

Body - Mind - & Soul

LUV Nutrition Monthly Newsletter - January 2025

A Note From LUV's Admin


Happy New Year to our LUV Family!

What an incredible way to kick off 2025! I truly hope that you and your loved ones rang in the New Year by creating lasting memories together. Did you know that January 1st marks LUV's 2nd anniversary? It's been an amazing year for LUV Nutrition, filled with exciting adventures, team building, and countless unforgettable moments. Let's all take a moment to wish Coach Diane and Coach Ray Martinez a very Happy Anniversary! What an incredible milestone for them as business owners.

I want to extend my heartfelt thanks to everyone who supported LUV Nutrition in 2024 - whether you came in for a workout, shared Coach Diane's posts, or spread the word about the great services we offer here at the club. Please continue helping us grow so that LUV can always be here, serving those who truly love it. On a personal note, I want to say thank you because your support also allows me to keep coming here to work out and connect with my favorite workout family!

With the New Year comes renewed hope and fresh commitments, and 2025 is no exception. What goals have you set for yourself this year? I know many of us (me included) are focused on "losing weight," but guess what? IT IS TOTALLY POSSIBLE! The key is to first get your mindset right, take charge and show up, and not let ourselves feel overwhelmed or defeated if we feel we've fallen down or behind. What does Coach Diane always say? - Just keep moving and have fun. Her incredible coaching, positive attitude, and the support from our amazing LUV Family have positively contributed to my own weight loss journey.

In my discussions/meetings with Coach Diane and Coach Ray, I know they've set both personal and couple goals, and they're working hard to identify the necessary health adjustments to reach those goals. If you need guidance on achieving your own goals, reach out to Coach Diane to schedule an evaluation. She'll help you create a personalized meal plan to get you back on track and ensure your success in meeting your goals. Let's make 2025 a year of progress!

Sincerely Janie Rivera 
LUV Nutrition Admin



LUV NUTRITION
Home 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.**

a Year Of LUV



Congratulations



Special Memory 2024



In 2024, many incredible experiences were shared, but none could compare to the remarkable achievement of Coach Diane being recognized as Top 5 for the Health & Fitness Magazine. LUV Nutrition Clients were overjoyed to see their beloved Coach recognized for her unwavering dedication to LUV

Nutrition, her Clients, and her passion for what she does every single day. Anyone who steps through the doors of LUV Nutrition can immediately feel the positive energy she brings, inspiring and supporting her clients with every interaction. We appreciate you Coach Diane.

Eat Well Be Well Healthy Products & Recipes

REDUCES ABSORPTION OF A PORTION OF CALORIES FROM FAT

BOOSTS THE AMOUNT OF DIETARY FATS ELIMINATED FROM THE BODY

FORMULATED WITH LITRAMINE TO PROMOTE FEELINGS OF FULLNESS

HERBALIFE NUTRITION

Fat Release

For weight loss program support*

- Reduces a portion of calories from being absorbed when taken with a meal containing fats*
- Enhances the amount of dietary fat eliminated from the body*
- Formulated with Litramine to promote feeling of fullness*

DIETARY SUPPLEMENT

30 STICK PACKS 0.09 OZ (2.6g) EACH

NET WT: 2.75 OZ (78g)

SMOOTHIE BOWL

This colourful and delicious summer Smoothie Bowl will brighten up your day. Made with nutritious, healthy ingredients and our Formula 1 Free From Raspberry & White Chocolate, this is going to be a treat to your body as well as your soul.

INGREDIENTS

- 1 serving (25g) Formula 1 Free From Raspberry & White Chocolate
- 50g mixed berries (frozen or fresh)
- 1 tsp chia seeds
- 1/2 banana
- 50ml Rice-based drink
- 1/4 fresh beetroot (to give it a deep pink colour)

FOR THE TOP:

- 50g fresh mixed berries
- 1/4 passion fruit
- Edible flowers

METHOD

Serves 1

Mix all the ingredients together until smooth. Feel free to add in your choice of toppings, the options are endless! You can also add in coconut yogurt/other to thicken the texture.

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DreamTeam Member Spotlight



Meet Oscar

Meet Oscar, an exceptional young man whose dedication and enthusiasm light up every workout. We're incredibly fortunate to have him as part of our LUV Community, and his contributions to creating LUV Nutrition's advertising media have been invaluable. It's a true privilege to share the story of this remarkable, strong, and supportive individual, and we are proud to have him as a Client. For the January 2025 Spotlight, we asked Oscar to share a bit about himself and his remarkable journey. Here's what he had to say:

"Hello, my name is Oscar!

Before I started my fitness journey, I used to be okay with allowing myself to eat whatever I wanted, whenever I wanted, and I never noticed how much weight I was gaining. As I kept allowing this, I noticed my body was getting weak and tired, and I wasn't able to do normal activities without losing my breath. It got so bad, that I eventually ended up being sick, and got to the point where I didn't want to do anything at all. One day, I stood up, and looked in the mirror, and I wasn't happy with what I saw. Not even 30, and I was already at my heaviest and feeling the worst I've ever felt. After that moment, I promised myself a better life and I wasn't going to stop until I reached the best version of myself. Changing my diet, and lifestyle was something I had to go after. Was it easy? No. Not at all. But I wanted to be better. Day by day, everything fell into place and I was able to do more; be more. As time went by, I kept my diet strong, I kept working out, and soon, losing the weight came naturally and it was what encouraged me to keep going. Of course during this process, there were moments I wanted to stop and give up, but I'm glad I never did. However, there was a moment where I felt stuck. No matter what I did, I could not progress to the mindset and body that I wanted. That is, until, I started coming to LUV Nutrition and met Coach Diane. I was skeptical at first because of how female orientated it seemed to be. But I heard great things about it and I wasn't going to knock it til I tried it. All it took was one workout to make me realize that this was the place that was going to help me get over my slump, and trust me, it did! Coach Diane and LUV Nutrition helped me get to the point where I am in life right now and I encourage everyone, EVEN THE MEN, to give LUV a try, because you will see results, especially with Coach Diane, pushing you and encouraging you, and you will feel good in the long run. I'm happy with where I am, and I just want to let everyone know, it's possible, and if you keep at it, even though the struggles and temptations, you will be VERY happy with the person you see in the mirror!"

Great job, Oscar! Thank you for sharing your inspiring journey with us. It's been a pleasure hearing the motivating stories from our amazing LUV Nutrition Clients, and the importance of prioritizing health for our families truly resonates with us. We deeply admire Oscar for always being a truly inspiring Client and for offering his encouragement and support to both LUV Clients and Coach Diane!



Join Us Saturday, January 25th After 7am
Workout To Celebrate Our December Clients

No matter
how slow
you go,
you are still
lapping
everybody
on the couch.

