

# 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**

### 7 Secrets to Maintain Weight Loss

If you've ever lost weight, you know how hard it is to keep it off.

Ever wonder why some people are able to keep weight off, while others put it right back on? Read on for the 7 Secrets to Maintain Weight Loss. (And if you still have pounds to lose, these 7 secrets will help you too.)

#### **Secret #1: Keep on Moving**

If you're serious about keeping the weight off, you need to be serious about your workouts. Keep your activity level high, both in and out of the gym. Your workouts should consist of both cardiovascular training and strength training. While out of the gym make an effort to move as much as possible by taking the stairs, going for walks or jogs and participating in recreational activities.

#### **Secret #2: Be a Healthy Eater**

Sorry, you can't go back to eating at the drive thru and expect to maintain your weight loss. Focus on these 3 aspects of healthy eating:

1. Keep calories low. Gone are the days of eating mindlessly. Be aware of everything that goes into your mouth, whether by journaling or simply keeping a mental tally.
2. Be careful. Eat small portions, avoid high-calorie foods and check nutrition labels. You don't have to swear off chocolate forever, just eat it occasionally with portion control.
3. Eat a balanced diet. Include a variety of fruits and vegetables, lean meats and whole grains.

#### **Secret #3: Turn off the TV**

The average person watches a whopping 35 hours of television each week. People who successfully maintain weight loss, on the other hand, watch an average of 7 hours or less. TV watching encourages snacking and puts you in a sedentary position on the couch. Spend less time in front of the TV and enjoy longer lasting weight loss.

#### **Secret #4: Keep it Simple**

While it is important to keep a variety of fruits and vegetables

**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?**

in your diet, your diet should be fairly simple. Create a repertoire of basic whole foods: fruits, vegetables, lean meats, whole grains, beans and nuts. When you cut down on your options it becomes easier to stick to your plan, making weight loss guaranteed.

#### **Secret #5: Track Yourself**

Your biggest fear is gaining back every solitary lost pound, but don't be afraid of your scale. Weigh yourself at least once each week to monitor any gains. If the numbers begin to climb then reduce calories and increase your exercise.

#### **Secret #6: Eat for the Right Reason**

Emotional eating is one of the top reasons that people are overweight. It's very important that you view food as fuel, not as an answer to deeper emotional needs. When food becomes more than just fuel, the pounds quickly add up. If you want to keep your weight under control, you're going to have to eliminate emotional eating.

#### **Secret #7: Forget All-Or-Nothing**

No one is perfect – not even you! There will be days when you eat more calories than you should have. There will also be days when you miss a workout. Don't let small slipups send you into a tailspin of all-or-nothing sabotage. Simply get back to your healthy lifestyle rather than letting yourself backslide into your old habits.

Don't be one of the many who skip these 7 secrets and instead return to life pre-weight loss. You worked hard to be where you are – you deserve to keep it.

I'm always available to help you achieve any fitness or weight loss goal. Call or email to get started on a solid exercise program that will change your body and life forever.

### **Reinvent Yourself**

Recent advances in neuroimaging techniques have discredited the old saying: You can't teach an old dog new tricks. Scientists have discovered that the brain actually has dynamic properties throughout life. This means that your brain is always evolving. Through practice, you are able to change your habits and change yourself.

So go on, reinvent yourself!

### **Garlic Asparagus**

Your diet should be filled with vegetables, with asparagus at the top of the list. This asparagus recipe is easy to make and tastes great. Serve it with a piece of white fish, chicken breast or other lean meat for a healthy meal.

Servings: 4



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.

### Here's what you need:

- 1 bunch asparagus
- 2 teaspoons olive oil
- 1 1/2 Tablespoons garlic, minced
- dash of salt and pepper
- 2 teaspoons lemon juice



1. Preheat oven to 425 degrees F. Cut off the tough ends of the asparagus.
2. In a casserole dish, combine the asparagus, oil, garlic, salt and pepper. Bake for 15-20 minutes, until tender.
3. Remove from oven and mix in the lemon juice. Serve and enjoy!

**Nutritional Analysis:** One serving equals: 47 calories, 2g fat, 5g carbohydrate, 2g fiber, and 3g 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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(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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