

Body - Mind - & Soul

LUV Nutrition Monthly Newsletter - July 2025

A Note From Coach

What a powerful first half of 2025, Dreamteam!

We've hit big goals, welcomed amazing new clients, and kept the energy high all around the club. The vibe? **Pure motivation.**

But now, as we step into the second half of the year - I've got one question for you: **What do you still want to accomplish? Have you paused to ask yourself that lately?**

Because there's still so much time and so much possible. Whether your goal is to be more active, more committed, more mindful, or just more **YOU**...the path is still wide open.

If weight loss is part of your journey, maybe for the new school year, the holidays, or simply to feel stronger and more confident-LUV NUTRITION is here for you with daily classes and bootcamps designed to challenge and support every level. I'm constantly evolving our workouts by switching up HIIT sessions, adding variety, and tuning into how your body and mind are responding. Because this is more than a workout. It's transformation.

And while we're in class, please know that I see more than just form and reps-I **see YOU**. I carry your stories with me: your wins, your setbacks, even that ankle you rolled last month. I notice the energy you bring in, the silence you hold, and the quiet strength it takes just to just show up some days. I build our sessions so that no one has to ask how they fit in-**you already belong here**. And after class? If I stick around, it's not just to tidy up. It's because I care enough to check in, to make sure you're truly okay. That's the part most people don't see. But I hope you can feel it. *This space is created with intention for YOU to feel safe, strong, and seen.*

We also have some awesome events coming up-a chance to connect with your fitness fam, share laughs, and soak in the joy of being part of something bigger.

So THANK YOU for showing up, for referring friends, for spreading the word about LUV. Your energy builds this space. Your commitment fuels our community. And your growth? It inspires me every single day. Let's keep pushing forward.

Let's finish this year even stronger than we started. Let's grow. Let's rise. Let's make July amazing.

With Gratitude and LUV,
Coach Diane 💖



LUV NUTRITION
Home of Dreamteam

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

Thank You To All Our Amazing Vendors For Participating in LUV Nutrition's June 7th Pop-Up

Another Successful Pop-Up In The Books



Upcoming Events & News

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



Keep A Lookout
For Upcoming
LUV Nutrition
Events!

YOU CAN TELL
WHO THE STRONG
WOMEN ARE. THEY
ARE THE ONES YOU SEE
BUILDING ONE ANOTHER
UP INSTEAD OF TEARING
EACH OTHER DOWN

LOUBIS - AND - CHAMPAGNE

CONGRATULATIONS TO LUV CLIENT LETICIA
ON THE BIRTH OF HER GRAND-DAUGHTER!



Dreamteam Member Spotlight



Meet Liz

Meet Liz! This Dreamteam Member is an incredible ray of sunshine that brings such genuine warmth, positivity, and a smile that lights up the room. But don't let that sweetness fool you, Liz pairs it with an unstoppable work ethic and deep dedication to her goals. She shows up, puts in the effort, and shines every step of the way. Watching her push herself and grow has been nothing short of inspiring!

We're thrilled to feature her for the July 2025 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.

"My happy place is what I call LUV Nutrition. From the first time you walk through that door Diane welcomes you like she's known you for life! The energy she gives you is fantastic-always supporting you to keep pushing yourself for the best!

LUV Nutrition is a non-judgmental environment. Some days you need a good sweat to feel better and to relieve all the stress you have. I know some days are harder than others but it is one day or day one! I was depressed about how my clothes fit but never did anything about it or probably I did not find the right place and people. I have been coming here for about 1 year and I have lost 14 pounds! My motivation to keep going on my journey is my son. I want him to also have a healthy lifestyle. He loves coming he knows it is mommy time once we are here!

My husband has enjoyed the workouts. He was skeptical at first (he was intimidated by a woman's workout) but after the first time he loved it!

My favorite class is BOOT CAMP. Call me crazy but I feel great every time I challenge myself with heavy weights!

Thank you Diane for everything you do. I see how much love you put into the Gym."

What an absolutely incredible journey! Thank you for opening up and letting us be part of your journey, it's been nothing short of inspiring. We're so lucky to have you in our Fit Fam! You bring light, energy, and heart to everything we do, and we can't wait to see what amazing things are still ahead for you. Keep shining-this is only the beginning!

Eat Well Be Well

Healthy Products & Recipes



Ingredients

- 6 scoops Protein Baked Goods Mix
- 4 scoops Formula 1 Strawberry Cheesecake
- 2 scoops Formula 1 Cookies 'n Cream
- 2 TBSP dark cocoa powder
- ¼ cup all-purpose flour
- 1 cup plus 2 TBSP low-fat milk
- 2 eggs
- 1 TBSP vegetable oil

Instructions

- Preheat oven to 190 C.
- Prepare a 6-cup muffin tin: Spray with nonstick pan spray or wipe with oil, or line with foil muffin cup liners.
- In a medium bowl, whisk together Protein Baked Goods Mix, Formula 1, cocoa powder and flour.
- In a small bowl, whisk together milk, eggs and oil.
- Pour liquid ingredients over dry and stir with a fork until all dry ingredients are incorporated. Batter will be thick. Avoid overmixing.
- Spoon batter into prepared tin.
- Bake for about 25 minutes, or until the top of a muffin springs back when touched lightly with your finger.
- Let cool in pan for a few minutes, then transfer to a baking rack to cool completely.

Makes 6 muffins. Serving size is 1 muffin.