

# Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - October 2023



## A Note From Coach

Happy October!

So much has gone on in a short amount of time, & yet there is so much more to still come! I want to THANK everyone who has been a part of these events. Your presence has been TREMENDOUS & I can't even explain the happiness that it brings to me & this club. The Pasadena Rodeo parade was one for the books, the crowd was in AWE of us, & our float was done beautifully!

Our First Annual Bike Ride....what can I say except "AMAZING" - There was so much positive feedback from everyone, & our next ride is in the planning stages...so be ready! I was so proud of everyone on the ride, & can't wait to see these rides grow & change up with new midpoints & participation. Let's continue to put LUV on the map, we want to WAKE UP PASADENA on these 6am rides & keep the momentum going!

Keep tuned in to all things LUV, it's going to be one busy ride to close out 2023 & I want to see each of you a part of it all!

LUV Coach Diane Martinez ❤️

## ✓ Successful Events In The Books ✓

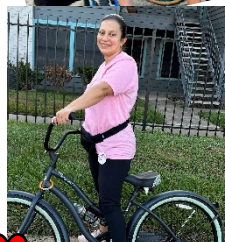
### 2023 Pasadena Rodeo



### 2023 1<sup>st</sup> Annual LUV Breast Cancer Ride

10.92  
mi

1:13:07  
time





## Upcoming Events

### OCTOBER 15TH 10 + 10 RIDE Let's wake up Pasadena!

Meet at the club 3622 Fairmont

ROLL OUT  
6AM

JOIN  
THE  
FUN



10 Mile Ride  
to end at LUV  
then back on the ride for  
another 10 miles



### Friendsgiving 2023

Join Us for Thanksgiving Dinner

With your workout family

Sunday November 5th

5:00PM

Sign Up Sheet at the Club



October 15th LUV 6AM Bike Ride. 10 + 10 Ride.

November 5th: Friendsgiving at the club. Potluck & time to reflect on all that we are thankful for with some shared time with our workout fam. LUV will provide the turkey/ham. Please sign up for what dish you will be bringing.

December 2nd

Christmas Parade - Details coming but this will be an evening event so we want to get a good crowd & light up Pasadena!

December 9th Christmas Pajama Jam! Grab your partner, put on some matching PJ's & come out to have a good time with music, drinks & dancing @ the club! This is Coaches 4th annual jam, but a first at LUV.

Girl Time Gatherings (last Friday or Saturday of Month: Enjoy some quality girl time, appetizers, & few drinks with other members. (Please note this is not a LUV hosted event).

## Team Member Spotlight



Meet Janie Janes

Meet LUV Nutrition's Admin/Social Activities Director, Janie (lovingly referred to as Janie Janes by Coach). Coach Diane & Janie have been long time SisterFriends & believe that honesty, support, positivity, & trust are truly important foundations in building relationships so when the opportunity came up in starting the process of building her team for LUV Nutrition, her multi-level business experience made her a natural fit for the team. She is a staple in all the plans, ideas, and growth to the business and truly enjoys hearing thoughts & ideas from the Clients in team building activities. You will often see her at workouts giving her best each class pushing past the knee pain & giving it all she's got. She works hard behind the scenes helping make all of Coach Diane's ideas come to life for the Club & executes the monthly newsletters, updates the information board, bakes the best goodies for the monthly birthday celebrations, and absolutely enjoys supporting and celebrating other team member's triumphs and successes. She truly understands the meaning of confidentiality and knows the importance of making this chapter an absolute success and much like Coach Diane, if you find the need to find out information, have questions, or just need an ear...you can trust that she will be more than happy to make some time for your needs as well.



Check yourself

to protect yourself

Eat Well Be Well

Liftoff provides a convenient and energizing boost to power through your day with its refreshing formula.

LOW ENERGY? 4 WAYS  
TO STAY ALERT FROM  
WORK TO YOUR  
WORKOUT



PRODUCT HIGHLIGHT

## Instructions:

1. Line a baking sheet with parchment paper or spray with nonstick pan spray.
2. Preheat oven to 375 F.
3. In a medium bowl, beat together oil, egg and milk; add rolled oats and let stand a few minutes for oats to soften slightly.
4. In another medium bowl, whisk together Protein Baked Goods Mix, Rebuild Strength, Formula 1, Active Fiber Complex, salt and baking soda.
5. Add to egg mixture, stirring until combined.
6. Add chocolate chips and mix.
7. Divide mixture in four pieces and shape each piece into a ball.
8. Place balls on prepared baking sheet and flatten each one into a 3-inch diameter cookie.
9. Bake in preheated oven and bake for 7 minutes.
10. Cookies will be browned on the bottom but barely browned on top - avoid overbaking to keep them soft.
11. Transfer immediately to a cooling rack.
12. When cool, store in an air-tight container or zippered plastic bag.



Herbalife  
Recipe  
Ideas

Thick and Chewy  
Soft Baked  
Chocolate Chip  
Protein Cookies

