

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - September 2023

A Note From Coach

Happy September!

I cannot believe how fast this year has flown by, but boy has it been FUN, EXCITING and full of LUV! But the last few months will be busy, for everyone. As the holidays draw near, there will be preparations of family time, school vacation, and all the joy in being with family and friends.

Let's keep on the grind. Halloween costumes, Thanksgiving, and Christmas photos are soon approaching...so let's stick to our A-game so we look and feel our best!

I wanted to first say a big THANK YOU to all the lovely LUV family members who came out to our first paint party. We had a great time and the paintings turned out awesome! I always enjoy some social time, and it was a night to remember! Much appreciated in all who helped make that night special.

There will be a few things happening in the coming months...so make sure you watch the board, Facebook, and updates around the club so you are a part of everything happening.

Updates:

Sept 9th - Pasadena Rodeo Parade (please let us know if you want to join us on that morning)

Sept 16th - Holiday Pop Up Market

November - Friendsgiving at the club. Sunday Nov 5th - pot luck and a time to reflect on all that we are thankful for with some shared time with our workout fam. More details to come.

December - Christmas Pajama Jam! Saturday Dec. 9th - Grab your partner, put on some matching PJ's and come out and have a good time with music, drinks and dancing at the club! This is my 4th annual jam, but first one at LUV and am so excited.

December 2nd - Christmas Parade - Details to come, but this will be in the evening...so we want to get a good crowd and light up Pasadena!

I am also working on our bike ride. I hope to get a date soon, so we can grab our bikes and hit an early morning ride together.

Thank you ALL for being such a big part of our LUV Community. It is not possible without you all, and each day you step in the club, is a day my heart is extra HAPPY!

Stay plugged in, there is a lot going on!

Signing off with LUV!

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

HAVE YOU HAD A CHANCE TO VISIT
OUR WEBSITE? CHECK IT OUT.

<https://luvnutrition.godaddysites.com>

Lots of great stuff to see!



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Workout Schedule

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Meet The Team



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

Pasadena Livestock Show & Rodeo

PARADE

Sat. September 9, 2023

Theme: Make America Cowboy Again

Line Up: Beginning at 7:00am
Parade to start at 9:30am

End of Parade: Pasadena Veterans
Memorial Stadium, 2902 Dabney

LUV NUTRITION THEME FLOAT: COWGIRLS IN LUV
DRESS ATTIRE: White LUV Shirts with Red Cowgirl Hats

If You Have Questions or Concerns, Please reach out to
Coach Diane (832) 863-4367 or Janie (832) 423-7030.

SAVE THE DATE

Holiday Market Extravaganza

Join Us For The Final Pop Up Of The Year. For Halloween, Christmas, and Thanksgiving Shopping.

Sat, Sept 16th

SAVE THE DATE

Let's Celebrate

Please Join Us
Saturday, September 29th
For LUV's Monthly Member
Birthday Cupcake
Celebration!

Look At These Beauties! Not Only Are They
Part Of Our FitFam But They're Also BFF Duos!



PRODUCT HIGHLIGHT

An easy way to add
fiber to your diet



Boost your digestive health with
Active Fiber Complex.

Helps support
& maintain digestive
Health

Promotes
regularity

Supports growth
of friendly intestinal
bacteria

DreamTeam Spotlight



Meet Noemi

Meet DreamTeam member Noemi. Being able to feature this amazing beauty & all of her hard work is truly exciting. I met this lovely lady thru her beautiful daughters Silver & Emerald. They have been long time supporters of my classes, & one day brought Noemi along to try a class.

She loves to boogie & I LUV to shout out her name because she does her workouts with so much joy & excitement!

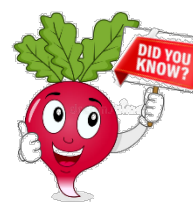
When we asked Noemi about sharing her workout journey, what she found that she loved here at the club, & about telling us a little about herself, we were thrilled that she shared the following with us:

"I'm a wife, mother, sister, aunt, teacher & friend. I've spent my entire adult life serving & caring for others. So being a part of Luv Nutrition is something I am doing for myself. I've always tried to jump start my fitness journey at the beginning of each year, but would usually fizzle out of it by April. The gyms or other fitness activities I would try never seemed to keep me engaged long enough to want to stay. With Luv Nutrition, it is different. When I come to the club to work-out, I feel encouraged & motivated, not only from Coach Diane, but also from the other members of the club as well. When I feel like there's a workout I can't do, a club member will encourage me just to try it. At times, I don't realize how strong I am. There's a sense of sisterhood I feel at the club because I not only am there to work-out & get healthy, but there's usually lots of conversations going on that I can relate to. Someone will start talking about the difficulties of motherhood or just the stress of working or maintaining the home, & it makes me feel like I'm not alone in the struggles I feel. Being a part of a group that I feel validated in encourages me to continue to keep showing up. Every time I leave the club, I feel stronger mentally, emotionally & physically, and that's what I love about Luv Nutrition!"

Way to go Noemi! I always believe that if you LUV what you are doing, it doesn't feel much like work. And if you are ever lucky enough to be next to this rockstar...enjoy that HYPE from her...cause she brings it! We sincerely appreciate your support and for being a part of our Home, our LIFE, and OUR HEART!



Girls compete with each other.
Women empower each other.



Radishes were paid as 'wages' to the Ancient Egyptian labourers who built the Pyramids.

Eat Well Be Well
Recipe Ideas

CHOCOLICIOUS MUG CAKE

- 2 scoops Herbalife Nutrition Formula 1 Nutritional Shake Mix, Dutch Chocolate
- 1 scoop Herbalife Nutrition Protein Drink Mix, Chocolate
- 6 TBSP low-fat milk, soy milk or almond milk
- 1 egg

Spray the inside of a large coffee mug with pan spray, or wipe lightly with a paper towel dipped in canola oil.

Combine ingredients in a blender and mix well. Pour into prepared coffee mug and microwave on "high" power for 2½-3 minutes, until puffed and cooked through.

NONFAT MILK: CALORIES: 265 | PROTEIN: 26 g
LOW-FAT MILK: CALORIES: 280 | PROTEIN: 26 g
ALMOND MILK: CALORIES: 240 | PROTEIN: 26 g

