

# Body - Mind - & Soul

LUV Nutrition Monthly Newsletter - December 2024

## A Note From Coach

Happy December LUV Nutrition Family!

It's been one heck of a year, lots of ups and downs for the club, clients and so many who share trials and successes with us. But GOD saw us through it all, and that in itself is a blessing. What I want to share with you as we reach the end of 2024 is, that Diane and I would not be here representing this club if it was not for the support and love from all of you. The business was created almost 2 years ago for the purpose of gathering like-minded friends in a place to relax and enjoy while we work on goals for the betterment of our health. Our business needs are met when people show up just like at any other establishment. And while we have had our struggles, setbacks, and thoughts of if we should stay around...you all have kept us motivated and encouraged by **SHOWING UP**. Diane does this, for herself but most importantly, she has a love for each person who comes and for the wonderful friends she has met along her journey. I see so many of you working on your best self and are truly enjoying the process...and as I stand back and see her vision come to life - I find I get inspired too!

We are so appreciative of you. Excited to see families share an hour of fitness including husbands, sons, and other men who are finding LUV as a place that they can get results too is awesome! Coach only wants to see you succeed and be the best you can be. To have the gift of health is why she spends time creating her own workouts and why she pours her heart into her club. So, standing in for her, with helping her has truly been my own highlight this year and taking part in it all has been a joy. I see the transformations, the friendships and the impact that your decision to come has had on me, Diane, and LUV Nutrition.

I hope as we close out 2024, that you find that same passion to welcome in the new year. That you hold on to the spirit and excitement for what is possible in 2025. I also want to send you all my sincere thank you and appreciation for your time, your involvement, and your referrals. We have met so many people by you sharing your experiences here...by sharing LUV to your friends and family and that is the foundation that we build on in the coming year.

Diane and I wish you and your families the Merriest of Holiday wishes. A blessed Christmas, with lots of holiday spirit and time so precious to spend with your loved ones. And a prosperous and successful 2025...and prayers that for whatever you ask for in healing, family, etc. is met with God's love and grace.

We truly love you all and are so glad you are a huge part of what makes LUV Nutrition so special and how you are helping our business dreams come true. We work to finish 2024 strong, and arms wide open for all that 2025 will be for each of us as we anticipate turning the chapter on more transformations, changes and happy years to celebrate **TOGETHER**.

Merry Christmas, Happy New Year, and Blessings...

Coach Ray 



LUV NUTRITION  
*Home of Dreamers*

3622 Fairmont Parkway  
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**Stop By For A Visit At Any Of Our Workouts Or Click The QR Code To Visit Our Website.**



**ELMER G. BONDY**  
Intermediate School

COMMUNITY EVENTS

**FLIP DAY**

COMMUNITY EVENTS



Sunday November 10th  
Wear your favorite team gear  
and join as we celebrate

# Friendsgiving

2024

with a  
TAILGATE  
Party!

Sign up sheet at the club  
LUV CLIENT EVENT

## LUV's FRIENDSGIVING 2024



# Upcoming Events & News

Mark Your Calendars For These Upcoming Events



Keep Your Eyes & Ears Open For Additional Events & Activities



It's Happy Congratulations to two of our LUV Ladies! Dominique and Raquel got engaged this month and we couldn't be happier and more excited for these two soon to be "Wifeys". Let the wedding planning begin and we wish you both all the best in celebrating your engagement's!



Congratulations To LUV Client Yolanda Garza-Prato She married on October 4th...and celebrated her nuptials again on November 29th with a priest blessing with her family and friends. We wish her all the best in her marriage and are so happy for her!



Join Us Saturday, December 28th After 7am Workout To Celebrate Our November Clients

## DreamTeam Member Spotlight



Meet Sonia

Meet Sonia, a vibrant and energetic individual whose positivity and enthusiasm shine through in every workout. We're truly fortunate to have her as part of our LUV Community. It's a privilege to share the story of this remarkable, strong, and supportive person, and we are proud to call her our Client.

For the December 2024 Spotlight, we asked Sonia to share a bit about herself and her journey. Here's what she had to say:

"Hello, my name is Sonia and I'd like to share my journey towards improving my health and mental well-being. When I first started, I was facing numerous health issues such as fatigue, cellulite, saggy skin, and struggling with my mental health. However, everything changed when I began working out with Diane. Since then, I have noticed remarkable transformations in my body and overall well-being. I have managed to reach the same size I was in high school, shedding weight and reducing cellulite and saggy skin. Not only that, but my mental health has also significantly improved. The energy I feel now is incredible. This achievement was not easy, but with commitment and determination, anything is possible. It's worth mentioning that age is not a limiting factor when it comes to exercise. Diane always ensures that everyone can participate by offering modified versions of the exercises based on individual physical capabilities. Working out at LUV's with Diane has been a wonderful experience. Each day brings a different workout routine, incorporating HIIT, weights, cardio, stations, and much more. The atmosphere is welcoming and friendly, creating a non-judgmental environment where everyone feels comfortable. I must give credit to Diane for making every workout session worthwhile, fun, and challenging. Additionally, her shakes and teas are absolutely fantastic. Thank you Diane, for all that you do.."

Way to go Sonia!!! Thank you for sharing your inspiring journey with us. It's been a pleasure to hear LUV Nutrition Clients motivating stories. The importance of prioritizing health for our families resonates deeply. We truly admire Sonia for her always being such a ray of joy at LUV and for sharing her motivation and support to LUV Clients and Coach Diane!

Eat Well Be Well

Healthy Products & Recipes

### Pumpkin Maple Pecan Shake



### Ingredients

- 1 scoop Formula 1 Maple Pecan
- 1 scoop Formula 1 Pumpkin Spice
- 2 scoops Protein Drink Mix Vanilla
- 1 cup water
- 4-6 ice cubes

