

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - November 2023

A Note From Coach

It's Happy November LUV family!

The year is almost up and so much more to still get done and in the books for 2023!

I wanted to send a very sincere THANK YOU to all you beautiful souls who helped me celebrate MY BIG 50! From the text messages, posts, and all who came to my celebration...it was a day to remember and an evening that I will never forget! What a way to kick start this new chapter with the BEST right alongside me. You will never know how much your TIME spent meant the world to me, and I love you all.

We still have a few events that we will be getting to in the coming months, so stay plugged in and alert! And just as fast, these holidays are soon approaching, so let's keep working on our goals so we look and feel our Holiday BEST!

You all make this place full of LUV and I am so honored to have each of you in the house of joy, transformations, and LUV

So thankful to you,

Coach Diane 💖



Client Corner

"Client Corner was created to help our amazing members share their inspirational journeys, brave testimonies, & support to others." We are so appreciative of these brave ladies who have the courage to share what has helped them, and how LUV has impacted their life! We continue to be inspired & are thankful for them."

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.

"I love the atmosphere and love being around people who are there to work. I luv the inspiration from others and the motivation from Coach that keeps me going. My favorite workout is Chair Day. Not only have I won a Fit Challenge in working out with Coach Diane but I have met so many amazing people. I'm so glad that I met Coach Diane on this amazing journey to happier and healthier me." LUV Member Amanda.



"When I go to LUV what I LUV the most is Coach Diane she's such a welcoming good-hearted woman. Always with a smile on her face. Also the playlist at LUV is such a vibe, it's like listening to my own playlist-I could never get enough. Everyone there is so amazing. I could never get enough of LUV !!!! My favorite workout would be pole and booty, but to me every workout is a killer. I can feel my fat crying (haha) which means it's working! I LUV it here !!!! After having a baby and coming back to work out was one of the hardest things for me but I constantly remind myself to take it a day at a time and stay consistent which is hard. But Coach Dianne has been an amazing person to always remind me never to quit. I have wonderful friends who motivate me to continue to come and not to stop. And not to be too hard on myself after having a baby! LUV IS THE PLACE TO BE, EVERYONE LUVs it here 😊."LUV Member Ana



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
Coach Diane 832-863-4367

Join us for mixed cardio, good music and happy vibes!

All Classes \$5.00/ Per Class

7 TIPS TO STAY FIT THIS HOLIDAY SEASON



1 STICK TO YOUR ROUTINE

Don't use holiday season as a reason to slack off. It is okay to go a little astray but don't break the routine altogether.

2 STAY ACTIVE

Don't let winter come in the way of your activity. Do some chores like vacuuming, hang up Christmas lights outside your house or dance with your friends. Even a small step can help.

3 CHOOSE A SMALLER PLATE

Trick your brain into eating less by picking a smaller plate. It will keep your portion size in check.

5 EAT YOUR VEGGIES AND FRUITS

Eating fruits and veggies will satisfy your stomach without adding unnecessary calories. It will also help you avoid binging on unhealthy foods.

4 GET GOOD SLEEP

Sleep deprivation is common during the holidays but it is essential to get good sleep to keep your energy levels up and stress levels low. However, avoid oversleeping as it can cause weight gain.

6 DRINK MORE WATER

During winter moisture is lost from the mouth rather than sweat. Indoor heat causes dry air leading to winter dehydration. That's why it is important to drink water to stay hydrated & feel full.

7 EAT, DRINK & MERRY

While it is important to stay abstinent, holidays are all about being merry! Enjoy the delicious holiday foods but just remember, moderation is key.

Make smart choices and enjoy the holiday season with these weight management tips!



**You're NEVER Alone
Help is ALWAYS 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!!!

Upcoming Events

Friendsgiving 2023

Join Us for Thanksgiving Dinner

With your workout family

Sunday November 5th

5:00PM

Sign Up Sheet at the Club






Holiday Lighted Parade

Sponsored by: The City Of Pasadena & The Pasadena Strawberry Festival



Join Us On The LUV Nutrition Parade
Float December 2nd @ 7pm
(more details to follow)

Grab your guest and matching PJ's
and let's party!
4th Annual

Christmas PAJAMA PARTY

Saturday Dec. 9th
6:30-10:30

Food Drinks Dancing





Join Us For

Abuelita & Pan Dulce Girl's Night

(open forum to talk LUV, the new year, your thoughts/ideas, & You)

Friday, December 29th
from 6:30-8:30pm

PRODUCT HIGHLIGHT

Delivers 1 billion active probiotic cultures per serving

Promotes digestive health & contains zero calories



Helps provide balance to good & bad bacteria



**Apple-Peanut
Cookie
Overnight Oats**

Ingredients:

- What You'll Need:**
- 2 scoops Herbalife® Protein Drink Mix Peanut Cookie
 - 1 scoop Herbalife® Active Fiber Complex Apple
 - 1/3 cup water
 - 1/3 cup rolled oats (1-minute type)
 - dash of cinnamon
 - 1 TBSP raisins
 - 1/3 cup unsweetened applesauce

Directions:

1. In a large coffee mug or small bowl, stir together Protein Drink Mix, Active Fiber Complex, oats, cinnamon and raisins. Add applesauce and water, and mix well until all dry ingredients are completely moistened. Cover with plastic wrap and refrigerate at least 4 hours or overnight.*

Nutrition Facts:

19 g Protein 285 Calories 44 g Carbs

4.5 g Fat



DreamTeam Spotlight



Meet Ray

Meet Ray - "Mr. LUV Nutrition" ❤️

What can I say about my husband Ray. God knew exactly what he was doing when he put this man on a path to meet my heart. And to think we found one another along our fitness journeys!

He is a behind the scenes, always working to provide, and LUV Nutrition's biggest supporter and cheerleader.

He comes to the club when in town to help me with little fixer upper items and loves to hit the store to restock goods that we need. You will see him at events because he truly understands the importance of being present and helping to celebrate and truly enjoys being able to be a part of milestones for the club, our clients, and me!

He works hard in the oil industry, is a loving father, a doting grandfather, a truly great friend, and a wonderful mentor too!

I wouldn't be in our facility if it was not for his belief in us, our capabilities, or his faith that God would provide and lead truly amazing clients to us!

This being November - I wanted to share this feature of my amazing husband and partner so that he would know how truly Thankful I am for all he does for me, for the club, and for being able to see the LUV Nutrition success well before I ever could see it.

Thank you HUBS for who you are, all you do, and all you give.

We certainly appreciate you!



May your Thankful November help you find the happiness in celebrating your loved ones as well. ❤️



November Birthdays!

Saturday, November 25th
Let's Celebrate After 7am Workout

Eat Well Be Well

Recipe Ideas

DID YOU KNOW?

**DID YOU KNOW, STRAWBERRIES
DRIED IN THE OVEN TASTE LIKE CANDY,
BUT ARE HEALTHY AND NATURAL?**



**BAKE FOR 3 HOURS AT 210 DEGREES,
THEY'LL TASTE LIKE TWIZZLERS,
BUT BETTER!**