

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

5 Rewards of a 5K

Have you ever considered running a 5K? The benefits may surprise you.

A 5K race is 3.1 miles, the perfect distance for beginning runners. It's a realistic, attainable goal that's fun and satisfying to achieve.

Here are 5 rewards you will reap:

1) Tone Your Legs: Runners have awesome legs. Muscular, toned and tan. Training for a 5K will get you on pace for your own set of lean limbs.

- **Calves:** Not the easiest muscle to tone in the gym, but these lanky muscles are quickly toned by running. A proper runner's stride has your foot landing in a rolling motion, heel to toe. As you push off with your toe, feel a firm contraction in your calves. Push your calves to the limit by running in sand or gravel. No Thumping! You know your stride is stiff when you hear a thumping sound with each step. When you lightly roll your foot from heel to toe, you take pressure off of your lower back. Remember, thumping feet lead to a sore back.
- **Glutes:** Running is a great way to firm up your glutes. To really raise your glutes take your training to the hills or do bleacher runs.
- **Thighs:** Who doesn't want slimmer thighs? Running does wonders for shaping and slimming your thighs, right where it counts.

2) Support A Cause

By participating in a 5K you get in shape while supporting a cause. Most 5K races are put on by charities or non-profit organizations. Many times you have the opportunity to raise funds and community awareness through your involvement.

3) Flatten Your Abs

Running burns a massive amount of calories. This means you'll find your body quickly morphing into that of a lean athlete. Don't over-compensate the extra calories burned by eating too many carbs. Manage your portions to reap the most belly

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?

shrinking benefits.

While running is an amazing way to transform your body, running alone won't deliver complete results. Resistance training is an equally important part of the equation. With resistance training you get:

- **Raised Metabolism:** Resistance training raises your metabolism for an extended period of time, even after the workout is finished. This means more calories burned. Also resistance training adds muscle to your body, which raises your resting metabolism to burn even more calories when you aren't exercising.
- **Upper Body Muscle Tone:** While running is great for adding lower body muscle tone, it won't do much for your upper body. With resistance training you target the muscles of your upper body to create a symmetric physique.
- **Muscle Confusion:** With resistance training there are endless variations of movements you can do in order to keep your muscles guessing. Never allow your routine to grow stale by doing the same motions over and over again.

4) Make New Friends

Athletic endeavors are a relaxed way to make new friends and form connections within your community. Join a local running group to assist your training or start your own group of 5K hopefuls in your neighborhood. Your group could run the 5K together for support. Who knows, you may make new friends for life.

5) Start A Habit

Although you may find it hard to believe, especially if you haven't yet run your first 5K, racing is addicting. The satisfaction of accomplishing your goal, along with the exciting changes in your body, will likely lead you to another race. It's not farfetched that you'll build your training up to run a marathon.

Running is great, but as we touched on above, resistance training is essential for achieving outstanding results. The best way to get into amazing shape is with a challenging and dynamic exercise routine.

Call or email today to get started on your own exercise program that will lead to more rewards than you ever dreamed of.

5K Success

Here are 3 tips to ensure that your 5K goes great.

1. **Consult your Doctor.** You should always check with your doctor before beginning a new exercise routine, and



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.

training for a 5K is no exception. Once your doctor gives you the green light then jump in with your training.

2. **Train Smart.** Gradually increase your mileage over a few weeks or months. Start by running for 10 to 15 minutes and then slowly increase to a full 5K.
3. **Stay Hydrated.** It's always important to keep your body properly hydrated, especially when your activity level has increased. Drink water before and after reach run, and throughout your day.

Smoked Salmon Wrap

Salmon is a rich source of omega 3 as well as protein. Couple that with sprouted grain tortilla and fresh arugula and you've got yourself a healthy, balanced meal that's ready in only 5 minutes.

Servings: 2



Here's what you need:

- 1 Sprouted grain tortilla
- 1 Tablespoon low fat cream cheese
- 4 oz Smoked salmon
- 1/2 cup Arugula
- Dash of salt and pepper

1. Spread the cream cheese evenly over one side of tortilla. Place the salmon in the center of the tortilla. Top with arugula. Add a dash of salt and pepper.
2. Roll the tortilla and slice in half.

Nutritional Analysis: One serving equals: 175 calories, 6g fat, 12.5g carbohydrate, 3g fiber, and 16.5g 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!

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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