

# Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - July 2023

## A Note From Coach

Happy July!

Summer goals are HERE!!!! I am seeing so many wonderful transformations, and not just with bodies.. but with ENERGY, STRENGTH, ANXIETY and MINDSET. What a time to be at the club, a place to get INSPIRED and to be INSPIRED!

I have really enjoyed watching the friendships around me blossom and so many of you hitting small goals and finding a place here at LUV to call your HOME!

Don't forget I am always here, to lend an ear...to help Coach you on a meal plan and to help monitor your progress. You can find me at the club anytime, and can reach out when you want to do a wellness evaluation to keep track of your progress and help you find a plan that works for you.

Most of all I just ENJOY and APPRECIATE you all. The referrals, the positive word of mouth has really helped launch this club and I am so grateful. Let's keep growing! We are the BEST FitFamily in Pasadena and each of you are making this happen!

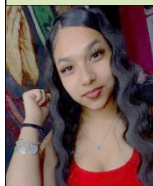
LUV Coach Diane Martinez 💖



"Client Corner was created to help others share their journey, brave testimony, & support to others." Our Jr Edition features our younger members and their inspirational thoughts & journeys. We are so appreciative of these brave young 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.**



"Hi my name is Jessica. I'm 13 years old I currently go to Coach Diane's 7pm classes and what I love about LUV Nutrition is that I'm always feeling welcomed and she is very supportive even when we go or don't go. I love that everyone is so positive and fun to be around. I look forward to going to her classes instead of being home bored and so I can tone up. I don't have a favorite workout yet because I love them all"...  
LUV Member Jessica

"Hi my name is Adaly. I started going to Luv because I was getting tired easily with sports and other activities. After talking with my mom, she recommended for me to start working out. So one day I decided to join my mom and I really liked it. I like the environment and music. I feel the hype!! My favorite class is weights and cardio. My energy has gone up and has helped me with sports. Thanks Coach Diane for making workouts fun. I feel amazing afterwards.....LUV Member Adaly



**We cannot always build the future for our youth, but we can build our youth for the future.**

- Franklin D. Roosevelt



**Empower children lives and they will be able to change the world!**

Timothy Pina



LUV NUTRITION  
Home of Dreamteam

## 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**

## 5 WAYS TO IMPROVE YOUR MENTAL HEALTH

### DAILY JOURNALING

Journaling helps both your memory and mental health. Everyday, write out your to do list, daily gratitude and affirmations. Practicing gratitude will change how you look at your life and the world around you.



### REDUCE NEGATIVITY

Your emotions, feelings and environment have a huge impact on your mental health. If your environment is full of negativity, it will then begin to transfer into other parts of your life.



### FOCUS ON SELF CARE

Self care is all about taking time to do the things you love. Spend some more time reading, painting and listening to music. Click to check out more posts on self care.



### READ MORE

Reduce your screen time and read more. Books open our minds and enable us to grow and change as individuals. If you're not a fan of reading, try audiobooks with audible.



### LET GO OF EXPECTATIONS

We are constantly surrounded by expectations. These expectations hold us back and limit us from achieving our full potential. Identify the expectations you and others have for yourself and begin breaking them down.





Join us Saturday July 1st



♥ \$10 Waffle/Coffee Combo ♥

Small POP UP Shop

A little shopping during breakfast!!!



LUV would like to wish everyone a Happy 4th of July!!!

## ♥ Sister to Sister ♥

LUV is home to some amazing & inspiring members but did you know that several of our members are also Sisters? What amazing duos that LUV is proud to have as members of our FitFam!!!



**July BIRTHDAY!**

Corinna-2<sup>nd</sup>  
Sandra M-18<sup>th</sup>  
Norma G-18<sup>th</sup>  
Debbie-20<sup>th</sup>  
Evelyn-21<sup>st</sup>

Please Join Us Saturday, July 29th  
For our Cupcake Birthday Celebration

## Recipe Ideas

### Crispy Chicken-and-Broccoli Salad

ACTIVE 15 MIN. - TOTAL 15 MIN., PLUS 2 HOURS CHILLING

**SERVES 4 TO 6**

- 2 Tbsp. honey
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. Dijon mustard
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 2/3 cup olive oil
- 5 cups broccoli florets
- 1 1/2 cups seedless grapes, halved
- 4 oz. sharp Cheddar cheese,

- grated (about 1 cup)
- 3/4 cup sliced almonds, toasted
- 1/2 cup thinly sliced red onion (from 1 small red onion)

- 5 fried chicken tenders, coarsely chopped (about 4 cups)

Whisk together honey, vinegar, mustard, salt, and pepper in a large bowl until blended and smooth. Drizzle in oil, whisking until emulsified, 30 seconds. Stir in broccoli, grapes, cheese, almonds, and onion. Cover; chill at least 2 hours or up to overnight. Stir in chicken before serving. SL

Avocados contain nearly 20 vitamins and minerals, including fiber, potassium, folic acid and vitamins K, E, C and B6! Avocados contain four grams of protein, making them the fruit with the highest protein content!



## DreamTeam Spotlight



### Meet Katrina

Meet Katrina! She joined LUV Nutrition about 2 months ago & has been a wonderful inspiration with the hard work & positivity that she brings to each & every workout. We absolutely love the amazing smile & laughter that this beautiful soul brings with her to every class.

We were very excited to feature her for the July Spotlight to & be able to share her journey with you. When we asked her what she loved about working out, what she has found that she LUVs here at the club, & if she would do us the honor of sharing a little about herself & her journey she had this to say.

"In all honesty, I was so scared & nervous walking in. In years passed I was very in shape & in the gym & I knew a lot had changed. Walking in, I immediately felt a huge welcoming. The ladies here at LUV are more than friendly - they are caring, truly caring. They are supporting & non-judgmental. In the time off of the gym, I got married, divorced & as a lot of other life changing events happened, I spent a lot of time figuring out anxiety & depression meds. Needless to say, the meds made me gain ALOT of weight & made me feel beyond exhausted & at times, sick. I thought me coming back to the work out scene was going to be a breeze & to be honest, it hasn't been. It's been tough! It's taking way more work than I expected & it's truly humbling (especially on chair day when the Cassie song comes out). My favorite workout is chair day (haha, jk! I can't stand the chairs), but mark my words - one day I will bust that day out of the park - especially the Cassie song!!!! Baby steps are still steps huh? As I write this, I can't believe in such little time of two months, so much greatness has come from this place. There was a day when I was winging off of anxiety meds that I knew I needed an outlet. I needed to go back to working out & working on myself. I prayed that God would lead me to the right gym. Not only lead me there but let it fall into my lap - sure enough, the next day a friend sent me a photo of the Luv flyer. A few days later, I was there & haven't left since. As far as results: yes, my clothes are fitting better & my energy is building back up. But the biggest change is that I can see the lower anxiety levels when I go to Luv. Anxiety is like being held under water & not being able to breathe - on the days when I go to Luv, I feel like I can breathe again. For that, I am forever grateful.

I will say, it's not just the workout at Luv; it's the friendships, the support, the fun & the possibility of getting back to a stronger version of my old gym self... her, but 10 times better! I can't give enough thanks to all the ladies that have helped me begin this journey again. God knew I needed y'all & I am forever grateful for you strong women!!!! Coach & the LUV girls, thank you!"

Katrina, you are such an inspiration and we thank you so much for sharing your amazing journey! Thank you for being a part of OUR HOME, OUR LIFE, and OUR HEARTS and we are excited to be cheering you and supporting you on with your amazing journey!

## • Eat Well Be Well •

### Benefits of Herbalife SKIN Collagen Beauty Booster



2 scoops Collagen Beauty Booster

1 cup mixed berries



2 cups water

Helps with reduction of fine wrinkles

Contains vitamins A, C and E

Supports strong nails and healthy hair

Supports skin elasticity

Psst...

how's your water drinking going?