

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - September 2024



LUV NUTRITION
Home of Dreamteam

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.

A Note From Coach

Hello LUV and DREAMTEAM Members!

The year is soon to be OVER but we have so much more in store for you here at the club.

I am excited to end the year strong and start year #2 off with a BANG!!! Such an exciting time and I always enjoy and value the time you all spend with me here at the club!

I really hope you all know how honored I feel that you have made the choice to come to LUV Nutrition for your healthy needs and vibes! I continue to find ways to change it up so that your bodies get the benefit of your hard work each and every day!

I wanted to mention that we are really wanting to make our 1st Halloween Trunk or Treat event a good one. This will be open to clients and your kids and grandkids. Dress up, have fun, and let the little ones get that candy!

We are still in need of volunteers to sign up to hand out candy. Please feel NO pressure to decorate your vehicle....we only ask that you bring a smile and hand out goodies! If you're interested, please let Janie or I know as we have a sign-up sheet at the front table. There will be prizes for the best decorated vehicle and for the best costumes!

I hope you are making your holiday goals and showing up to be accountable for YOURSELF. Think about a target, go for it and enjoy the reward of your healthy transition!

- * Quince
- * Wedding
- * Thanksgiving
- * Company Parties
- * Christmas

Be on the lookout for so many activities still to come! And as always, Suggestions and Ideas are always welcome!

LUV you all!

Coach! ❤️

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
All Classes \$5.00/ Per Class

Join OUR HYPE
Coach Diane 832-863-4367

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 never in a million years thought I would enjoy going to work out. Luv Nutrition is a community with no judgement, with people just like me trying to improve themselves. Coach Diane is the best ever. She is kind, encouraging, and supportive. I look forward to my workout sessions and do them like it's my job. My energy level has improved and I feel more confident. I will forever be grateful Luv Nutrition makes it both fun and rewarding."LUV Member Marianna

Sign Up Today

LUV Clients & Vendors

We're still looking for participants for handing out candy to the cute Trunk or Treaters for Saturday, October 26th at 6pm. If you'd like to sign up to participate, please reach out to Coach Diane or Janie so they can sign you up!



Upcoming Events & News

Mark Your Calendars For These Upcoming Events

Holiday Pop Up
 OGI 11th 5:30-9:00PM
 CHANGE SHOP WITH US
 Halloween/Thanksgiving & Christmas Items
 3622 Fairmont

Coming Soon
 LUV Nutrition

LUV's 1st Night Market Pop-Up

A fun night of shopping for your Halloween, Thanksgiving, & Christmas Holidays

Friday, October 11th @ 5:30pm

Boo Brunch
 JOIN US FOR A LUV
 BOO BRUNCH

Bring a Boo Basket
 amount \$15
 join us for a night of food/fun and a boo basket exchange
 BRUNCH STYLE

OCT 18th | 6:30 PM
 RSVP Coach / Janie
 LUV CLIENT EVENT

LUV's 1st Boo Brunch

Join us for a fun night of food, fun, laughs, and spooktacular bonding & a fabulous Boo Basket Exchange!

Saturday, October 18th
 @ 6:30 PM

Save the Date: Saturday October 26th 6pm

COSTUME CONTEST
FUN
FOOD
CANDY
PRIZE FOR BEST DECORATED CAR

TRUNK OR TREAT
 TR34T5

LUV Clients bring your kids by for some Halloween FUN with our 1st Trunk or Treat Event here at the CLUB
 RSVP to Coach or Janie
 *Car Participants also RSVP: 832-863-4367

LUV's 1st Trunk or Treat Event

Bring your kiddos for a safe & fun night of spooktacular fun with games, snacks, & treats

Saturday, October 26th at 6pm

CELEBRATE SEPTEMBER BIRTHDAYS!

Join Us Saturday, September 28th After 7am Workout To Celebrate Our September Clients

DreamTeam Member Spotlight



Meet Marixsa

Meet Marixsa, a cherished member of the LUV DreamTeam. It's a true honor to share the story of this remarkable, strong, and beautiful woman, who I'm also fortunate to call a friend. I first met Marixsa during my own weight loss journey, when she was working out with her accountability group. The vibrant energy and motivation they brought to each session inspired me to stay committed to my goals.

For the September 2024 Spotlight, we asked Marixsa to share a bit about herself and her journey. Here's what she had to say:

"Hi, my name is Marixsa Gonzalez I'm 53 years young. I've been married 35 years, have 3 children and 3 grandchildren. I started consistently working on my health and fitness roughly four years ago. My "why" is that I want to be healthy and strong so that I am able to care for my son, Brandon, who has special needs that require me to have strength.

Fitnessing as part of my lifestyle also helps boost my endorphins so I feel happy, less stressed, alleviates my anxiety, and boosts my confidence.

I was introduced to LUV Nutrition by Coach Diana when she announced she was opening her own fitness center. At Luv Nutrition I have always felt very welcomed and unjudged. I never feel as if I'm in competition with anyone but myself, bettering who I am physically and mentally.

I have a great group of women I work out with that have always helped me either stay on track or encourage me to get back on track when life gets hectic. It can be difficult to stay motivated when there is work and family/home life that must be balanced; but, I make sure to remind myself that if I want to be the best mother and wife, I have to make sure I am healthy and Happy first.

Way to go!!! Thank you so much for sharing such an inspiring journey with us. I have enjoyed having so many of my team share their stories and journey as it is therapeutic but also inspiring. Knowing the importance of being healthy for your families hits home. I admire Marixsa for being such a wonderful support of our club, but she makes time for herself for that very reason. She is the example of "no excuses" We're truly grateful to you for all the amazing work you do for us at LUV Nutrition and for all of the wonderful support you give to your Clients and Coach Diane!!!!

HEYHEYHEY!!!!

The holidays are fast approaching and there is still plenty of time to HIT AND CRUSH your fitness goals.

What do you have coming up that you would like to get prepared for?

- ♥ Halloween Costume
- ♥ Family Holiday Pics
- ♥ Company Christmas Party
- ♥ Wedding
- ♥ ETC

No worries, we've got you covered. The club is here and we are ready to help you! Just show up, get in your workout, and if you need your shake/tea just get with Coach!

Eat Well Be Well

Healthy Products & Recipes

Peachy Tropical Tea



Instructions

- Place all ingredients in a glass, then add 1 TBSP water.
- Stir until powders are dissolved.
- Add ice and cold water to taste and stir.

Ingredients

- ½ tsp. Herbalife® Herbal Tea Concentrate Peach
- 1 TBSP Herbalife® Herbal Aloe Concentrate Mango
- 1 stick pack Herbalife24® Liftoff® Pineapple Push
- 1 scoop Herbalife24® CR7 Drive Açai Berry
- 1 TBSP water
- Ice and cold water to taste

Delivers 1 billion active probiotic cultures per serving

Promotes digestive health & contains zero calories

Helps provide balance to good & bad bacteria