

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - May 2023

A Note From Coach

Welcome to the May edition of our monthly newsletter! I hope that this new edition finds everyone in happy spirits and excitement for a new and exciting month!

It's been a busy, exciting, and fun filled start to all things LUV here and I'm so blessed and excited for what is still to come.

Thank you again to everyone who helped make our Grand Opening a huge success and helped to put our club officially on the map.♥

As we continue to grow, and share all the good things going on here, I wanted to send my sincere thanks to each and every one of you who have made this club feel like home!

I am so grateful to each person who brings positivity, respect and joy to our club and who is supportive to the needs and goals of one another! It is a special feeling to be a part of something so refreshing! I see friendships blossoming and people becoming comfortable with each other as we "Show Up and Show OUT" each week!

YOUR TESTIMONY is important and I'm excited that you ladies share your journey, struggles, accomplishments and goals, your story helps others... just know YOU make a difference!

We have some great things planned and I personally invite you to be a part of all that we do here! Because without YOU, this dream would not be possible, and Ray and I more than appreciate the LUV and opportunity to be a part of your success!

Stay tuned, focused and plugged in!!!! Let's keep going and making the best of happiest memories and moments in this club!

Every goal, inch, pound, and result is worth celebrating!!!!

And I'm enjoying watching all of you as we walk this path to a happy and healthy and most of all...BETTER US!!!

As always, please feel free to reach out to me for any questions regarding the club, nutrition plans or even ideas of what we can do in our growing phases here at the club. Janie also is here to help answer questions and help get you schedules, info, and more!

Plan your weeks, set your goals and let's GO for it. And in all things, just know each of you is so LOVED.♥

Coach Diane Martinez



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

Monday 7pm - Chair Day Cardio
(cardio focused workout with use of chairs)

Tuesday 5am - Mixed Cardio
(cardio focused workout with use of weights)

Tuesday 6pm - HIIT/Boot Camp
(interval training w/ weights and plyometrics)

Tuesday 7pm - Mixed Cardio
(cardio focused workout with use of weights)

Wednesday 7pm - Mixed Cardio
(intense cardio weight focused workouts)

Thursday 5am - Mixed Cardio
(cardio focused workout with use of pole)

Thursday 6pm - HIIT/Boot Camp
(interval training weights and plyometrics)

Thursday 7pm - Mixed Cardio
(cardio focused workout with use of pole)

Friday 5am - Chair Day Cardio
(cardio focused workout with use of chairs)

Saturday 5am - Shout It Out
Saturday 7am - Shout It Out
(Team members get to call out their favorite workouts & songs)

The strength of the team is each individual member. The strength of each member is the team.



You're NEVER Alone Help Is Available

If you're experiencing difficult thoughts, reach out to Coach, one of your team members, or dial 988. You are an important part of our team here at LUV!!!

Mental Health Tips

- Talk about your feelings
- Take a break
- Do something you're good at
- Care for others
- Ask for help



EVENTS



Meet Raquel! She is a huge part of the LUV Nutrition family, and we are happy that she makes LUV her home! You can find Raquel cruising around in her festive jeep, and we LUV the lights and all the celebration she brings in her happy smile and warm spirit. She is often in the club working hard to encourage others by either giving them feedback or offering suggestions on how to improve their workouts.

When we asked Raquel about sharing her journey for this month's newsletter, she was thrilled and excited for this opportunity.

LUV Nutrition: "Raquel, what do you love about working out? What have you found that you LUV here at the club? Can you please share a little about yourself and your journey?"

Raquel: "I'm such a fond believer that people are put in your path for a reason or a season. Whether they were meant to help you during a short period of time or even a lifetime. I met Ms. Diane somewhere along the way during my own rough season but this certainly wasn't the beginning of our friendship as I had no idea what was yet to come."

"To say we ALL have our own battles to fight behind the scenes is an understatement. I was in a dark place for quite some time not knowing how I would overcome obstacles, betrayals, depression, and what I thought were my own failures at the time. It was up to me to rise, claw, scrape my way up and overcome them. This is where the Wonder Woman attitude was born. As mothers, wives, sisters, friends, employees, etc. some of us put these titles as our priorities and forget about ourselves, about who we are and what we are capable of. The same applied to me. At the beginning of my fitness adventure, I was told that I was being selfish for putting myself first. (I almost believed it!) However, the more I pushed myself, the more I reminded myself how important I am. I needed to make sure I was going to be able to show my children that we can overcome anything despite all we had gone through. The stronger and more confident I became was for me, and ultimately for them. I never knew how much I truly enjoyed classes until Ms. Diane stopped teaching. (BOO. I know!) I didn't realize how much it helped me to mentally, physically, emotionally unwind, to destress from my everyday life. When LUV Nutrition (Ms. Diane) was back, I couldn't have been happier! We connected on a whole new level. I let down my boundaries and a beautiful friendship blossomed more than I could have ever asked for! Not only did Ms. Diane bring back her amazing classes, (YAY!!!!) but she provided a judgement free sanctuary of like-minded women who encourage and inspire each other. This is what I needed more of!! And THIS is what I want to be for anyone who needs it of me."

"We all have experienced or are experiencing the highs and lows of life but here at LUV just know that you'll be welcomed, supported, and will gain a new kind of fit family. Ladies, we all have a warrior somewhere inside us! Don't let the journey overwhelm or scare you. Focus on the first step and enjoy your adventure!!!"

LUV Nutrition: "What an amazing journey! Thank you so much for sharing your thoughts & your story. We certainly feel blessed and appreciate having you as a part of our LUV Nutrition Family."



May:

Esmeralda-15th
Imelda-20th

Celebrated after 7am workout the last Saturday of every month

Eat Well Be Well

Recipe Ideas

CHICKEN LETTUCE WRAP

- 1 8-inch whole wheat flour tortilla
- 4 oz. 6 oz. sliced chicken breast
- 2 cups 2 cups chopped romaine lettuce
- 2 TBSP 2 TBSP vinaigrette salad dressing
- 1/2 cup cooked beans (garbanzo, white, black)
- Slices of tomato and onion as desired

CALORIES: 400
PROTEIN: 25 g

CALORIES: 600
PROTEIN: 40 g

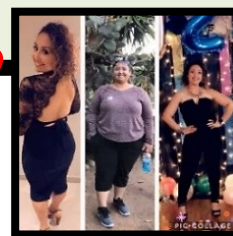
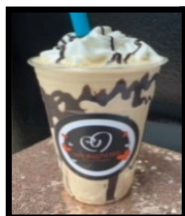
Fill tortilla with all other ingredients, fold sides and roll into a wrap, and enjoy.



Protein Shake

Cookie Monster

- 2 Scoops Peanut Cookie PDM
- 1 Scoop Dulce de Leche F1
- 1 Scoop Dutch Chocolate F1
- 1 Scoop Quick Oats
- *1 Scoop Prolessa



Three Carrots give you enough energy to walk 3 miles and that they were first grown as medicine not food?

