

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!**
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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**

29 Simple Ways To Be Fit

Far too often fitness is presented as complicated and confusing.

Nothing could be farther from the truth.

Being fit comes from living the following simple everyday practices:

1. Throw out your big dinner plates. Using small plates at home effortlessly reduces calorie intake and promotes weight loss.
2. Make exercise a regular part of your life. Create a network of accountability with workout partners or by working with me, your local fitness expert.
3. Know what you want to accomplish. Visualize the end result of your hard work.
4. Believe in you. I know that you **CAN** accomplish your goals.
5. Don't be a wimp. Keep the intensity high during your workouts. Remember that you don't want to kill time; you want to burn calories and strengthen your body through intense exercise.
6. Drink water all day long.
7. Know when to ask for help.
8. Incorporate High Intensity Interval Training into your routine by doing bursts of high intensity rather than exercising at a single steady pace.
9. Maintain your metabolism by eating a healthy snack or meal every three hours. This food should be unprocessed, low in fat and high in fiber.
10. Forget will-power; it's about **WANT**-power. How badly do you want it.
11. Never eat processed foods. These items are high in empty calories and contain a plethora of chemicals that are harmful to your health.
12. Fat contains twice the caloric density of carbohydrates and protein, so limit the amount of it that you eat. Fill your diet with lean protein and carbohydrates from leafy plants and whole grains.
13. It's OK to be a skeptic. Watch out for products that are labeled as 'health food'. Always read the nutrition labels and make your own informed opinion.
14. Talk is cheap. Act now and get the job done.

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?

15. Exercise with people that are in better shape than you. This will encourage you to push your limits.
16. Never indulge in negative self-talk.
17. Don't drink calories.
18. Pay attention to everything that you eat.
19. Keep consistent. Exercise at least three or four times each week.
20. Expect more from yourself.
21. Never eat High Fructose Corn Syrup. It spikes your blood sugar levels and encourages your body to store fat.
22. Eat plenty of whole plant foods. Vegetables, fruits and whole grains are filled with fiber and antioxidants, great for good health and weight loss.
23. Do your cardiovascular exercise after weight training to encourage more fat burn. Your stored sugars will be depleted during the weight training then your body will rely on fat stores to get you through the cardio workout.
24. Breakfast should be a balance of carbohydrates, protein and fat to get your metabolism going strong.
25. If you know that you deserve better...then go get it.
26. Challenge yourself during each workout. Try something new and exciting.
27. Set specific, measurable goals and track your progress.
28. Even if they are whole grain, eat carbohydrates sparingly. Carbohydrates are quickly stored as fat.
29. Put an end to your struggle to get and stay fit. Call or email me today to get started on a proven fitness program that will change your life and body forever.

Print this list and place it somewhere that you'll see every day.

Not Too Sweet

If want to lose weight, cut the sugar out of your diet. Sugar encourages fat storage by causing your insulin levels to rise. Try natural low-calorie alternatives to sugar, such as stevia.

Favorite Green Beans

Green beans are low in calories and packed with vitamins and healthy fiber. This dish comes together quickly and the flavors are deliciously tangy.

Servings: 2

Here's what you need:



- 8oz fresh green beans
- 2 teaspoons olive oil
- 1 Tablespoon dijon mustard
- 2 teaspoons brown rice vinegar
- 3 Tablespoons diced yellow onion
- dash of salt and pepper



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.

1. Steam the green beans until soft, yet still with a slight crunch.
2. In a medium bowl whisk together the remaining ingredients. Add the green beans and toss together.
3. Transfer beans to serving dish and enjoy.

Nutritional Analysis: One serving equals: 94 calories, 4g fat, 9.5g carbohydrate, 3.3g fiber, and 2g 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!

**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!

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?"

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 first step toward achieving better health and a smoking body. Fill out the form with

your name and email and I will be assisting you reach your health and fitness goals.

R B Berry

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[Dare to Be Fit Studio](#)

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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