to help you reach your goals. Believe in yourself and Believe in your mission! See and reach out to The Best in the Business Coach Diane and tell her your expectations and watch her work and endure the process. Because it continues to work for me. Thank you Coach Diane and Luv Nutrition!!" ...Ray

Way to go!!! Thank you so much for sharing such an inspiring journey with us. We're truly grateful to you for all the amazing work you do for us at LUV Nutrition and for all of the wonderful support you give to your Clients and Coach Diane!!!!

Eat Well Be Well

Healthy Products & Recipes

HELPS COMBAT EXERCISE-INDUCED MUSCLE INFLAMMATION* CONTAINS ANTIOXIDANT VITAMINS A (AS BETA-CAROTENE), C AND E AND BOTANICAL INGREDIENTS TO SUPPORT AGAINST FREE RADICALS* SUPPORTS IMMUNITY* NSF CERTIFIED FOR SPORT**



RESTORE



Chocolate Protein Cookies

Serves 5

Ingredients:

- 56 g Formula 1 Nutritional Shake Mix, Dutch Chocolate
- 1 cup smooth peanut butter
- ½ cup coconut palm sugar
- 2 Tbsp. unsweetened cocoa powder
- 2 large eggs
- Optional: ½ cup mini dark chocolate chips

How to Prepare:

Preheat the oven to 180°C and spray a baking sheet with coconut oil cooking spray.

Place all ingredients in a medium-sized bowl and mix to combine. The consistency should be similar to cookie dough.

Spoon out 2 tablespoons of dough into your palms and roll into a ball. Flatten cookie dough between your palms creating a cookie shape and place it on a baking sheet.

Bake chocolate protein cookies at 180°C for 10-12 minutes.

Let cool for 15 minutes to allow the protein cookies to set.