

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

Bridging Mind and Body

Jon Gabriel was stuck.

At nearly 410 pounds, he had tried every diet imaginable – with no luck.

No matter what approach he took to lose weight, his body would fight him, and he would inevitably end up heavier than before.

Then one day he had a light bulb-over-the-head "ah-hah" moment: His body wanted to be fat, and as long as it wanted to be fat, there was nothing he could do to lose weight.

If you've struggled for any length of time with weight loss, then you know the frustration that Gabriel felt in that moment. He was at war with his body.

In the two years following Gabriel's "ah-hah" moment, he lost over 220 pounds naturally, without surgery or counting calories. His incredible journey is recounted in his book *The Gabriel Method*.

One of the key components to his success was that he identified and addressed the mental and emotional reasons that his body felt safe being overweight. Once these issues were eliminated, the weight began to fall off.

The Real Reason You Can't Lose Weight

According to Gabriel, your body wants to be fat anytime it decides that being fat is the best way to keep you safe. Once your body understands that being thin is the best way to keep you safe, your body will want to be thin and the weight will fall off.

This all ties into our survival instincts to protect us from starvation, freezing to death or being eaten.

In our modern world you have different worries than being chased by a lion, but even modern stress about paying your bills create the exact same chemical signals that are produced when you are starving or freezing. This convinces your body that you need to be fat in order to be safe.

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?

When you approach weight loss from the outside in, you overlook mental and emotional threats that can confuse your body into thinking that being fat can help keep you safe. Here are four such threats:

1. **Fear of Scarcity:** When you spend your time in fear that you don't have enough money then you send a message to your body that resources are limited. The only resource that your body recognizes is food – and storing fat is how your body saves up.
2. **Emotional Obesity:** At a subconscious level you may have the association that being fat makes you feel safer, or that it is serving another emotional need. In this case your body is simply trying to protect you; it is making you feel safer emotionally.
3. **Mental Starvation:** Though your body only recognizes physical starvation, you can also be suffering from emotional or mental starvation. This could be a desire for love, joy, fun, intimacy, or a deeper spiritual connection. Any mental or emotional longing can send the same chemical signals in your brain that physical starvation causes.
4. **Dysfunctional Beliefs:** If you believe that you were meant to be fat, or deserve to be fat, or if you view weight loss as impossible, then your body will obey by refusing to lose weight. Change your dysfunctional beliefs first and then weight loss will become simple.

Exercise was a big part of Gabriel's remarkable weight loss journey. Once he broke through the mental and emotional reasons for his obesity, his body craved activity.

Are you ready to begin your weight loss journey? I'm here to help.

Call or email today to get started on a program that will transform your life forever – just like Gabriel.

Accepting You

It is important that you come to a place where you feel comfortable with your body exactly as it is right now. By accepting your body just as it is – today – you are able to reduce the stress signals that are encouraging fat storage. Once you accept yourself as you are, you end the war with your body, and weight loss becomes natural.

Savory Broccoli Rabe

Here's a delicious way to dress up broccoli rabe. Broccoli rabe is a non-heading type of broccoli with long thin leafy stalks that's topped with small florets. It's packed with vitamins A, C and K in addition to potassium, iron and calcium. It also contains phytochemicals that fight cancer and improve your overall health.

Servings: 6



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:

- 3 Tablespoons pine nuts, toasted
- 2 bunches broccoli rabe, stems trimmed
- 1 teaspoon olive oil
- 3 garlic cloves, minced
- 1/4 cup kalamata olives, halved
- dash of freshly ground sea salt
- Juice from 1 small lemon



1. Place a steamer basket over a 3 quart pot, filled with water up to the bottom of the basket. Bring the water to a boil, add the broccoli, cover and steam for 3 minutes. Immediately drop the broccoli into a bowl of ice water. After a few minutes drain the broccoli and set aside.
2. In a large skillet warm the olive oil over medium heat. Add the garlic and saute until golden. Add the broccoli, olives and salt. Saute for another 5 minutes until tender. Remove from heat, place in serving dish, sprinkle with pine nuts and toss with lemon juice.

Nutritional Analysis: One serving equals: 58 calories, 4.4g fat, 3g carbohydrate, 7.1g fiber, and 2.5g protein.

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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?"***

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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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