

COACH BERRY'S STUDIO

DARE TO BE FIT NEWSLETTER



Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports

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NEVER HAD BEFORE.
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becoming a BETTER YOU!
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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**

13 Reasons To Exercise

Let's face it, some days you just don't feel like exercising.

You get too busy, too stressed and quite simply too tired.

Here's a list of 13 of the top reasons to exercise. Pull out this list and read it when you're having one of those days.

1. To Prevent Disease

Exercise has been proven to reduce the risk of just about every single health problem known to man, from stroke to heart disease to cancer and osteoporosis. Exercise is also a great defense against type 2 diabetes, which is one of the most widely growing diseases of our time.

2. To Look Great

Exercise firms your body, improves posture and even makes your skin glow. Looking your best is a wonderful result of regular exercise.

3. To Lose Weight and Keep It Off

Exercise burns fat and prevents future fat storage. If you want to have a thinner, healthier body, exercise is the answer.

4. To Have More Energy

Anyone who exercises regularly will tell you that they are more energetic, less easily irritated and are more peaceful.

5. To Sleep Better

Exercise boosts energy levels, but also wears you out. It makes you feel more vibrant during the day and sleep better at night.

6. To Age Slower

Exercise is one of the most effective ways to fight aging. When you age your body loses muscle and bone, while the loss of both are drastically reduced with regular exercise. Exercise also helps reduce inflammation.

7. To Relieve Back Pain

In most cases, the best thing that you can do for back pain is to move and strengthen those muscles. Consult your physician or physical therapist for guidance.

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 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?

8. To Ease Depression

Exercise has been proven to reduce depression – sometimes even as effectively as medication. Just chalk this up as yet another amazing benefit to exercise.

9. To Reduce Aches and Pains

By strengthening muscles around your damaged joints you're able to use exercise to reduce joint pain and overall aches. Always consult your physician before starting an exercise program, especially if you have chronic joint pain.

10. To Stay Mentally Sharp

Exercise has been shown to improve memory and other cognitive functions, and seems to have a protective effect against dementia. A Harvard University researcher called exercise "Miracle-Gro for the brain."

11. To Enjoy Your Lifestyle

Whatever it is that you love in life – your kids, travel, sports, fashion - it is all more enjoyable when experienced in a fit and healthy body. Exercise so that you are able to enjoy all the great things in life.

12. To Reduce Sick Days

People who exercise regularly are 50% less likely to call in sick to work. A regular exercise program reduces colds and upper respiratory infections.

13. To Boost Confidence

Being fit, feeling healthy and having energy are all building blocks to having great confidence. There is no better confidence booster than sticking with a regular exercise program.

Regular exercise gives you so many amazing benefits, as you've seen from the above list. Call or email me today to get started on the exercise program that will change your life forever.

An Attitude of Gratitude

If you want a happier life then learn to appreciate yourself and others. An attitude of gratitude transcends every aspect of your life, making it brighter and richer. You'll even learn to enjoy the time you spend exercising.

Cranberry Quinoa Mini Muffins

Here is a muffin that is truly packed with fiber. Whole wheat flour and wholesome cooked quinoa combine with almonds and cranberries for a moist and delicious treat. Cooked quinoa can be used in place of some of the flour in almost any recipe to increase protein and fiber.

Servings: 36



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 cup unsweetened rice milk
- 1 Tablespoon ground flaxseeds
- 1/4 cup safflower oil
- 1/3 cup pure maple syrup
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- zest from 1 small lemon
- 1 cup whole wheat flour
- 1/2 cup ground almonds
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon freshly ground sea salt
- 1/2 teaspoon freshly ground cinnamon
- 1/2 teaspoon ground cardamom
- 1 1/4 cups cooked quinoa
- 1/3 cup finely chopped dried cranberries
- 1/4 cup organic turbinado raw cane sugar



1. Preheat oven to 370 degrees F. Place 12 muffins liners in muffin pan and set aside.
2. In a medium sized bowl combine the rice milk, flaxseed, oil, maple syrup, vanilla, almond and lemon zest.
3. In a separate bowl combine the flour, ground almond, baking powder, salt, cinnamon and cardamom. Mix the dry ingredients with the wet ones and fold in the cooked quinoa and chopped cranberries.
4. Use an ice cream scooper to fill each muffin liner 3/4 full. Sprinkle the turbinado raw cane sugar on top of each muffin. Bake for 30 minutes or until golden.

Nutritional Analysis: One serving equals: 55 calories, 2.5g fat, 8g carbohydrate, 1g fiber, and 1g 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!

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

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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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