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 Fountian 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

5 Obstacles to Fitness Success

You want to be fit. You know how much you should weigh. You know your ideal pant size. You can even picture how great those skinny jeans will look.

So why aren't you living life in your ideal body?

There are many complex reasons that make weight loss a challenge, reasons that go deeper than simply calories-in versus calories-out.

I'm talking about the life issues that get in the way of your success.

Read the following 5 obstacles and the solutions to unlock your best body ever.

1. You don't want to be bothered.

It's in your DNA to avoid pain and seek out pleasure. Unfortunately this works against you when trying to get fit. In your mind, it's painful (or at least uncomfortable) to deny yourself the tasty food that you crave and to exert yourself with exercise.

There's a simple way to work around this obstacle: Find something painful about being fat to motivate yourself towards healthy eating and exercise. Focus on the negative impact your current weight has on your health, self-esteem and lifestyle. Convince yourself that the pain of being out of shape is much greater than the discomfort of losing weight.

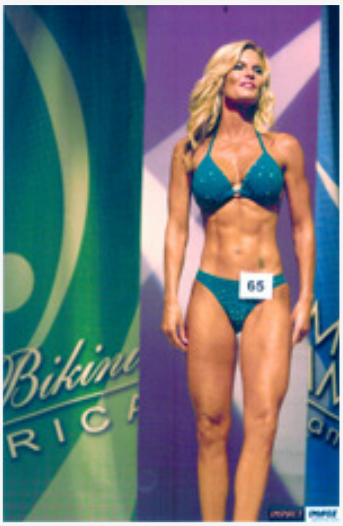
2. You don't want to wait for the good stuff.

Just as you wish to avoid pain, you are also an expert in seeking out pleasure - namely food. This served the cavemen well, but these days it ends up as extra pounds around your waist and thighs.

There's good news: extra calories are not your only option to stimulate the pleasure center of your brain. Find an activity or two that make you smile and indulge in those regularly.

- A walk outside

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



When Stephanie first came to Coach Berry whe 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 phyically 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?

- A good book
- A night out to the movies or theater
- A spa day

You can also retrain your brain to crave the pleasure of exercise-induced endorphins. Talk about weight gain kryptonite!

3. You are crazy busy.

Let's face it, you work too much, commit yourself to too much and don't even get enough sleep most of the time. The fast-paced way you live leaves you exhausted, stressed and hungry for comfort food. You even begin to feel too busy to take care of your health.

It's time to reprioritize. Let go of your perfectionist standards and remove a few commitments from your schedule so that you are able to cook healthy meals, exercise and get a good night's sleep. Remind yourself that taking care of your health is not a luxury - it's a necessity.

4. You don't deserve it.

I don't agree with it, but you sure act like you don't deserve to live the good life in the body of your dreams. Take a moment to think back on all the times you have self-sabotaged your weight loss efforts. If you don't believe deep down that you are worthy then you'll never give yourself a chance at a fit body.

I believe that you deserve to have a healthy body - and I urge you to dig deep down to uncover why you don't. Once you conquer your feelings of unworthiness, getting on an exercise and healthy eating plan will be easy.

Take the time to take care of yourself. You DO deserve it.

5. You are afraid.

You're afraid to start because you just might fail, and wouldn't that be embarrassing? You're also afraid to start because you just might succeed, and change makes you uncomfortable – even if it's change in the right direction.

When you decide to get fit you will need to go through a bushel of changes:

- New diet
- New exercise routine
- New friends at the gym
- New clothes
- New self-image

Focus on all of the ways that losing weight will make your life better. Envision that better life everyday so that it goes from being new and scary to familiar and comfortable.

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.

I want to personally help overcome every obstacle standing between you and your ideal body. Call or email today to get started on a program that will change your life and body forever...in a good way :)

Your friend, Regret

Have you ever felt regret the day after you passed on dessert? Of course not! You gave yourself a high-five for dodging the calorie bullet.

When temptation presents itself in the form of fattening foods or sugary desserts, decide how you want to feel the next day. Would you rather be guilt-ridden and bloated OR guilt-free and svelte?

The choice is yours.

Healthy Chocolate Shake

What is better than a creamy chocolate shake? A creamy chocolate shake without the guilt! You won't miss the fat and refined sugar as you slurp up this tasty treat.
Servings: 2

Here's what you need:

- 2 bananas, frozen
- 1/2 cup nonfat milk
- 2 scoops chocolate whey protein
- 2 Tablespoons raw almond butter
- dash of ground cinnamon
- 2 cups ice

1. Throw everything into a high speed blender, blend until smooth and creamy.

Nutritional Analysis: One serving equals: 292 calories, 7g fat, 33g carbohydrate, 7g fiber, and 25g protein.

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

Refer a Friend - Click Here

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 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

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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