

COACH BERRY'S STUDIO

DARE TO BE FIT NEWSLETTER

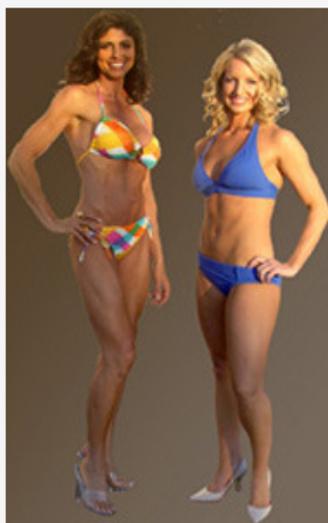
Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports



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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

Feeling Powerless to Lose the Pounds?

The season of deck-your-waist-with-extra-pounds is officially here.

So what are you going to do about it?

Will you join the masses who faithfully gain 5 pounds between November and January?

Or will you do something different this year?

It is entirely possible to avoid the dreaded holiday chub by following this simple strategy:

All About Power

To begin, it's important that you approach your goal from a place of *I can* rather than *I can't*.

Most diet and weight loss plans begin by outlining everything that you *can't* eat. You can't enjoy the buffet at your office holiday party. You can't taste the fudge that your aunt Frances made. You can't partake in the seasonal coffee drinks. You can't, you can't, you can't.

It shouldn't be surprising when the diet only last a few days before your inner rebel breaks out and defies all the rules by mowing through an entire plate of Christmas cookies in one sitting.

When you begin from a place of *can't*, you forfeit all of the power.

On the other hand, when you approach your goal from a place of *I can*, the power swings back into your favor. Use these 3 steps to re-gain your power:

1. Focus on positive action.

Rather than obsess over what you can't eat this holiday season, I want you to take the positive action of exercising into your own hands. Every time that you complete a workout feel the surge of empowerment that comes with the accomplishment.

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?

2. **Schedule positive action.**

The next step is to concretely schedule your workout sessions. I advise that you exercise even more during the holiday season than normal, since you will be taking in more calories. If you normally exercise 3 times each week for 30 minutes, then plan to exercise 5 times each week for 45 minutes.

3. **Reward yourself for positive action.**

At the end of each week take the time to reward yourself for successfully completing each scheduled workout. Don't use food as a reward, since you'll be taking in extra calories as it is. A massage, a new outfit, a leisurely hour spent at a coffee shop, or even a well deserved nap are all great ways to reward yourself.

What You Believe

The people who won't gain any weight this holiday season already know it. How? They've decided not to gain weight, and they believe it.

Do you believe that you won't gain weight this year? Or are your past failures keeping you less than confident?

Let's create a strong belief that you won't be powerless to holiday pounds.

In his book, *Awaken the Giant Within*, Anthony Robbins explains 4 steps needed to create a belief:

Step One: **Identify the basic belief.** I won't gain weight this holiday season.

Step Two: **Reinforce your belief by adding new and more powerful references.** This means focusing on the reasons that you don't want to gain the weight. Get out a sheet of paper and list all of the cons to you gaining an extra 5 or 10 pounds over the holidays. Spend a lot of time on this step. Reiterate to yourself over and over why you don't want to gain the weight.

Step Three: **Find a triggering event, or create one of your own.** Disturb yourself. Try on your bathing suit, or better yet go out and try on bathing suits in dressing rooms with that awful lighting. Try on your skinny jeans. Try on last year's cocktail dress. Try on that outfit at the back of your closet that you still can't fit into.

Step Four: **Take action.** Get started on your exercise program – right now. Taking action is the most important step, and the most rewarding.

Call or email me right now, I'll help you get started on an exercise program and guide you step-by-step all the way to success. Who knows? I may even get you to your New Year's Resolution before January even starts.



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.

Give yourself the power to overcome holiday pounds – get started now.

Don't Stress

The holidays can become a stressful time, with places to go, presents to wrap and parties to plan. There is ample evidence that stress has a negative effect on your body and your metabolism. When your body is under stress it produces cortisol, a hormone related to the fight or flight response. This increase in cortisol causes weight gain, decreased metabolism and even depression.

This holiday season don't let stress get the better of you. Give yourself time to relax – you'll be leaner for it.

Spinach & Egg White Wrap

This wrap is delicious for breakfast, lunch or dinner. It's ready in a flash, tastes amazing, and is filled with lean protein, veggies and whole sprouted grains. Try it today, but don't be surprised if you get hooked!

Servings: 2



Here's what you need:

- 1 teaspoon olive oil
- 1 garlic clove, minced
- 3/4 cup tomato, finely chopped
- 2 cups spinach, roughly chopped
- 1 cup egg whites
- dash of salt and pepper
- 2 sprouted grain tortillas
- 2 Tablespoons pesto (purchase it pre-made, or combine 1/2 cup walnuts, 2 cups basil leaves, 2 cloves garlic, 1/4 cup olive oil, and 1 Tablespoon lemon juice in a food processor and blend until it becomes a paste.)

1. Spread a tablespoon of pesto over each tortilla and set aside.
2. In medium sized skillet warm the olive oil over medium heat. Add the garlic and sauté until golden. Add the tomato and cook for another 3 minutes. Add the spinach and cook until it is soft and wilted. Remove the veggies from skillet, set aside in a bowl.
3. Pour the egg whites into the skillet, season with salt and pepper. Cook until the egg is no longer runny.
4. Arrange half of the egg whites in a line down the center of each tortilla. Top with half of the veggies and then fold the ends up and wrap like a burrito.

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

Nutritional Analysis: One serving equals: 288 calories, 10g fat, 28g carbohydrate, 6g fiber, and 21g protein.

Help out your friends, family and co-works by giving them a complimentary issue of my bimonthly fitness newsletter. Just use the "refer a friend" link below to forward this issue.

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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!

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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 in your browser

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