

# Body - Mind - & Soul

LUV Nutrition Monthly Newsletter - March 2025

## A Note From Coach

Hello March!

A new month is upon us, full of excitement and plenty of events to look forward to! It's a wonderful time to be present with family as we welcome spring, the Rodeo season, and the approaching Easter and Spring Break festivities.

As many of you continue on your journey toward your goals for the year, we at LUV are committed to providing you with all the tools you need to stay consistent and keep moving toward becoming a better YOU. I've been thrilled to see new faces and hear the positive feedback from those who've joined us and found a place to truly enjoy themselves!

This month, we're highlighting a few of our newest members who've shared their experiences with us and what they've gained from joining our classes and being part of the DreamTeam. I couldn't be more proud of their progress!

Take a moment to read their stories and hear their reasons for joining. I'm confident you'll find inspiration in their words! Thank you for your continued support and for helping spread the word about what makes our community so special. We truly value and LUV each and every one of you!

As always, stay connected and involved with everything happening here at the club. I deeply appreciate every client, your social media posts and shares, your referrals, and your time spent helping to build a strong, healthy, and loving community.

Blessings and LUV!

Coach D



Carlos



Jessie



Adam



Priscilla

Sarina



LUV NUTRITION  
*Heart of DreamTeam*

3622 Fairmont Parkway  
Pasadena, Texas 77504



**Stop By For A Visit At Any Of Our Workouts Or Click The QR Code To**

## Workout Schedule

### 5AM Classes

Tues/Thurs/Fri/Sat

### Daily Classes

Monday 7pm

Tuesday 6pm / 7pm

Wednesday 7pm

Thursday 6pm / 7pm

Saturday 7am

**Eat Well Be Well**

*Healthy Products & Recipes*

Herbalife

### Here's how to make it:

- 1/2 TBSP Herbalife Tea Mix Lemon and Hibiscus.
- 1 TBSP Herbalife Herbal Aloe Concentrate Mix.
- Sparkling water.
- Ice and an optional lemon wedge for extra zest.



## March Birthday's

*Let's Celebrate!*

*Happy Birthday to You!*

**Join Us Saturday, March 29th After 7am Workout To Celebrate Our March Clients**





### Priscilla 💖

I've been attending LUV Nutrition for 4 wks now and I truly enjoy every bit of it! I love the good vibes, and positive atmosphere! We're literally one big happy family, supporting each other in reaching our goals and that is my favorite thing about being a part of this group!

### Sarina 💖

Attending this workout class once a week has been such a great experience! Every session challenges me in the best way, and I leave feeling stronger and more energized. The atmosphere is motivating, and I always look forward to coming back. Definitely a highlight of my week.

### Carlos 💖

I first started attending Luv's Nutrition in order to show support for my wife and daughters who had been attending for some time. They always came home in agony from how hard they were pushed by the workout, but also filled with joy from how fun the music and environment were. As I became more of a regular on station days I began to see myself just how much fun of an environment it was and how you could push yourself beyond your barriers. I love the workouts and how they are designed to keep your mind guessing with the different variations and skills they require. I also too enjoy the music as you can help but let it motivate you to work harder until you are dripping with sweat from head to toe. Never do I leave without being fully satisfied that I've put in a days work and got a beast mode workout! The best part about it is that I was able to share this time with my wife to not only encourage and support her during her journey to lose weight and adopt a healthier lifestyle, but I get to utilize the time as well to spend quality time together. So calling all husbands...do not be scared to get up off the couch and attend a workout with your wife. Trust me you will not regret it and you will have an amazing time! So get the Luv back in your life and find out what it like to be apart of squad that doesn't know how to say never, but only knows how to get better!

### Adam 💖

First and foremost, I want to say that Luv is an incredibly welcoming place for everyone who walks through the door. There's no judgment, just a positive and supportive environment. At first, I thought I'd never be comfortable working out in a room full of women (typical guy thinking), but after going to a boot camp class with my wife one day, I realized how much I enjoyed it. My wife and my longtime friend, Coach Diane (we've been friends since 6th grade), had been asking me to join a class for a while, and I kept saying, "I'll think about it," but never actually went. My wife and I love working out together, and I'm happy to support her on her journey to becoming healthier. Recently, we were blessed with our first grandchild, and we've been talking a lot about getting healthier and staying active so we can keep up with our grandkids as they grow. I was a bit embarrassed to attend because I'm a big guy, but honestly, everyone there is just focused on burning calories and breaking a sweat. As I get older, I realize I need to take better care of myself because, let's face it, I'm no spring chicken. Finding the energy to attend workouts has been tough, but I'm glad I made the effort. So, guys, I encourage you to give it a try—you won't regret it. Diane will push you hard in class, whether it's cardio or boot camp. Plus, you'll get a great workout, enjoy some good music, and leave feeling better about yourself—plus, you'll earn some bonus points with the wife!

## DreamTeam Member Spotlight Meet Jessie

Introducing Jessie, one of the newest members of our LUV DreamTeam! For our March 2025 Spotlight, we asked Jessie to share a bit about himself and his journey. We're especially excited to feature his story, as his amazing wife has been part of the DreamTeam for over a year. It's truly special to now welcome him as a client. Without further ado, here's what he had to say:

*"From working 80+ hours a week to missing my kids games and ceremony events. From coming home with new burns and bruises to going to work with a 100+ fever. As men, we become machines and taking care of our families is the ONLY way of life.*

*It is funny how when it comes to exercising, to us men, there are only 2 types of exercising. There is pumping iron and everything else falls under aerobics (female exercise). My wife has been working out for a few years now and would always invite me to go, but like I said before, that's girl stuff. I would get a gym membership and start lifting weights, but it never failed, I would be too tired and kept saying tomorrow and before I knew it, tomorrow never came. With time, I found myself becoming more and more sluggish and no matter how much I napped, I was still tired. I didn't want to move from the couch and much less cut the grass. And at some point I started to ask myself, is this really my life from now on?*

*Then the day came that Toby Keith passed away. It was a shock but hey, "that's life" is what I thought. A few days later I heard that he released one last song "Don't let the old man in". I heard it on Facebook, and it caught my attention. I looked it up on YouTube and played it over and over and it felt like he was talking to me. "And I knew all my life, that someday it would end, Get up and go outside, don't let the old man in". I believe the message in the song is that we are still able to move around freely so don't let yourself give that up. I will never be in shape like I was in High School shape, but I do know what shape I don't want to be.*

*My wife, my daughters, my family and even Diane would ask me "when are you coming to class" and my answer to all of them was always the same "I WILL NOT go to work out" with them not knowing that Men don't do aerobics (a mans mentality). When that song came out, I was in deep thought for a few months. I started to ask myself if I was an old man since I was always tired. It took me a while but after a few months I realized what my goal was, it was not to lose weight and get a summer body, not even to become healthier or drop inches. My goal was to get off the couch and enjoy cutting my grass again. My goal was to become active again and keep my joints and ligaments flexible. I didn't want to train for a marathon or get ripped, I just wanted to feel mobile and energetic again but at the same time, I wouldn't be upset if I did lose some weight and inches. That just isn't the main goal.*

*I came to the realization that I must focus on my health and NO, not everything outside of lifting weights is aerobics. Everyone in that workout session is there for the same reason, either continue to be or to become active again. The exercises are easy but can VERY easily become difficult if you want them to be. How much do you want to push yourself, how much progress do you want and how soon do you want it? I am starting to lift weights again, but I still have to work out my joints and muscle flexibility. And keep in mind, there are all types of levels for working out, if you have bad knees, Diane has a workout for you. If you have a bad heart, she has a workout for that too. And if you have bad knees with a bad heart, well, she will figure that one out within 24 hours (mas o menos). Embarrassment was my biggest difficulty, but it was more embarrassing to admit that I could not work on my own house because I would get tired and dizzy. Am I a homebuilder now, NO, but I am off the couch now.*

*I enjoy going to work out with my wife on Saturdays. We go work out, get a shake to hold us off, then go wash up and go out for our breakfast. That is our highlight of the week and there is nothing like going out with your wife for a cup of coffee while feeling light on your feet. I have to thank my wife for being persistent even though I said no for many years (BECAUSE MEN DON'T DO AEROBICS LOL). Plus, I used to run really fast when I was younger and now she can outrun me (can't have that happening).*

*Fellas, let's not lead with words, let's lead with actions and examples. Let's teach our future generations that we must be aware of our health and stay active, plus, life is just a little bit sweeter when you can outrun your wife (she is still faster than me).*

*I will end with this and please think about this. I do not go to class to support Diane, Ray, Luv Nutrition nor to even help it grow, I go for my health and to keep my abilities. And even though I don't go for them, they go for me. And I thank them for that. I appreciate Yall.*

Wow, Jessie!!! Thank you so much for sharing such an inspiring journey with us. As we mentioned before, having you join your incredible family in their health journey and helping to inspire others is truly a blessing that we deeply appreciate. Your reminder of how vital it is to stay healthy for our loved ones really hits home. We're so excited to see you continue to grow on this journey and feel privileged to be a part of it!