

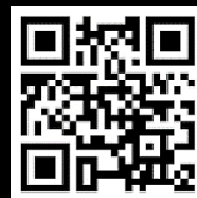
Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - June 2025



LUV NUTRITION
House of Nutrition

3622 Fairmont Parkway
Pasadena, Texas 77504



A Note From Coach

At LUV Nutrition, we're stepping into June full of gratitude, pride, and celebration! First, we're sending a huge CONGRATULATIONS to all the amazing graduates in our LUV family - whether you're a client or the proud parent of one - We're cheering you on as you close one chapter and step boldly into the next. We're so proud of these incredible young men and women who are ready to take on the world. Your accomplishments inspire us, and we can't wait to hear all about the incredible things you'll do this summer and beyond! As always, we invite our LUV community to keep sharing your children's achievements in school, sports, and service - We love celebrating these special moments with you, because at LUV Nutrition, your joy is our joy. Also, let's not forget - Happy Father's Day! ❤️ This month, we also honor the Dads, Step-Dads, Father Figures, and ALL the Men who support, lead, and love with strength and kindness. Thank you for all you do! Your impact is felt every single day, and we celebrate YOU this June! As LUV Nutrition continues to grow and thrive, we're more grateful than ever for our incredible Community. Thank you for being part of our journey. Let's make this Summer full of Health, Happiness, and LUV!

Love Coach Diane! ❤️



Miguel,
Son of LUV Client Blanca



LUV Nutrition is thrilled to showcase these incredible Graduates of Class of 2025! They've shown determination, resilience, and heart - and we couldn't be prouder of everything they've accomplished. As they step into this exciting new chapter, we hope each of them finds success, purpose, and joy in every path they pursue.

*"Here's to Chasing your Dreams and making the Future as Bright as You Are. With **LUV**, we're cheering you on every step of the way!"*



Ariana,
Daughter of LUV Client Raquel



Becky,
Daughter of LUV Client Adrianna



Andrea,
Daughter of LUV Client Letty



Gabby,
Daughter of LUV Client Jennifer
Sister of LUV Client Allyssa



Andrew,
Son of LUV Client Jennifer

Supporting and nurturing our youth today lays the foundation for confident, capable, and successful adults of tomorrow.

Damian Torres,
Son of LUV Clients Evelyn & Carlos



The youth of today are the leaders of tomorrow.

Nelson Mandela

Upcoming Events



Don't Forget - LUV Nutrition's Pop-Up is happening
Saturday, November 7th at 10AM! Come out & treat
yourself to a fun day of shopping while supporting amazing
local Vendors. You won't want to miss the fun, the vibes,
& all the must have finds. Mark your calendars & bring a
friend! Come Get Your Shopping On! ❤️🛒👉

*To all the dads, grandpas,
uncles, big brothers, and other
male role models out there...*

YOU ROCK!

Happy Father's Day



Did you know our Client, Jennifer S., was recently featured on Great Day Houston for the incredible work She & Her team do daily at Melillo Middle School? She's a beautiful & shining example of Women Empowering Women & an Inspiring Leader in every sense. We're so proud to have such Amazing Clients who make a difference in our Community!



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

-S.Knezel

-S.Knezel

DreamTeam Member Spotlight



Leticia (Letty)

We're thrilled to introduce one of the newest additions to our LUV DreamTeam as our June 2025 Spotlight! We asked Letty to share a bit about herself and her journey and we're so honored she did. Every story shared within our LUV Community holds the power to uplift, encourage, and inspire others who may be walking a similar path. We're incredibly grateful when clients open their hearts to us, and Letty's story is no exception. So, without further ado, here's what she had to say:

I joined LUV Nutrition in early March, thanks to an invitation from my cousin, Jennifer Vega-and I can honestly say, it's been a fantastic experience.

At the time, my weight was fluctuating, and my physical activity was limited to trying to hit 10,000 steps a day. I knew I needed a more structured and engaging fitness routine, and LUV Nutrition has delivered far beyond my expectations.

From day one, I was inspired by Coach Diane's infectious energy and unwavering positivity. Her enthusiasm makes every session something I genuinely look forward to. The workouts are thoughtfully designed to be both accessible and fun, which has helped me stay consistent and motivated.

Since joining, I've seen steady progress. The number on the scale is moving in the right direction, but more importantly, I feel the difference in how my clothes fit—and that boost in confidence has been incredibly rewarding. These changes have improved not just my physical health, but my overall sense of well-being.

What truly sets LUV Nutrition apart is the sense of community. The environment is welcoming, supportive, and uplifting. I've found myself recommending it to everyone I know because I genuinely want others to experience the same transformation. Even my 5-year-old daughter, Jade, has caught the LUV spirit! She attended class with me one day only to sit and observe but quickly got up participate. She absolutely loves being there and has taken on the role of my little "mini coach," cheering me on with her boundless energy. Seeing her so engaged and excited has made this journey even more special.

I now look forward to each class and feel excited about continuing this journey. LUV Nutrition has helped me build healthier habits, stay accountable, and enjoy the process every step of the way. I'm sincerely grateful for the support and encouragement I've received, and I wholeheartedly recommend this program to anyone seeking a positive, effective, and sustainable fitness experience.

Wow, Leticia thank you! Your journey is truly inspiring, and we're so grateful you chose to share it with us. Hearing stories like yours and those of so many of our amazing Clients has been both empowering and deeply moving. There's something incredibly motivating (and healing!) about opening up and connecting through shared experiences. Your reminder about the importance of staying healthy not just for us, but for our families, really hits home! We're beyond excited to continue supporting you on your path—and we're honored to be part of your journey. Keep shining, Letty!



Eat Well  Be Well

Healthy Products & Recipes



PROLESSA DUO
"LIQUID LIPO"

- BURNS BELLY FAT
- SHRINKS WAIST LINE
- HUNGER CONTROL
- TONES MIDSECTION



Herbalife Waffles

- 1 scoop F1
2 scoops PDM
1/4 cup milk
1 egg
1 tsp canola oil
2 TBSP rolled oats
1/4 tsp baking powder

