

# COACH BERRY'S STUDIO

## DARE TO BE FIT NEWSLETTER

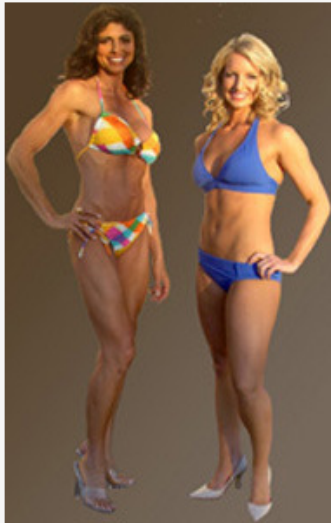
Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports



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NEVER HAD BEFORE.  
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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](http://www.rb-berry.com)**

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

### Grill Your Way Lean

Grilling is the most popular pastime of summer.

While outdoor cookouts are a great opportunity to relax and visit with friends and family, did you know that the average barbecue meal exceeds 1500 calories? That's almost an entire day's worth of calories in one meal.

That type of eating will do some serious damage to your waist over the course of the summer.

The good news is that barbecue season doesn't have to be fattening. In fact, with a few small changes to your barbecue menu, you can turn summer into the perfect opportunity for weight loss.

So before you slather on the sunscreen and fire up your grill, read the following tips to grill your way lean this summer.

**On the Grill:** Believe it or not, grilling is actually a very healthy way to cook meat. Of course the type of meat that you choose will make all of the difference. Burgers and hot dogs are traditional barbecue meats, but they aren't the healthiest. Try the following:

- Choose lean cuts of beef, pork or poultry
- Marinade with low fat dressing
- Make hamburgers with extra-lean ground beef
- Take the skin off chicken before grilling
- Replace beef patties with ground turkey patties
- Grill up salmon or cod
- Forego the meat and grill veggie burgers

**Side Dishes:** This is where most people run into trouble. Barbecue side dishes are typically filled with loads of fat. Creamy coleslaw and potato salads can hold as much as 15 grams of fat per serving. Try the following instead:

- Make veggie kabobs and grill them
- Grill bok choy (see recipe below)
- Replace the mayo in your salads with low-fat mayo
- Serve fresh salad with light vinaigrette
- Try whole-grain macaroni for your pasta salad
- Grill up corn on the cob (pass on the butter)

**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?**

- Put out a veggie tray with low fat dip

**Drinks:** Most people don't realize that beverages play a big role in summer weight gain. Margaritas, beer, soda pop and punch all contain lots of empty calories. Try the following:

- Drink water, it is always your healthiest option
- Stick with light beer
- If you have to have a soda pop stick with diet
- Brew unsweetened ice tea and serve with lemon

**Dessert:** Yes, there are ways to satisfy your sweet tooth while getting lean. Think outside of the box instead of turning to the typical fattening options like ice cream, pie, cake or cookies. Try the following:

- Grill mango, banana and pineapple on kabobs
- Stick with sorbet instead of ice cream
- Replace peach pie with grilled peach halves
- Choose light ice cream over regular

Remember, it's ok to splurge every once in a while. Enjoy yourself. Just keep in mind that by taking a few of the above suggestions you can enjoy great food while getting back into great shape.

Want to shape up even more this summer? Call or email today to get started on a fitness program specifically designed to get you into your best shape ever.

### **Magic Pills**

I hate to break it to you, but there's no such thing as magic weight loss pills.

Don't fall for the latest diet pill craze. Have you ever noticed that every weight loss pill specifically states that it works when combined with proper diet and exercise?

Well, they are right—proper diet and exercise will cause you to lose weight—without costly bogus pills.

### **Grilled Bok Choy**

Ready to grill? Throw some bok choy on the BBQ! Bok choy is packed with vitamins A, C and K, as well as beta carotene. This grilled bok choy has tender stems and crispy leaf edges.

**Servings: 6**



**Here's what you need...**

- 2 lbs bok choy



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 Tablespoons olive oil
- 1/4 teaspoon garlic salt
- 1/8 teaspoon paprika
- 1/8 teaspoon black pepper
- 1 teaspoon seasoned salt

1. Preheat grill and lightly oil the grate.
2. In a small bowl combine the oil and seasonings. Mix well.
3. Slice the bottom off the head of bok choy, and wash each stem.
4. Lay bok choy on prepared grill. Brush with the seasoned oil mixture. Cover grill and cook until stems show grill marks, about 4 minutes. Turn the bok choy, brush with more seasoned oil mixture and grill the other side.
5. Transfer to platter and serve.

**Nutritional Analysis:** One serving equals: 36.5 calories, 2.6g fat, 3g carbohydrate, 1g 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!**

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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 (760) 967-6847**

**[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](http://www.rb-berry.com) in your browser**

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