

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - December 2023

A Note From Coach

Happy December LUV Fam!

The year is coming to a close, but WOW is what I want to scream when I think about all the goodness and memories that we have created here at the club.

Our Friendsgiving this year was a 1st for us, but boy was it AMAZING! Everyone who came and brought your special dishes sure did make our event special and with your loved ones...COMPLETE! I absolutely love family and this sure was one for the books! Everyone outdid themselves and nothing but smiles and full bellies which made the day a success! Can't wait for next year and to pray we have a bigger table, more laughs and more celebrated and cherished memories!

I wanted to give a huge Thank you to Alex Serrato of **Tru Focus Photography**. This beauty came out to LUV Nutrition to create some holiday memories for our clients. Her patience and focus was impeccable and the photos came out beautifully! Go LIKE her page and follow her for your photo needs [@tru_focus.photography](https://www.instagram.com/tru_focus.photography)

I hope the year has been good to everyone. I wanted to say how special each of you are to this club, but most of all to my heart and my life! This all would not be possible without you, your love, and your support. I pray over each of you in all you do and that God keep us healthy and together for years to come! To be a small part in your day is the most rewarding and it's an honor that you pick this club to be a part of your wellness journey!

I am excited for what 2024 will bring.....so with arms WIDE open, I receive all the goodness and joyful moments to come!

So thankful to you,

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.**



"I have to thank my Sister for finding LUV Nutrition. She enjoyed it and suggested I give it a try. She was right! It is a comfortable atmosphere and the women are very positive and encouraging. I was at my heaviest before going to the club and was ready for a change. My favorite class at the moment is pole day. I want to continue my weight loss journey to be comfortable with my body again.".....LUV Member Erica Gutierrez

"There are so many wonderful things that I could say about LUV Nutrition, but the one I love the most is how women support women. The vibe here is so positive & energetic. I Luv that I can come here & for at least one hour forget about everything that is going on. For one hour, it's all about me & my goals. Workouts are so much fun & challenging. I love that after every workout I am drenched in sweat from Coach Diane, but from all the beautiful ladies here is priceless. I love the comradery that we all share. LUV Nutrition is not only a place to work out but also a place to hang out. I can indulge myself by drinking my favorite shake or tea and spend time catching up with my fellow ladies. I am very honored to be a part of the LUV Nutrition Family.".... LUV Member Erica Garcia

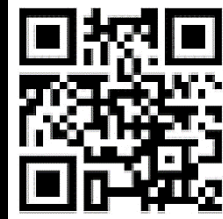


"What I like about working out at LUV is feeling so welcomed and all the wonderful ladies I have met. The music and routines are great and Coach Diane is open for suggestions at any time! My favorite workout day is probably Saturday since you get a variety of workouts. So glad I tried this place out.".....LUV Member Margot



LUV NUTRITION
Home of Dr. Diane

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.

Making
MEMORIES

FRIENDS
giving
2023



Health Is Not About The Weight You Lose BUT About The Life You Gain. You Are Worthy & Deserving Of A Healthy Body, Mind, & Soul!

New day.
New thoughts.
New strength.
New possibilities.



**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!!!

Upcoming Events

Christmas Jingle Basket GIVEAWAY

One ticket per class attendance
ONE lucky winner will get a holiday jingle basket
filled with holiday goodies!

Starts Dec 1st

Drawing Friday Morning Dec. 22nd



Holiday Lighted Parade

Sponsored by: The City Of Pasadena & The Pasadena Strawberry Festival



Grab your guest and matching PJs
and let's party!
4th Annual

Christmas PAJAMA PARTY

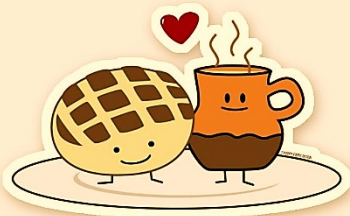
Food Drinks Dancing
Saturday Dec. 9th
6:30-10:30
LUV NUTRITION

Join Us For

Abuelita & Pan Dulce Girl's Night

(open forum to talk LUV, the new
year, your thoughts/ideas, & You)

Friday, December 29th
from 6:30-8:30pm



DECEMBER birthdays

Saturday, December 30th
Let's Celebrate After 7am
Workout



LUV Nutrition's Year End Look At Good Times With Great Friends. A Year Of Pictures
Where We Highlight So Many Great Team Events, Workouts, & Adventures. We
Appreciate Everyone That Has Made LUV Nutrition Their Home.



DID YOU KNOW?



The silicon and sulfur in
cucumbers are very beneficial
for the hair and nails, they
make them stronger, healthier
and also speed up their growth.

PRODUCT HIGHLIGHT



PROLESSA DUO "LIQUID LIPO"

- BURNS BELLY FAT
- SHRINKS WAIST LINE
- HUNGER CONTROL
- TONES MIDSECTION



Eat Well Be Well

Healthy Body & Mind



Jicama Cucumber Slaw

In a bowl, toss together:

- 1 carrot
 - 1/2 English cucumber
 - 1/2 bulb fennel
 - 1/2 large jicama
 - 2 Fuji apples
 - 1/2 red onion
- *All julienned long & thin

For the dressing, in a jar:

- 2 TBSP extra virgin olive oil
- 1 scoop Herbalife Simply Probiotic
- 1 tsp. Himalayan salt
- 1 tsp. black pepper