

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - January 2024

A Note From Coach

It's the happiest of HOLI-YAYS here at LUV. Ray and I hope you and your loved ones found peace and joy this Holiday Season, and that you enjoyed the happy spirit of the holidays with much family time and cherished moments.

We had an amazing turn out and a great time at the Pasadena Christmas parade, what a crowd and what a happy HYPE it was to see so many participants and spectators that night. I am always so grateful for the help, support, and LUV that we have when we sign up to be a part of City events. THANK YOU for helping to put LUV on the map! If you didn't get to make it this year, make plans to join us next year...it will cheer your heart. We are already in the planning stages for next years' parades and definitely plan on going bigger for sure.

Our annual PAJAMA JAM was so FREAKING awesome! I have loved hosting this party and each year it just seems to get better! There is something so unique about the events we have at the club, and I had to make sure this Pajama Jam was one to share here at our 1st for LUV and it's home! Thanks to all who attended, I really enjoyed the dancing, laughs, chats and most of all seeing all the cute matching PJ's with your guests, husbands and kiddos! We can't wait for next year!

It's officially LUV Nutrition's 1st Birthday and I can't believe how time flies! Thank you to each of you who has made LUV your home and who have supported this journey alongside us! It's with the family we LUV that all this has been made possible. We continue to prayer over our business, our bodies, our hearts as we go into this NEW YEAR and keep growing! Your friendship and LUV are the heartbeat of this establishment and it doesn't work without YOU ♥

Please do remember to take some time to reflect on all the goodness of what we have and who we have to share it with. I can tell you that as I reflect over this year, I can see so many of your wonderful faces in my mind of some of the BEST memories and I LUV it. It's been so wonderful to be a part of your lives and to see so many transformations and friendships here at LUV Nutrition and I can't wait to see more!

LUV You All,
Coach Diane ♥



Client Corner Gentleman's Edition

"Client Corner Gent Edition was created to help our amazing members share their journey, brave testimony, & support to others. We truly appreciate these brave gentleman who have the courage to share what has helped them, and how LUV has impacted their life but more important - showing that gents are always welcome at LUV! 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 had the opportunity to experience some of the different fitness group classes at Luv Nutrition (which does actually allow and encourage men to join) It was a change and unexpected type of workout. This club combines the supportive atmosphere usually filled with women, to also welcoming all individuals with the same goal of bettering themselves. One of the perks is the varied range of fitness classes - Chairs, Weights, Poles, Dance cardio, BALLS...

Coach Diane creates an inclusive, energetic, fun environment where everyone feels comfortable and supported, even the men. So for all the men who are hesitant on working out, or hate to go to the gym, join your woman, and just come out and challenge yourself. It was a surprise to know that the classes are more challenging than I expected them to be. Yes, even for the guys. Be prepared to sweat! And if that's not enough, the club itself has hosted several events for which I have been a part of. Popups, bike rides, parades, friendsgivings, social hours which helps people to get to know each other outside of the club. All of the people I've met have been helpful, friendly, and down to earth.

Diane successfully created a space where we can pursue fitness goals without feeling restricted or judged all while having a few laughs too. Come out and let the men of Luv Nutrition take over this year!.... LUV Member Edwin



LUV NUTRITION
Heart of Downtown

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.

Happy Anniversary

1 YEAR IN BUSINESS

THANKYOU!

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

Happy 1st Birthday

LUV NUTRITION



POP UP
January 13th
10-3pm

DreamTeam Spotlight



Meet Evelyn

Meet Evelyn! Being able to feature this amazing and hard-working beauty for January 2024 is truly exciting as she is an absolute ray of sunshine when she walks through the doors of LUV. She is an amazing support to our club and members with her positivity and can-do persona. Tell you what-the apple does not fall far from this beautiful tree. Her precious daughter loves following in her mom's footsteps in coming to the club, such an amazing thing to be said in showing the importance of health for your body, mind, and soul to our next generation.

When we asked Evelyn to do us the honor of sharing her workout journey, what she found that she loved here at the club, and about telling us a little about herself, she shared the following: "Hello! My name is Evelyn Torres and this January will be a year that I joined Luv Nutrition. (So happy anniversary to me)! A little about myself and the family, I've been married for 17 years and have two kids. Both of my kids have always been involved in sports and I'm always on the go. I was more focused on them instead of myself. I got to the point where I was unhappy with the way I looked and didn't have the energy to do anything. Last January I was asked to join a weight loss challenge and that's how I was introduced to Luv Nutrition. Well let me tell you, this has been one of the biggest blessings. I started off being the one in the back, then moved to the middle and at times I go to the front. Coach Diane has given me so much confidence that I even lead my favorite workout! This place is filled with amazing women and a wonderful coach that always motivate each other. If you have been thinking about starting your workout journey well this is the place to start. I am ready for the New Year and see what 2024 has for me and all the great memories we will make together."

We absolutely love this amazing woman, her hard work, and infectious positivity. It makes our hearts happy to see her amazing journey and sharing her desire to becoming healthier with her precious daughter. Kudos to you Evelyn-we couldn't be more excited and look forward to seeing what amazing accomplishments you reach in the near future. Thank you for being a part of our Home, our Life, and Our Hearts!

Weight Loss Challenge

Change Your Mindset
Change Your Unhealthy Habits

Become stronger/healthier with:
A Meal Guide
Accountability Chat
One on One Coaching

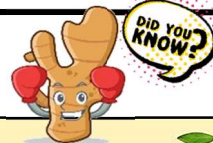
STARTS JAN 15TH
30 DAY CHALLENGE

January

Please Join Us Saturday,
January 27th
For LUV's Monthly Member
Birthday Cupcake Celebration



Psst...
how's your
water drinking
going?



10 Health Benefits of GINGER

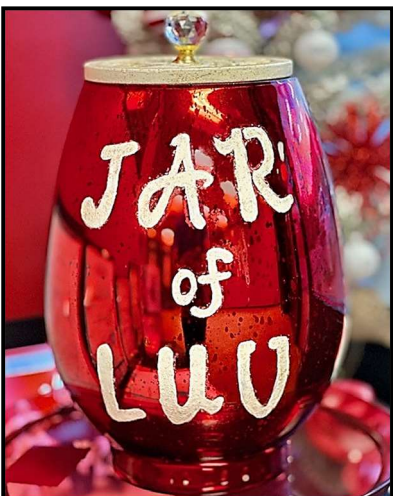
- Supports Healthy Blood Sugar
- Promotes Healthy Heart
- Treats Morning Sickness
- Reduces Joint Pain
- Reduces Menstrual Pain
- Supports Healthy Immune Response
- Settle Upset Stomach
- Improves Digestive Health
- Supports Skin Health
- Improves Mucus Clearing and Coughs

PRODUCT HIGHLIGHT

Promotes digestive health & contains zero calories

SIMPLY PROBIOTIC
POWDER MIX FOR DIGESTIVE BALANCE

NET WT 1.05 OZ (30g)



What Is The Jar Of LUV?

This is a personal conversation with Coach when you need to share, express, or request. Do you want to give feedback, offer up suggestions or kudos...is there a need for a prayer request or just want to give something back to Coach in words of appreciation. Well this jar is on display and is not shared with anyone. We encourage that you can at any time drop a note to Coach and she will read them - and follow up all done with LUV and the upmost discretion

Eat Well Be Well



Smooth Chocolate Cake

- Ingredients:**
- 2 scoops F1 Smooth Chocolate
 - 1/2 cup soy milk
 - 3 eggs
 - 3 tbsp unsweetened apple sauce
 - 1 tsp vanilla extract
 - 1/4 cup whole wheat flour
 - 1/2 cup unsweetened cocoa powder
 - 4 tbsp honey
 - 1/2 tsp baking soda

Preparation:
In a bowl, mix together Formula 1 Smooth Chocolate powder with all the ingredients until you have a smooth batter. Spray cooking oil in a non-stick baking tray, add the batter, and bake at 200 degrees for 20 minutes or until it is cooked.

Serves: 9 portions

Nutritional value per 1 serving

Kcal	Protein	Carbs	Fat	Fibre
104	5g	18g	2g	2g

