

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

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

5 Flat Tummy Myths (and 3 Steps to Tight Abs)

It's bathing suit season and you want flat abs to flaunt.

While I commend your desire to slim down before baring it all, I'm here to warn you of the 5 myths that most people believe. Don't waste your time on these:

Myth #1: Take diet pills to speed results.

I know it's so tempting! The ads make compelling claims about the power of popping a pill, but don't fall for it. There is no 'magic pill'. Diet pills are more likely to burn through your pocketbook than to slim you down.

- Tip: Don't pop a pill - instead burn calories with intense exercise.

Myth #2: Do extra crunches to flatten your abs.

Excessive crunches aren't the answer for tight abs. In order to achieve a toned look you'll have to focus on burning off the layer of fat that is covering up your tummy.

- Tip: Don't obsess about crunches - instead focus on fat burning.

Myth #3: Turn to packaged diet products to boost results.

Don't fall for the foods that are packaged as 'diet' or 'weight loss' aids. Quite often these products are packed with refined sugar and other artificial ingredients that your body doesn't need, and certainly won't help you attain that tight tummy.

- Tip: Don't eat packaged diet foods - instead stick with nutritious whole foods.

Myth #4: Avoid all carbohydrates in order to achieve tight abs.

Carbohydrates have been given a bad rap, which is unfortunate because you can (and should) eat carbs while slimming down. The key is to stick with whole grains, oatmeal and brown rice while avoiding processed and refined flours and sugars (see the recipe below for Power Oatmeal).

- Tip: Don't give up all carbohydrates - instead stick with wholesome carbs.

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?

Myth #5: Starve the chub away. Trying to lose weight by starving yourself is not only ineffective it can also be dangerous. It may seem that severe calorie restriction would deliver the quickest weight loss, but your body is complex and by doing so you'll disrupt your metabolism and slow your results.

- Tip: Don't starve yourself - instead eat small wholesome meals throughout the day.

Now that you know what not to do in order to achieve tight abs, it's time to go over your flat tummy game plan. Here's what you need to know in 3 simple steps:

- **Step One: No more junk.**
The best way to do this is by purging your kitchen. Throw out the sugary, processed and fat-filled foods. Once the junk has been cleared out, don't buy any more of it. Remember that your beach-ready abs depend on what you eat – don't eat junk!
- **Step Two: Eat whole foods.**
Replace the junk food in your life with plenty of the following: cooked and raw vegetables, fresh fruits, whole grains, moderate amounts of seeds and nuts, lean meats and low fat dairy. Clean eating really is that simple.
- **Step Three: Come train with me.**
This is the most obvious step. You're ready to get into great shape and I'm in a unique position to make that happen for you. Call or reply to this email to get started on an exercise plan that will get you those amazing abs.

You Snooze, You Lose (weight)

Sleep matters when it comes to losing weight.

Your body requires a certain number of hours for rest and recovery, especially when attempting to slim down. 7 to 8 hrs per night seems to be the right amount.

A study that followed nearly 70,000 women for 16 years showed that those sleeping less than 5 hrs per night weighed more than those sleeping 7 to 8 hrs per night.

Power Oatmeal

This oatmeal is packing a powerful ingredient – protein. Mix a scoop of your favorite protein powder into your oatmeal to transform it into a quick and healthy breakfast.

Servings: 1

Here's what you need...





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.

- 1/2 cup whole grain oats
- 1 cup water
- dash of salt
- 1 scoop high quality protein
- 1 tablespoon chopped macadamia nuts
- 1 tablespoon golden raisins

1. Mix the oats, water and salt together in a microwave safe bowl. Microwave on high for 2 to 4 minutes.
2. Stir in protein, top with nuts and raisins.

Nutritional Analysis: One serving equals: 325 calories, 7g fat, 41.7g carbohydrate, 10.2g fiber, and 25.7g protein.

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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**

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

[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 in your browser

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