

# COACH BERRY'S STUDIO

## DARE TO BE FIT NEWSLETTER

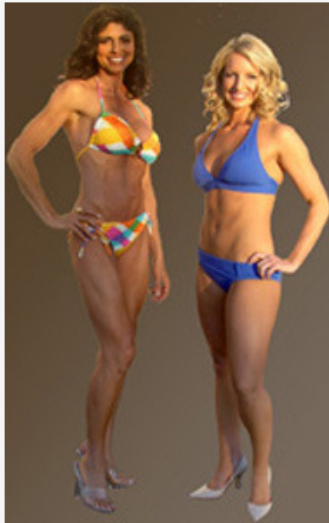


Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports

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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](http://www.rb-berry.com)**

**Champions are made,  
not born! Stephanie, 40,  
placed in her very first  
competition after**

### Healthy Eating Tips Your Kids Will Love

Every parent wants good things for their children: a positive outlook on life, a healthy respect for authority, a strong sense of self, a disease-free body...a healthy body weight.

Despite our best intentions, a recent report suggests that for the first time in two centuries, the current generation of children may have a shorter life expectancy than their parents.

With all the advances in medicine, how could this possibly be true? The blame falls squarely on today's toxic food environment.

In short, your kids are eating too much junk.

And who can blame them? Junk food tastes great.

The good news is that healthy food also tastes great. Take these simple tips and transform your child's diet into one that is packed with good health.

#### 1) Add Color

Adding bright and colorful fruits and veggies to your child's plate will get their diet on the fast track to health. Fresh fruits and veggies are filled with fiber, vitamins and minerals that are essential to good health.

If your kids are resistant then make it fun. Serve veggies with salad dressing as a dip. Cut fresh fruit in the colors of the rainbow and place them on a skewer. Serve a color themed meal – all green, all red or all orange. Use your imagination and you'll come up with an endless number of ways to make fruits and veggies fun to eat.

#### 2) Think Whole Foods

Processed foods are the biggest problem with our modern diet. Packaged and refined food products are devitalized and filled with empty calories that quickly lead to weight gain.

Unfortunately, processed foods make up a large portion of the diet of many children.

**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?**

Train your kids to opt for whole foods, rather than packaged ones. Whole foods are foods that are in their natural state. An apple. A piece of sprouted grain bread spread with natural peanut butter. A piece of hormone-free chicken. A bowl of beans. You get the idea.

### 3) Use Wholesome Sweeteners

Refined sugar and corn syrup are packed into many of the foods that your kids love. But wait, there are more wholesome sweeteners available – sweeteners that add vitamins and minerals rather than empty calories. Use the following rather than white sugar or corn syrup:

- **Sucanat:** This pure, dried sugar cane juice retains its molasses content. Use it to replace white sugar in baking.
- **Pure Maple Syrup:** Forget the "fake" syrups containing corn syrup. Pure maple syrup contains potassium, calcium and some amino acids.
- **Brown Rice Syrup:** Use this dark syrupy sweetener instead of corn syrup. It takes longer to digest and won't spike your blood sugar like refined sugar.
- **Dates:** Throw a few seeded dates into your blender to sweeten your smoothie rather than adding white sugar.

### 4) Make Smart Substitutions

Kids love pizza and pasta and peanut butter and jelly sandwiches, and that's not going to change any time soon. Rather than fight your kids on their favorites, try making smart substitutions to make their favorites more nutritious.

- **Pizza:** Up the nutritional content of your pizza by opting for wheat crust over white, adding veggies to the toppings and sticking with lean meat toppings.
- **Pasta:** Use sprouted grain or whole grain pasta rather than traditional white pasta. Add veggies to your pasta sauce. Stick with red sauce, since white sauce is so high in fat.
- **PB&J:** A PB&J, made with white bread using sugar-filled peanut butter and corn syrup-filled jelly, is fairly void of any real nutritional value. Try the PB&J Makeover recipe below instead for a sandwich that will provide real wholesome fuel for your child's day.

### 5) Ban Sugary Drinks

One of the best things that you can do for your child's good health is to instill in them a love for water rather than sugary drinks. Soda pop and juices are filled with empty calories that encourage weight gain.

The easiest way to do this is to stock your house with lots of pure, filtered water. Don't have fruit drinks or soda pop readily available so that they grow accustomed to drinking only water.



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.

While I presented these tips as improvements to be made to your child's diets, these tips will also do wonders for your diet. Try these 5 tips out for 30 days and I guarantee you'll look and feel better.

Parents all want good things for their children. Now how about doing something good for yourself as well? You are your child's biggest role model on how to live, for better or worse.

Treat yourself right by calling or emailing today to get started on an exercise program that will change your life for the best.

### Pay Attention

Here's a tip for kids and adults alike. When you are eating, pay attention.

Sounds simple, but how often do you snack in front of the T.V. or eat your dinner while in rush hour traffic?

Paying attention means eating when you are hungry and stopping when you are full. It means never eating just to eat, but rather because your body needs it.

Do this and you will quickly reach your ideal weight.

### PB&J Makeover

Not all PB&J sandwiches were created nutritionally equal. It all depends on the quality of the ingredients that you use.



If you use white bread, corn syrup-filled peanut butter and refined sugar-filled jelly, the result would be a sandwich that will skyrocket your blood sugar, promotes fat storage and leaves you feeling hungry a short time later.

However, if you make this recipe, with sprouted grain bread, true peanut butter made from one ingredient: peanuts, and fruit preserves that are naturally sweetened with fruit juice rather than sugar, then the result would be a nutritionally dense food that would promote stable blood sugar levels and provide you with hours of sustained energy.

Your kids will love the fun twist of having their sandwich grilled and stuffed with banana slices!

Servings: 1 **Here's what you need:**

- Sprouted grain bread
- 1 Tablespoon pure peanut butter (no added sugar or corn syrup)

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

- 1 Tablespoon natural fruit spread (no added sugar or corn syrup)
- 1/2 of a banana, sliced

1. Spread one piece of bread with peanut butter and the other with fruit spread. Line one side with the sliced bananas and sandwich it.
2. In a grill pan over medium heat, grill each side until grill marks appear and the sandwich is warmed.

**Nutritional Analysis:** One serving equals: 380 calories, 8.7g fat, 53g carbohydrate, 9g fiber, and 13.2g protein.

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(760) 967-6847**

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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