

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - February 2024

A Note From Coach

Happy February Team!

Ray and I want to say a huge THANK YOU to everyone who came out to help us celebrate the 1st Anniversary of LUV Nutrition. What a day to remember and an experience we will never forget. The year flew by and there is so much that we had to reflect on and yet so much more left to do and celebrate! You ALL help to make LUV a very happy, inviting, and refreshing home! I know that this is not possible without you, so from the bottom of our hearts...you mean so much and we appreciate you more than you know! If you look around, there are new friends finding us...transformations in the making, clients coming out of their shells, and friendships blossoming. That is answered prayers and the JOY that fuels my soul. When people ask me about the club, I always share that I am surrounded by the most amazing and uplifting team around me.

What I want to share to you for Valentines is:

- To know you are LUVED
- Know you are WORTHY of all GOOD things
- LOVE with all your heart
- SELF CARE is the best way to love yourself.

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 tried LUV Nutrition with a friend. I was afraid at first seeing all the different routines. I thought to myself, I will never catch up. Well I was determined to do at least one sit up. I haven't done a sit up in over 10 years! That was my first goal. Within a month I did 4 sit ups during a routine and screamed out for joy! My second goal was to get the routines down - check box! Now my daughters have joined me and it makes me so happy. I can feel the change in my body and love it. Can't wait to see what the rest of 2024 brings. Let me add...There is so much support and encouragement from the LUV family".....LUV Member Liz



LUV NUTRITION
Heart of Devotion

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
Coach Diane 832-863-4367

Join us for mixed cardio, good music and happy vibes!
All Classes \$5.00/ Per Class

*Our One Year Anniversary
Celebration Of Business
Was A Success*



♥ ONE KIND WORD
can change
someone's
entire day ♥

Pan Dulce Night Was Memorable



Abuelita & Pan
Dulce Girl's Night



LUV's 1st Annual Abuelita & Pan Dulce Night was truly memorable. It was a night of great talks, while sipping on yummy hot chocolate & enjoying fresh pan dulce. We look forward to planning future events for our LUV Clients that will continue to help build & empower each other while fostering & strengthening great relationships being built at LUV Nutrition.

WHEN WOMEN SUPPORT EACH OTHER,
INCREDIBLE THINGS CAN HAPPEN



Join Us Saturday, February 24th After 7am Workout To
Celebrate Our February Client Birthdays



Hey LUV Clients!!! Make sure to check out
our new **LUV Yourself Board**.

It has been a great edition for our
Clients, their selfies, and group pics.

DreamTeam Spotlight



Meet Lisa

I am so honored to share the testimony of this strong, beautiful, & amazing woman/friend. I met Lisa a few years ago, while discovering my own weight loss journey. I used to see her with her group of accountability friends in the front & would be inspired with her hustle & "go get it" attitude. We won a challenge together, both taking 1st place in our categories & that is when we knew we would be a "workout family". I have to tell you; I go to Lisa many times for her feedback & often throw my ideas her way to see her response. WHY? Because I have the upmost respect & admiration for her & most of all the type of woman she carries herself to be. I love that she found LUV & came to celebrate HEALTH with us. She has always been supportive of me when I took on becoming an instructor. Talk about a woman of presence, dignity & love....that's our LISA! Here is her testimony & pics of her amazing transformation.

"The closer I got to turning age 50 I knew I needed to do something to become healthier. I had to make the decision to make a lifestyle change that would have to last my lifetime. I was tired of being tired & I hated the summertime when wearing shorts & tank tops are a given in Houston. High blood pressure & diabetes run in my family, & I knew that I would be headed towards that diagnosis faster if I didn't start to take care of myself. I decided that losing weight & changing some of my eating habits would have to become my way of life. It took me years to learn that weight loss & being healthy doesn't just happen by doing cardio for longer periods of time or turning down that dessert I so desperately wanted to eat. It meant finding a balance for myself that allowed me to work out & not get burned out & by eating what I wanted but in moderation (portion control). I can't have dessert every night, but I won't deprive myself of something sweet maybe once a week or on a special occasion & if I want the chips & salsa at the restaurant, I'm going to eat them but limit how many I eat. The more I tried to stop myself from eating certain foods the more I craved it & would then finally give in to those cravings & eat way more than I needed to LUV Nutrition offered me workouts that I enjoy so much! I don't always want to get up off the couch or stop working & go but when you have fun with your workout it makes the choice so much easier. I've been told by some that I work out too much or that it would be so much easier & faster to just go get surgery done to have my body look the way I want it to. But what I'm doing for myself with these workouts & eating healthy is so much more. I set mini goals for myself & when I reach them it feels so good or when I see a change in how my clothes fit, I take so much pride in myself because that's something that I DID. This lifestyle I do for me! Being healthy allows me to enjoy life & hopefully live a longer happier life with my family & friends. My workout hour is my hour. It's a time that I can decompress, a time to recharge, & a time to see & talk with other friends & women who have similar goals & mindset like me. The women at LUV Nutrition are truly inspiring. I have not met a single person here who I wouldn't want to help or encourage to meet their goals & they all help me in some form to work towards my goals. I've loved Coach Diane's classes since the very beginning when she started teaching & leading others. She makes LUV Nutrition feel like home & the friends that I've made here at LUV are ones that I'm blessed to share my journey with. If there are any final words based on my ups & downs that I can share it's to make small changes each week, keep pushing even when you're tired & to celebrate any win on your journey no matter how big or small. I still have a long way to go because I know I will make some bad eating choices here & there & my weight will continue to fluctuate but I won't give up. I'm so much healthier & stronger than I was when I started & I still have a way to go to reach my ultimate goal but I won't stop until I get there. Everyone's fitness journey is different but we're all walking on this journey together."

Let me just say, she is a true example of "if you want it, you can have it"... because you will see her in class & always spreading encouragement to others." I am so happy for you Lisa, & I am blessed & grateful to you for your friendship & support of LUV & our workout family. Keep rocking it girl, YOU INSPIRE THOSE AROUND YOU!



Eat Well Be Well Healthy Products & Recipes

DIGEST AND FEEL YOUR BEST

- Supports healthy digestion
- Soothes the stomach
- Relieves occasional indigestion



Guilt FREE 24 Chocolate

5 scoops of
Herbalife Rebuild Strength
mix with water until you create a thick
chocolate paste.
Add handful of mixed nuts &
dried fruit.

Place in a dish in the
freezer overnight.



HERBALIFE

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NUTRITION