

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**

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

The Exercise Prescription

Dr. Joseph Mercola, a well-known health advocate, has an interesting take on exercise.

He believes that it should be prescribed, like any other medication, in daily doses.

"The simple act of writing out a prescription for exercise is an excellent approach to being proactive in regard to your health. It's also far more logical, inexpensive and actually radically reduces your risk of most every chronic disease known to man. A daily exercise routine is one of the main factors in achieving optimal wellness."

Whether you think about it or not, each day you are faced with the option to get your daily doses of exercise or not.

Will you find the time to hit the gym today, or will the busyness of the day leave you exhausted on the couch? Quite frankly, you don't have reasons to not do it - you only have excuses.

If you are like most then exercise isn't at the top of your list of favorite things. You'd rather be immersed in a bowl of ice cream, enjoying their favorite TV show or dining out with friends instead of sweating in the gym.

But the fact is that your favorite things add inches to your waist, and you know that a larger waist equals an increase in health problems, not to mention an overall decrease in your quality of life.

It's time to get serious about exercise.

You could start by changing your attitude toward exercise. If you go into it with a bad attitude, chances are you won't enjoy it. It's time to accept the fact that you can enjoy exercise.

Consider the following:

- Have you written off exercise based on a particular type of routine - maybe you would enjoy something different. The truth is that no one can deny how great it feels to

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**

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

accomplish a challenging workout. It's rewarding, invigorating and feels great. You simply need to find the right form of exercise for you.

- Try to pinpoint the main reason that you dislike exercise. Is it the uncomfortable workout clothes that you own? Maybe it is time for a new style. Is it trying to decide what machine to use at the gym? Maybe it is time for a personal trainer (more on that later). Is it the pain that you feel in your shoulder when swimming? Maybe it is time to find a new form of cardiovascular exercise - one that won't aggravate your injury.

See, the truth of the matter is that there are many different forms of exercises that will give you the results that you want. Don't like the gym? There's a program for you. Don't like running? There is an alternative. Don't have the time? There are time friendly exercise routines that will give you incredible results in under an hour.

Like I said, when it comes to exercise you have tons of options. But it all starts with ditching the excuses and asking a qualified fitness expert like me for the right program for you.

Is it really that easy? Yes.

So where do you begin? Just pick up the phone and give me a call or simply reply to this email and let me know that you're ready to get in the best shape of your life.

Exercise is your new prescription medication - don't forget to take your daily dose!

The Healthy Food Trap

Do you eat healthy, exercise regularly and yet haven't been able to achieve your goal weight? You're not alone.

You've fallen into the healthy food trap. This is the faulty belief that as long as the food you're eating is healthy then you don't have to worry about portion size.

Weight loss always has and always will be a numbers game. If you eat more calories than you burn, you'll gain weight - even if those calories are healthy.

Reduce the size of your portions and watch as the weight falls off.

Creamy Carrot Soup

Most creamy soups are filled with fat - but not this one. Indulge with this healthy carrot soup. Serve with a side of lean chicken breast or grilled fish and a small salad for a balanced meal.

Servings: 2 **Here's what you need:**



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.

- 1 teaspoon olive oil
- 3 garlic cloves, minced
- 1/2 small onion, diced
- Dash of sea salt
- 4 cups carrots, diced
- 5 cups filtered water
- 3 Tablespoons White Miso



1. In a soup pot heat the olive oil over medium heat. Add garlic and onion with a dash of salt and cook for 4 minutes. Add carrots and stir, cook for another 4 minutes. Add the water and bring to a boil.
2. Reduce heat, cover and simmer until carrots are tender, about 20 minutes. Use a hand blender to process the soup until smooth.
3. Remove 1 cup of the soup and mix the miso into it until dissolved. Add back into the soup and simmer for 5 more minutes.

Nutritional Analysis: One serving equals: 187 calories, 4g fat, 27g carbohydrate, 5g fiber, and 5g protein.

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JUMP START THE NEW YEAR -SPECIAL OFFER! It has been shown that people who reach their goals use daily dairies. Get yours and get started on the 60 day challenge!

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 achieve amazing result like those of my clients pictured above?"***

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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 in your browser

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