

# COACH BERRY'S STUDIO

## DARE TO BE FIT NEWSLETTER



Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports

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**HELP LIKE YOU HAVE  
NEVER HAD BEFORE.  
FREE CONSULTATION!  
Just one click away to  
becoming a BETTER YOU!  
CLICK HERE NOW...**

**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**

### Don't Complicate Things

The main reason that you're not happy with your weight is because of what you eat.

It's hardly your fault.

Have you ever stopped to notice how many times you're bombarded by food marketing each day?

Ads come at you from magazine pages, T.V. commercials, on websites and billboards, each boasting of cheap, convenient and tasty ways to cure your hunger.

The question "What's for dinner?" has never been more complex than now.

Extensive menu options and large entrees have distorted your concept of a proper meal, and before you know it you've fallen into the trap of the chain restaurant, the drive thru, and the take-out line.

But wait – truly healthy eating is simple.

First you need to block out the blizzard of food marketing around you.

Remember that advertisers want your money, and they don't stop to consider if the food they promote will expand your waist – that's your job.

It's safe to say that, with few exceptions, any food that you see marketed should be avoided. When was the last time you saw an ad for grilled white fish, steamed broccoli and a side of brown rice?

So what does truly healthy eating look like?

A healthy meal contains lean protein, fresh vegetables and a modest serving of whole grains.

Just as importantly, a healthy meal does NOT contain:

- Refined sugar / corn syrup
- Fried / fatty food

**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?**

- Full fat dairy food
- Processed food with chemical additives

### Healthy Breakfast

Breakfast is the most important meal of the day. What you decide to eat when you first wake up will set the tone for the rest of your meals that day. Try these healthy options:

- Scrambled egg whites, sliced tomato and whole grain toast
- Whole grain oatmeal, sliced fruit and a protein shake
- Homemade breakfast sandwich: Multi-grain English muffin with lean turkey slices and egg

### Healthy Lunch

It is important to plan your lunch ahead of time in order to avoid turning to a fast food joint or vending machine. Pack your lunch the night before and carry it with you. Try these healthy options:

- Dark baby greens topped with chopped chicken breast and diced tomatoes
- Albacore tuna (packed in water), mixed with finely chopped cucumber over brown rice
- Homemade sandwich: Sprouted grain bread with lean turkey slices, lettuce, tomato and mustard

### Healthy Dinner

Dinner is the meal where most people splurge and eat far more calories than they should. Eating at home is the first step in reducing your dinnertime calories. Try these healthy options:

- Grilled white fish, sautéed spinach and whole wheat couscous
- Baked chicken breast, steamed broccoli and brown rice
- Try the recipe for Chicken Quinoa Stir Fry below

While healthy eating is a huge factor in achieving your ideal weight, exercise is the other half of the equation.

Your exercise routine should be challenging and should be done on a regular basis.

I know that you have more than enough in your life to think about without having to plan your own exercise routine. Leave that job to me—call or email today to get started on a personalized fitness program that will leave your body no choice but to shed those unwanted pounds.

### Not Another Diet

When you eat a simple, healthy diet you'll never again be tempted to try the latest fad diet to drop a few pounds.



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.

Choose to eat lean proteins, seasonal vegetables and whole grains and avoid sugar, fried food and processed carbohydrates on a daily basis and enjoy living life at your ideal weight.

### Chicken Quinoa Stir Fry

Here is a simple, wholesome meal that is ready in 30 minutes – perfect for busy weekday dinners.

There's no reason to hit the take out line when you have this quick and delicious recipe on hand. Eating simple, wholesome meals like this and exercising regularly will get you to your goal weight.



Servings: 4

#### **Here's what you need:**

- 1 cups cooked quinoa
- 1 tsp olive oil
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1/2 red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 1 ear of corn, kernels cut from cob
- Handful of asparagus stalks, cut into 1 inch pieces
- 2 cups baked chicken breast, cut into small cubes
- 1 can of organic black beans, drained and rinsed
- splash of lemon juice
- splash of lime juice
- dash of salt and pepper
- splash of soy sauce
- 1/4 cup fresh parsley, finely chopped

1. Cook the quinoa and set aside. Place a large saucepan over medium heat. Add the oil, onion and garlic. Sauté for about 3 minutes. Add the bell peppers, corn and asparagus, cook until the vegetables are tender. Add the chicken and beans, cook for another 10 minutes, adding the rest of the ingredients.
2. Place a serving of quinoa on each plate and top it with the vegetable mix.

**Nutritional Analysis:** One serving equals: 293 calories, 5g fat, 32g carbohydrate, 4.6g fiber, and 29.4g protein.

**Spread the word.** Use the "refer a friend" link below to forward this newsletter to your friends, family, and coworkers.

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?"***

Just click on **"HELP LIKE YOU HAVE NEVER HAD BEFORE"** in the pink box at the very top of this newsletter. Great! You have just taken the frist step toward acheiving better health and a smoking body. Fill out the form with

[Refer a Friend - Click Here](#)

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**RESOLUTIONS NOW  
LOOK GREAT... DONT WAIT...  
ASK COACH HOW!**

Online Nutrition Analysis... For Real Results!

**NOW ...**



**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**

[Coach Berry's Website](#)

### Magazine Headlines

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- [How to Avoid Pulling a Hammy](#)
- [Safe Hot-Weather Workouts](#)
- [Should You Use a Weight Belt?](#)
- [What's That Pain?](#)
- [Depression from Diabetes](#)
- [Take the Sting out of Insect](#)
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