

# COACH BERRY'S STUDIO

## DARE TO BE FIT NEWSLETTER

Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports



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**Amazing Results! Age is just a number at DARE TO BE FIT STUDIO.**



**WOW!** Just take a look at Tara on the left at 42 and mother of 4 children. She looks as healthy and fit as Chelsea on the right who is 24 and no children. Age is only a number at Dare to be Fit, *The Fountain of Youth*. **See before shots and read the full story at [www.rb-berry.com](http://www.rb-berry.com)**

**Champions are made, not born! Stephanie, 40, placed in her very first competition after**

### The Power of Change

Do you wish you could change something about your life right now?

I'm here to argue that change can happen in an instant.

I know this goes against popular thought. Most people believe that change has to be worked at for months or even years. We expect to try and fail numerous times before we ultimately give up or succeed.

How many people do you know who struggle with their weight? They want to make a healthy change by getting in shape, but the change never seems to take hold.

Is there something in your life that you want to change? Do you have weight to lose? Do you have high blood pressure? Do you have a pair of pants that you wish you could fit into?

What is keeping you from making a positive change in your life?

According to professional speaker and author, Anthony Robbins, it's the getting ready to change that takes time. In the end there's a single instant when the change occurs. Robbins goes on to outline three specific beliefs that you must have in order to instantly create a lasting change.

#### **Belief #1: Something must change.**

Do you sort of want to get into shape, or do you absolutely have to lose the weight? Does dropping a few pounds sound nice, or is living another day in your current body unbearable? In order to make a lasting change you must be convinced that the time has come.

#### **Belief #2: I must change it.**

It is vital that you take full responsibility in making the change. Sure, others may assist you, but in the end you are the one who is going to make it happen. You have to need this change enough to make it your personal mission—no one else will do it for you.

**training at Dare to Be Fit with Coach Berry and his knowledgeable staff of trainers.**



When Stephanie first came to Coach Berry she was not only overweight but was also suffering from such severe back pain she could not even stand to brush her teeth without holding on to the basin. There is no pain now as Stephanie is extremely physically active being a mother, career woman and wife. **Full story and more photos at [www.rb-berry.com](http://www.rb-berry.com)**

**Positive results everytime inspires everyone who joins Dare to Be Fit. Who wouldn't be excited to look like this?**

### **Belief #3: I can change it.**

Don't let past failures get in your way. The truth is that you do amazing things when you put your mind to it. Believe that you are capable of losing weight or making any other positive change in your life.

Why do most people fail to make lasting change? They leave it up to willpower. This works for awhile, but you'll always revert back to what's comfortable. The solution?

Change what you're comfortable with.

You've probably heard that humans are motivated by two things: 1) to avoid pain and 2) to gain pleasure. When you want to change a behavior pattern the key is to associate pain with the behavior that you don't want and pleasure with the behavior that you do want.

You know that you want to lose weight and that to do so you need to quit eating comfort food late at night. You also know that you need to start exercising on a regular basis. Up until this point your brain is trained to associate pleasure with eating comfort food late at night and to associate pain with exercise.

It's time to retrain your brain to feel good about exercise and to feel bad about eating late at night. Think about all of the negative things about being overweight and connect these unpleasant thoughts to your late night snack. Now think about all of the wonderful things about being in shape and connect these pleasant thoughts to exercise.

You are capable of making a big change in your life. Start by calling or emailing me for your no obligation fitness consultation.

Remember, change can happen in an instant.

### **Smartsize Your Weight Loss**

Lisa R. Young, Ph.D., R.D. shared her favorite food fact in her book, *The Portion Teller Plan*. "You can lose 10lbs a year by cutting back on 100 calories a day." To do this simply trim your portions:

- Choose a 12oz beverage instead of a 20oz.
- Eat only half of an energy bar.
- Use 1 Tablespoon of salad dressing instead of 2 Tablespoons.
- Eat half of a sandwich instead of a full one.
- Eat prepackaged bag of pretzels instead of eating out of a large bag.



Tracey, 39 is an active mother and has a full time career. She has achieved peak performance in her running surpassing her previous records. While at [Dare to Be Fit](#), Tracey has increased her strength, stamina and cuts a fine feminine figure that is well toned and curvaceous.

**You do not have to lose your youthful vitality, vigor or form. Hundreds of my clients have found their 'fountain of youth' here at Dare to Be Fit.**



Marilyn, pictured here at 60 years young completed the Carlsbad Marathon at age 62, placing 6th in her age category.

- Order a tall drink instead of a grande at your next Starbucks visit.

### Herb-Coated Halibut with Zucchini and Whole Wheat Couscous

Not only is this meal delicious, it's also incredibly healthy. A tangy herb paste coats both the fish and zucchini, which roast on the same pan. The entire meal is ready in 30 minutes – perfect for busy weekday dinners.



**Servings: 4**

#### Here's what you need:

- 6 scallions, chopped
- 1 cup packed fresh cilantro
- 1/2 cup packed fresh mint
- 3 Tablespoons olive oil
- 1 Tablespoon chopped, peeled fresh ginger
- 3/4 teaspoon ground coriander
- Salt and pepper to taste
- 1 zucchini, cut into spears
- 4 skinless fillets firm white fish
- 1 cup dry whole-wheat couscous

1. Preheat oven to 425 degrees. Throw the scallions, cilantro, mint, oil, ginger, coriander and 1/2 teaspoon salt into a food processor and pulse until a coarse paste forms. Season with pepper.
2. Toss zucchini with 3 tablespoons herb paste in a bowl. Spread onto a rimmed baking sheet. Roast for 5 minutes.
3. Rub remaining herb paste onto both sides of fish fillets. Push zucchini to edges of baking sheet, and arrange fish in center, leaving about 1/2 inch between each fillet. Roast until fish is opaque and semi-firm to the touch, about 15 minutes. Meanwhile, prepare directions. Serve fish and zucchini over couscous.

**Nutritional Analysis:** One serving equals: 354 calories, 10g fat, 29g carbohydrate, 6g fiber, and 32g protein.

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Amazing? No just possible with the right trainer and facilities. She lost over 40 pounds trimming body fat index from 33% to 18%.



I'm Coach Berry at 55 and my question to you is... ***"Who else wants to acheive amazing result like those of my clients pictured above?"***

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**daily dairies. Get yours and get started on the 60 day challenge!**

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**60 DAY ACCESS IN THE  
DARE TO BE FIT CHALLENGE  
ASK COACH BERRY FOR DETAILS  
(760) 967-6847**

**Click here to view video on online services then CALL Coach Berry for your personal account and get started now!**

your name and email and I will be assisting you reach your health and fitness goals.

R B Berry

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**See videos, photos and more fitness info on my website! Click below or enter [www.rb-berry.com](http://www.rb-berry.com) in your browser**

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