

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - March 2024

A Note From Coach

Another FANTASTIC month at LUV!

I have enjoyed all the new faces & friends that have found their way to the club. I really do appreciate all the referrals & all of you who bring your family & friends to come out & join us. It's been amazing to see the laughs & results happening too!

Congrats to the ladies who completed the 1st weight loss challenge! Everyone worked hard & did their best to keep motivated & disciplined & learning to adapt to a healthy life change. Janie took first with 19.2 pounds down in 30 days! I am really proud of the ladies who kept us active in the chat, posted recipe ideas & who made it out to special bootcamps & made it to weigh ins....let's keep going cause WE GOT THIS!

Also, the 1st GLOW UP Nite at the club was a FUN night & a night of taking dancing & turning it into a fun way to burn calories. Some of us learned some new dance steps & everyone had a blast! I LUV the events we plan here at the club, so stay tuned for more to come!

Thank you all for keeping LUV busy, keeping us solid & growing. This little community of our Team is at the heart of all things STRONG, SUPPORTIVE, & HEALTHY!

WE got summer coming, so let's hit more goals & get ready! YOU ARE THE TRULY THE BEST and we are so Thankful To You!

Coach Diane 💖



Client Corner



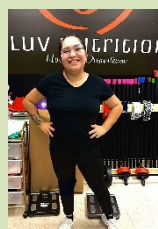
"Client Corner was created to help our amazing members share their inspirational journeys, brave testimonies, & support to others." We are so appreciative of these brave ladies who have the courage to share what has helped them, and how LUV has impacted their life! We continue to be inspired & are thankful 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 had noticed LUV Nutrition through feeds on a friend's Facebook profile but never had the courage to just show up. But when I did let me tell you ...you feel welcome and part of the family. Everyone is welcoming and nonjudgmental. My journey with weight loss has been a lifetime. My highest weight was 405 with today's weight being my lowest at 249. I have done a lot of damage to my knees, but the classes cater to anyone. There is always a modified version to meet anyone's needs. I hate to say this, but I do judge places by the leader. What I found here is a Coach that cares, encourages and is real like the rest of us. She pushes you and understands your struggle. I have managed to lose about 10 pounds in the short time coming to work out. Once of my favorite work out is pole day because it helps me work out my flabby arms. Now I enjoy working out and miss it if I miss a day.".....LUV Member Delia

"My favorite work out is chair day. I love all the cardio and weights with it. I have already lost inches in my waste but am going to keep this going to lose some more weight.....LUV Member Aja



LUV NUTRITION
Heart of Dreamtime

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

All Classes \$5.00/ Per Class

Join OUR HYPE

Coach Diane 832-863-4367

"Don't be ashamed of your story. It will inspire others."

She is
clothed with
& STRENGTH
& DIGNITY
and **laughs**
WITHOUT FEAR
of the **FUTURE.**





I am extremely excited to have our 1st Vendor in our Client Spotlight this month.

You all know her and are her customers too - we're featuring Allyssa. She is a joy because she started this as an invited vendor....and now she is a part of our Workout Family. This young lady appreciates the dedication to working out, but she also is a professional business owner, and I am super proud of her! I am so happy that not only do we share business growth goals, but we support one another on a healthy level too!

When we asked Allyssa about sharing her workout journey, what she found that she loved about LUV Nutrition, and about telling us a little bit about herself, we were thrilled that she shared the following so please enjoy your read of our very own MISS TEXAS TEES:

"Hey Y'all! To introduce myself, my name is Allyssa and let me first start off by saying how excited I am to be featured in Luv Nutrition's March Newsletter! I first heard of Luv Nutrition when my small business, well known as Texas Tees, was personally invited by Coach Diane to join a pop-up market she would be hosting. Unfortunately, I was not able to join at the time she was inviting me, but when I say I am SO GLAD she reached out to me again for an opportunity to join the next pop-up, I am truly grateful that she did! The community and atmosphere when I first stepped foot into Luv Nutrition was completely like no other. Since becoming a part of her seasonal pop-ups, I have also become a part of her workout family! And can I be honest with y'all? I was very skeptical of joining at first. I've tried other workout classes time and time again, but it never really worked out for me, that is at least until I had Diane as a Coach. My first class was a chair class and in my head that was also a little intimidating, literally thinking to myself - we're going to do workouts routines WITH A CHAIR? Now I can tell you, proudly and confidently, that is an amazing full body workout and has quickly become my favorite class to attend. The most amazing part about Coach Diane's classes is they work for just about anyone and everyone! Whether you're at a Beginner, Intermediate, or an advanced level in your fitness journey Coach Diane works with you to the best of your ability! For example, if you have minor injuries or underlying health conditions that only allow you to move and workout to a certain extent, every workout movement she provides has what she calls 'modification' which is basically is a slightly alternated movement so that you are able to still workout to the best of your ability, but don't let those modified workouts fool you! They will still have you working up a sweat! I am very pleased to say that I am now joined by my mom and many other personal friends in class! I am so pleased to be about of the Luv Nutrition community knowing that I am working towards the best version of myself, not only physically but mentally by being surrounded by the welcoming atmosphere. Now if there is one thing you take from my testimony, let it be this - GO FOR IT! Take the first step and give at least one of Coach Diane's classes a try, it's a guaranteed love for fitness you didn't know you needed!"

YOU GO GIRL! Thank you so much for sharing your inspirational journey with us. We are truly grateful for not only being able to call you one of our amazing vendors but for being able to call you a member of our Fit Family. Thank you for being a part of our HOME, our LIFE, and OUR HEART and look forward to what the future brings for LUV Nutrition and Texas Tees!



Follow Allyssa (Texas Tees) On Social Media

<https://www.instagram.com/texas.tees/>

<https://www.facebook.com/groups/309656457584471>

<https://shoptexastees.myshopify.com/>




Challenge Accepted



Congratulations To The Amazing Women That Accepted LUV Nutrition's 1st Weight Loss Challenge & Placed As Top Five In The Challenge

Everyone involved in the challenge did such an amazing job, and although this challenge is over, there are still personal individual goals that we can all **work together** on to **support each other** to meet.











STRIVE FOR PROGRESS
NOT PERFECTION

HEY WARRIOR
Keep Going

Eat Well Be Well

Healthy Products & Recipes



PROLESSA DUO
"LIQUID LIPO"

- BURNS BELLY FAT
- SHRINKS WAIST LINE
- HUNGER CONTROL
- TONES MIDSECTION



HERBALIFE FUDGESICLES

- 2 SCOOPS OF SMOOTH CHOCOLATE F1
1 SCOOP OF PDM
1-2 TLBSP OF RAW CACAO POWDER
DASH OF STEVIA (OPTIONAL)
175ML WATER
HANDFUL OF ICE
BLEND AND
POUR INTO ICE LOLLY MOULDS



Join Us Saturday, March 30th After 7am Workout To Celebrate Our March Client Birthdays