

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - June 2023

A Note From Coach

Here it is!!! June Newsletter is packed with lots of updates just for you!

First, thank you to everyone who participated in the parade for the Pasadena Strawberry Festival. We had a great time and we are eager for the next one. This was an exciting experience for LUV Nutrition as a club, but also for having a morning to share an experience with the City of Pasadena!

I continue to be so grateful to everyone who makes LUV their home, we have so much more in store for you!

LUV Coach Diane Martinez



Client Corner

"Client Corner was created to help others share their journey, brave testimony, & support to others."

"I am so appreciative of these brave ladies who have the courage to share what has helped them, and how LUV has impacted their life! I continue to be inspired & thankful."

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.

"What I love about LUV is that there is a welcoming feeling and support anytime no matter how many times we go or don't go. The family feeling never changes. My favorite workout is pole because it helps me balance. Yes definitely consistency is always key but the words of wisdom help me when I can't be and I must say all the ladies luv to share their successes and challenges but most of all, the additional events that involve the LUV Community in the surrounding community just makes our hearts even more full."....LUV Member Imelda

"What I LUV about LUV is that everyone there is so nice & welcoming. I LUV that everyone is so positive & fun to be around. It's always a great time when I go workout. I have 2 favorite workouts. The 1st one is the pole workout (song: That's My Girl by 5th Harmony), the 2nd one is the chair off & on (song: Me & U by Cassie) but only because I can use the chair confidently since I use the stepper when getting on/off the chair. Ever since I started working out in January I am able to sleep better. I would toss & turn but now I fall asleep pretty fast & have a more restful sleep. I am really beginning to notice more results as time has gone on. Some of my clothes fit a bit looser & I feel, as well as look good in my clothes now. I feel a little more confident with my crop tops & bathing suits also which was absolutely not the case prior to working out with LUV."....LUV Member Esmeralda

"As soon as you walk through the door, you can feel you've come to a place that's truly genuine & different. My favorite workout is the J Balvin Que Calor (even though I have a love hate relationship with jacks)...I still love that workout. I started my workout journey over a year ago having lost about 55 lbs but started having severe knee pain & had been advised to stop doing these workouts due to my need for b/l knee replacement surgery. It sent me into a depression that took a toll on me but with the support of Coach, my LUV peeps, & my family-I'm back on my journey to become healthier & lose weight so I can move forward with the knee surgeries. I'm still a ways from meeting my goal but I can honestly say I'm sleeping better, feeling better than I have in months, & making lasting friendships."...LUV Staff/Member Janie

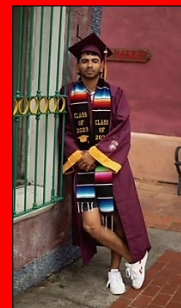
Congratulations to the Class of 2023!



We wish you all the best of luck & happiness in your future endeavors. This big day won't be the last one as the sky's the limit - dream & chase those dreams & keep shining. Here's to your awesome accomplishment & the families of all the graduates! ♥



Alyssa Gutierrez
Sam Rayburn High



Erik Aguirre
Deer Park High



Jacalyn Martinez
Heights High



Marc Deleon
Sam Rayburn High



Isabelle Corral
Yes Prep



Victor Lopez
South Houston High



Omar Cerda
Goose Creek Memorial



Way to GO!
A big WAY TO GO to Adaly Torres for being presented with the Carroll Teague Award. This young lady is well on her way to doing amazing things in school.

UPCOMING EVENTS

Munchies with a

Twist

Friday, June 30th at 6:30 PM

RSVP Required



SPECIAL MESSAGE



LUV would like to wish all the Dads-Grandpas-Uncles-Brothers and all Positive Men who make a difference.

A Happy & Blessed Father's Day!

F.R.I.E.N.D.S

&

ACCOUNTABILITY

HUGE shout out to friends who support one another, and for the blessings of all the referrals to the club. Accountability is so important, and having friends who work to push you to be better, stronger, and healthier is a benefit few are lucky to have. I am so inspired by the friends who come in groups, and who show love, grace, and support of each other. So, grab a friend and show up...the club is here for EVERYONE! I LUV what I'm seeing in our FITFAM, let's keep the empowerment and motivation going!



Eat Well Be Well

Recipe Ideas

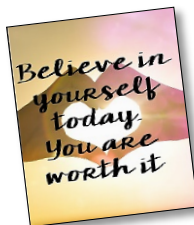


WAFFLE RECIPE

Baking spray
2 scoops of Formula 1
1 scoop of Protein
1 cup of Oats
1 Egg

In Approx. 8-12oz of water

OPTIONAL
ADD CINNAMON



Please Join Us Saturday, June 24th
For our Cupcake Birthday Celebration
Celebrating LUV Members:

Sam - 3rd

Savannah - 6th



Happy June Birthdays



Bananas contain the natural chemical protein tryptophan that converts to serotonin known to make you relax, improve your mood, and generally make you feel happier!

Recipe For: Roasted Shrimp & Asparagus

Ingredients:

30 Large raw shrimp, peeled
1 Bunch of asparagus
1 stick butter
2 cloves garlic
Pepper
Parsley
Grated Parmesan cheese

Directions:

Cut asparagus into 1-inch pieces. Melt butter in frying pan. Add garlic and asparagus and cook for 3 minutes until tender. Pour cooked mixture into bowl with shrimp and toss lightly. Pour mixture into pan lined with aluminum foil. Spread into one even layer and bake at 375°F for approximately 20 minutes, or until shrimp is cooked. Remove and serve.



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DreamTeam Spotlight



Meet Celeste

Meet Celeste! We are very excited about featuring her for the June Newsletter. We are truly so proud of witnessing the transformation of this beauty. She came into LUV quiet but eager to give it her all in workouts. Now she has blossomed into one encouraging and supportive team member with a passion for her journey. She will regularly request routines, dance along with music, and happily shares her progress with her FitFam.

When we asked Celeste about sharing her workout journey, what she found that she loved here at the club, and about telling us a little about herself, she was truly thrilled for the opportunity to share the following:

"I started my fitness journey about January 2023 weighing in at 280 and am now at 260. We found Dream Team through a friend and decided to give it a try. Me and my mom felt very welcomed and comfortable with Coach and all of the other lady's. We like how they encouraged each other and how energetic Coach D is. I plan to continue with my work outs and make lasting friendships at the LUV Nutrition Club."

We love how this lovely young lady's transformation has inspired so many in their journey. It makes our hearts happy to see her already committing to making this her lifestyle while dedicating her time with her mom, to the club, to her health, and to her future. YOU GO GIRL-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 HEART! Your results are amazing...and we are cheering you on all the way! ❤️

HERBALIFE

Product Highlights

