

# Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - July 2024

## A Note From Coach

What an amazing time at LUV. Lots of new faces, and changes coming in new workouts here too!

I wanted to first take the time to say a HUGE THANK YOU to everyone who helped in voting for the MS Health and Wellness competition.

Being nominated was the first piece of the excitement but making each cut down to the final TOP 5 was AWESOME! And that was only possible because of all of you! Taking the 3rd place spot, that will sit with me for a while...because LUV was put on the map and recognized for sure! And with the love and support, I know if we get the opportunity next year, we will take the WIN!

I am so overjoyed by the love and encouragement too, the messages you all sent and votes of support make me feel LOVED.

We are more than 6 months into 2024 and I see so much progress in my team, you all show healthy changes and it's

the work that pays off! Changing up and adding HIIT has been some functional resistance training that will activate and switch up the daily norm we have been accustomed to.

And I am hoping to see some transformations....and remember this will all TAKE TIME. This is where we say " Enjoy and TRUST the process".

The weight will shift, you will build muscle and fat will come off....it's all changes that enhance and transforms the body. And as I continue to review exercises and put together routines and HIIT sessions...it's all for YOU!

Continue offering feedback, results and how you are feeling as I really enjoy the praise reports and absolutely love sharing results.

Thank you all for being so much a part of LUV Nutrition. The time I get to spend with you all is truly a reward and blessing that I never take for granted.

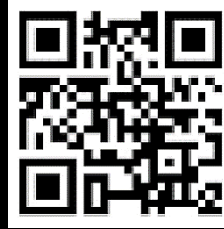
You could be anywhere, but the times I see you at the club, brings a smile to my face and joy to my soul!!!!

LUV You All,

Coach Diane 💖



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**

**All Classes \$5.00/ Per Class**

**Join OUR HYPE**

Coach Diane 832-863-4367

## 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.**



"Hi! My name is Abby and it's been about 6 months since I've joined the LUV Family. The way my confidence and my shyness has gone through the roof is a great feeling. I've learned how to not be so afraid of working out and trying new routines knowing what I love and how I can see results. My favorite workout routine so far has to be the Summer Smash up with cardio and HIIT workouts. I love the challenge LUV gives me and makes me push myself because it's always possible- you just have to want it bad enough for yourself." .....LUV Member Abby



**The journey to becoming  
our true selves means  
choosing growth over  
comfort.**

**-S.Knezel**

**HERE'S TO**

**Strong  
women.**

**MAY WE KNOW THEM.**

**MAY WE <sup>ARE</sup> THEM.**

**MAY WE RAISE THEM.**



# Upcoming Events & News

MAKE THIS  
4TH OF JULY  
MEMORABLE  
\*\*\* by \*\*\*  
COUNTING YOUR  
BLESSINGS  
\*\*\* and \*\*\*  
TRULY  
APPRECIATING  
OUR  
FREEDOM



LUV Nutrition was happy and excited to sponsor The Impact Gold Premier 2K12 Martinez Softball team with custom shirts and goodies as they traveled to compete in the Jennie Finch World Series in Suler, LA. They loved the items and were so appreciative of LUV's support on making their trip memorable!



LUV'S 1st Baby Is Here!

Help Us Congratulate  
LUV Client Silver For The  
Arrival Of Her Baby

Alexander Richard  
Born-June 26, 2024  
Weight-6lbs 7 oz  
Height-19 in



Join Us Saturday, July 27<sup>th</sup> After 7am Workout To  
Celebrate Our JULY Client Birthdays

## DreamTeam Member Spotlight



### Meet Natalie

Meet Natalie! She joined LUV Nutrition approximately three months ago and has since become an amazing source of inspiration with her dedication and her never-give-up attitude towards every workout. Her infectious smile and attitude uplifts every class, and we deeply value the positivity she radiates.

We're thrilled to feature her for the July 2024 Spotlight and be able to share her journey with you. When we asked her what she loved about working out and what she has found that she LUVs here at the club and if she would do us the honor of sharing a little about herself and her journey, she had this to say.

"Hi my name is Natalie Moreno, I'm 39 years old and was constantly on the diet cycle-I started dieting, gain weight and start all over again. With each cycle I would gain more weight than I lost and eventually reached 290 pounds with type 2 diabetes. I was just in a lost place with depression and anxiety where I had days where I didn't want to get out of bed. It took taking a vacation to Canyon Lake last year and coming up a flight of stairs and not being able to come up and had to get people to help me up which took about an hour to do so. I felt so defeated and told God I'm done, I have to get healthy for me and my family. I want to be able to enjoy my grand-babies one day. I started eating better making changes for a few months but still needed exercise in my life but I was just not a motivated person. My daughter would ask me weekly to go workout with her at LUV Nutrition but I would just say no! I felt that people would judge me because I felt that I couldn't do the exercises. My husband finally convinced me one day to go and I instantly felt a welcome when I walked through those doors. After 3 months of coming my life has changed dramatically. Never in a million years would I think I would wake up at 5am for a workout. I truly believe God brought me to LUV Nutrition for a reason. You ladies don't know how much you have inspired me. You girls have changed my mindset 100%. Thank you for all the love and support because it matters when you feel lost. Thank you Coach Diane for all your love and support. Keep supporting us women, we love it! Thank you for making me feel like family. #GodisGood."...Natalie

Way to go!!! Thank you so much for sharing your such an inspiring journey with us. We're immensely grateful to have you as a valued member of our Fit Family. Your presence enriches our HOME, our LIFE, and OUR HEART, and we're so excited for what lies ahead for you!

## Eat Well Be Well

= 100% X 0' N00 e 1000



### Ingredients

- 2 scoops Herbalife® Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream
- 2 TBSP Herbalife® Personalized Protein Powder
- 1 cup nonfat, low-fat or plain soy milk
- 1 cup strawberry halves, fresh or frozen
- ½ cup canned sliced beets (no salt added)
- 2 TBSP nonfat cream cheese
- 3-5 ice cubes

Red Velvet  
Cream  
Protein Shake

## EXTREME HEAT

CAUSES MORE DEATHS  
each year than hurricanes, lightning,  
tornadoes, earthquakes, and floods  
COMBINED!



### WHO'S AT RISK?

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

## WHAT CAN YOU DO?

### STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

### STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

### STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

[www.vdh.virginia.gov/Weather/ExtremeHeat.htm](http://www.vdh.virginia.gov/Weather/ExtremeHeat.htm)  
[www.cdc.gov/ephracking](http://www.cdc.gov/ephracking)