

Body - Mind - & Soul

LUV Nutrition Monthly Newsletter - May 2025

Special Edition

HAPPY
Mother's Day



A Note From LUV Coaches

Feliz Mayo!

En LUV Nutrition, estamos orgullosos de celebrar a todas las mujeres increíbles de nuestra comunidad en este Día de las Madres. A las mamás, tías, hermanas, amigas y a cada mujer que ha asumido el papel de cuidar, apoyar y fortalecer a quienes la rodean: gracias. En un mundo donde el estrés, el acoso, el aislamiento y los desafíos de salud mental van en aumento, su presencia e impacto son más importantes que nunca. Ustedes inspiran, elevan y lideran con el ejemplo - y las vemos. Nos sentimos honrados de conocerlas, de entrenar a su lado y de ser testigos de los lazos únicos que se forman en nuestra comunidad. Desde equipos de madre e hija hasta abuelas con sus nietos e incluso dúos de madre e hijo, sus conexiones hacen que LUV sea más fuerte.

Feliz Dia De Las Madres!

Con Carino Ray y Diane Martinez 💖

Happy May!

At LUV Nutrition, we're proud to celebrate all the incredible women of our community this Mother's Day. To the moms, aunts, sisters, friends, and every woman who has stepped up to nurture, support, and strengthen those around them—thank you. In a world where stress, bullying, isolation, and mental health challenges are on the rise, your presence and impact matter more than ever. You inspire, uplift, and lead by example - and we see you. We're honored to know you, to train alongside you, and to witness the unique bonds formed within our community. From mother-daughter teams to grandmother-grandchild pairs and even mother-son duos, your connections make LUV stronger.

LUV Ray & Diane Martinez 💖

Happy Mother's Day!



Upcoming Events



It's Brunch Time At LUV Nutrition

Join Us For A Big Back Brunch Potluck

Where Clients Coordinate Their Outfits with the Colors of Their Charcuterie Boards

When: Late May - More Details To Come Very Very Soon So Keep Your Eyes & Ears Open



- Cinco de Mayo—or “Fifth of May”—is a Mexican holiday that commemorates the victory of the Mexican army over an invading French army at the Battle of Puebla in 1862.
- It is not, as many people mistakenly believe, Mexico’s Independence Day (that date is Sept. 16).
- Although the Mexican army was eventually defeated, the *Batalla de Puebla* became a symbol of Mexican unity and patriotism. With this victory, Mexico demonstrated to the world that it was willing to defend itself against foreign intervention.



Join Us Saturday, May 31st After 7am Workout To Celebrate Our March Client Birthdays



Meet one of our newer Clients, Veronica! She joined us about six months ago, and let me tell you-her energy is absolutely radiant and has a way of lighting up any room. We're truly honored to feature her in our May Bilingual Newsletter.

“Hello, my name is Veronica and I've been attending exercise classes with Coach Diane since November 2024. My LUV Nutrition experience has been amazing! As soon as I walk in, the neon lights are flashing, and I am greeted with an energetic hello. I started my journey with Boot Camp, when a colleague invited me to try something new. I had no idea what I was getting myself into or if I had the endurance to keep going. There are 8-10 exercises that we rotate through, and Coach Diane will modify as needed. I also attend Shout-out Saturday. This is a “cute” workout where everyone in class will shout-out an exercise routine we all do together. I am now flipping tires, pushing myself, and encouraging others along the way. Throughout my experience, I have gained more confidence, consistency in exercising, and choosing healthy habits. When I think I can't do a workout, Coach Diane will hype me up and encourages me to go a few more rounds.”

“Hola, me llamo Verónica y asisto clases de ejercicio con Coach Diane desde noviembre de 2024. ¡Mi experiencia en LUV Nutrition ha sido increíble! En cuanto entro, las luces de neón parpadean y me reciben con un saludo enérgico. Empecé mi experiencia con Boot Camp cuando una compañera me invitó a algo nuevo. No tenía ni idea de en qué me estaba metiendo ni si tuviera la resistencia para seguir. Hay de 8 a 10 ejercicios que rotamos y Coach Diane los modifica según sea necesario. Me gusta la clase Shout-Out Saturday. Es un entrenamiento “cute” en el que todos en clase mencionan una rutina de ejercicios que hacemos juntos. Ahora estoy volteando llantas, exigiéndome al máximo y animando a otros a seguir. A lo largo de mi experiencia, he ganado más confianza, constancia al hacer ejercicio y la elección de hábitos saludables. Cuando creo que no puedo con un entrenamiento, Coach Diane me anima a hacer unas cuantas rondas más.”

Thank you, Ms. Veronica-for sharing your inspiring story! It's a powerful reminder that with hard work, dedication, and positivity – goals of better health and amazing new friendships are absolutely possible. We're so grateful to have you in the LUV Community.



Eat Well Be Well

Healthy Products & Recipes



Grape Glow

Makes 1 Serving

Nutrition Facts Per Serving:

50
Calories

2 g
Protein

7 g
Carbohydrate

0 g
Fat

0 g
Fiber

This sweet and refreshing tea is “grape” for supporting healthy skin and digestion, as well as delivering a boost of energy!

- 1 ½ fluid ounce [Herbalife® Herbal Aloe Concentrate Grape](#)
- 1 scoop [Herbalife SKIN® Collagen Beauty Booster](#)
- ½ tsp. [Herbalife® Herbal Tea Concentrate Raspberry](#)
- 1 [Herbalife24 Liftoff® Pineapple Push](#)
- ½ tsp. [Beverage Enhancers Drink Mix Grape](#)
- 1 cup cold water
- 1 ½ tsp. lemon juice
- Ice