

# Body - Mind - & Soul

LUV Nutrition Monthly Newsletter - September 2025

## A Note From Coach



Hello My DREAMTEAM Fam,

In comes August, like a WRECKING BALL! Do you know once these fall months start coming in, the end of year is a hop and a skip to ending 2025!!!!

BUT there is still time. TIME TO MAKE IT HAPPEN! Time to embrace change, time to start, time to start over, time to start your meals, time to get serious! We have holidays where you will want to look and feel your very best. Photo time at company parties, family holiday photos and so much more! Why not take the time to book in an hour a day to focus on YOU.

I'm here. I'm ready and always available to YOU. Want to weigh in, make some time to do that. What me to help you stay accountable and track your goals...let's chat.

Sometimes you need someone to HELP YOU show up. Help you be accountable. Someone to help that little voice inside tell you "YES YOU CAN". Ladies and gents, the truth is. I NEED accountability too! I need a support system and the voices telling me I can do it and just the hype of our team! Life gets hard, challenges come in full speed, and stress can be a buzz kill to your motivation. That is why I stress to you about our community! How important it is to be here. For yourself and for others. Someone comes in looking for you, your workout partner who stands by your side. Who offers a smile, who sees your results. Often, that little LUV you share is what can be EVERYTHING to one person. WE all have bad days; we all carry our worries and stress. But you know what? LUV Nutrition was created to be a place to "LET IT GO". To give you peace, ease, and fun for just one hour to refuel your soul. To have a laugh or two, to connect with friends and to take care of your body and spirit. And for those who come, I hope you feel just that.

This August, our little ones head back to school. I send warm and happy wishes for an amazing, safe, and memorable year. May your kids excel in all they do and may our Lords hand of protection be with them as they embark on what will be a fantastic journey for them. I have seen so many of your children reach some milestones and celebrate some special achievements. Hats off to you mom and dads too, the backbone of your family and the rock that they look up to! I can't wait to see all the first day of school pics and hear all the amazing things of the new year.

Stay focused, planted, and engaged. We are going to end the year STRONG, ABLE and ACCOMPLISHED. And the best way to do that is TOGETHER!!!

Love, Coach Diane 💕



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**



## Guess Your Teammate!

**Get ready for another FUN**

**LUV Nutrition challenge!**

Join our August "Guess Your Teammate" Contest by bringing your favorite baby or elementary school photo by August 11<sup>th</sup>. We'll display the pics and whoever can match the most faces to the right grown-up LUV Client wins a prize!

Let the guessing (and giggling) begin!

Should there be more than one correct guess, there will be a run-off raffle to break the tie.

(any questions please ask Admin Janie or Coach Diane)



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

**BEING HEALTHY  
AND FIT ISN'T A  
FAD OR A TREND.  
INSTEAD, IT'S A  
lifestyle.** 💕



# Upcoming Events & News



## LUV's 2nd Annual Trunk or Treat Event

Bring your kiddos for a safe & fun night of spooktacular fun with games, snacks, & treats



## LUV's Friendsgiving 2025

Join us for LUV's Annual Friendsgiving celebration as we give Thanks for another great year of Amazing Friendships

Sunday, November 9<sup>th</sup>



## LUV's 6th Annual Christmas Pajama Jam

LUV's Pajama Jam is always a blast & the perfect ending to another amazing year with our Clients!!!



## HOLIDAY LIGHTED PARADE 2025

Join us for a cheerful & festive evening filled with laughter, holiday fun, & Christmas magic as we take part in another unforgettable Pasadena Parade!

More info will be provided closer to date

**SPECIAL EDITION**

## DreamTeam Members Spotlight

**SPECIAL EDITION**

### Meet Bella

Every holiday and Summer I come down to Deer Park. I attend LUV Nutrition every week Monday thru Thursday. I find working out at LUV Nutrition to be a productive & enjoyable part of my day. I wasn't a fan of doing anything that involved physical activity but working out with LUV made me more open to exercising & gives me more energy. Sometimes my dad attends classes with me & it becomes a way for us to spend time together when he's busy with work. Coach Diane does a great picking energetic workouts with upbeat songs that warm you up & pushes you to not stop until you've finished your workouts. Since I first started working out with LUV last Summer, I've grown more stronger, flexible, energetic, and find it to be a great way to take my mind off stressful things.



### Meet Adaly

Hi! My names Adaly and I started going to luv Nutrition about a year ago with my mom. I started going because I was trying to get faster for sports and after my first workout I loved it! When I go I like to help out the most I can, I love when I get the chance to help lead warm ups! It's so awesome when I see everyone smiling while I warm them up it brings so much joy to me. Also after work outs I try to help and clean the equipment we used for workouts! I love going to go work out it's so fun the workouts are so great and the community there makes it ten times better. I love to go on Mondays when I can, I love the chair workouts they are hard but also the best!



### Meet Damian

Hello , my name is Damian Torres and I've been going to Luv Nutrition for about 2 years now. Luv Nutrition has helped me in many different ways. Im a pitcher on varsity baseball for Pasadena Memorial. Pitching takes a lot of endurance and a lot of strength. Boot camp on Tuesdays and Thursdays have helped me improve those aspects by pushing tires, core strength, and mobility movements. Intense Cardio on Wednesday helps with stamina for my pitching which helps me pitch longer. At first I was a little nervous mainly cause it was all women but my dad started going with my mom and eventually I started going. Not once did I regret going. Luv nutrition is an environment where you can be yourself and everyone will treat you like family from the very beginning. Thank you to Coach Diane for always having faith in me and welcoming me like I'm one of hers. Luv Nutrition is the way to go.

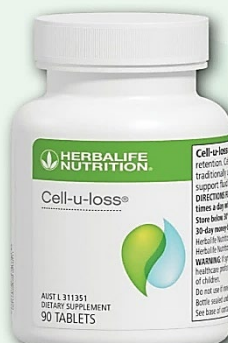


These amazing young adults continue to inspire us with their drive, discipline, & heart. Their dedication to becoming the best version of themselves-mind & body-is proof that greatness starts with a decision to show up. Here's to a fun, memorable, & successful 2025-2026 school year. Go crush it!



Join Us Saturday, August 30th After 7am Workout To Celebrate Our August Client Birthdays

## Eat Well Be Well



Support **FLUID BALANCE** and regulate **BODY WATER**

Support individuals with **MILD FLUID RETENTION**

Herbalife

# Shakes

