

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

7 Vacation Slim Down Tricks

Does your upcoming vacation have you worried about your waistline? You should be.

The average person gains almost a pound a day while on vacation.

But that doesn't have to be you. Most of the time extra pounds sneak up on you when you least expect it, so decide right here and now that your vacation will leave you slimmer than when you left.

All you have to do is have a plan.

As you embark on your next vacation adventure, use these 7 tips to come home fitter than when you left.

Trick #1: Cut Your Carbs

Vacation days are notorious for carbohydrate rich meals, and it's a well-known fact that too many carbohydrates will quickly add up to unwanted pounds. Combat this fat-trap by choosing one meal per day to go carb-less.

- **Breakfast:** This may be the most effective meal to use the carb-less trick, since breakfast often involves breads, pastries or pancakes. Skip the toast and fill up on egg whites and lean breakfast meats.
- **Lunch:** A great carb-less lunch is a salad with lean meat. It's so filling and satisfying that you won't even miss the bread.
- **Dinner:** Since you're on vacation, you don't want to feel deprived, so dinner is the hardest meal to go carb-less. But if you've indulged at breakfast and lunch then make it a point to cut the carbs at dinner. Stick with veggies and lean meats.

Trick #2: Be Active

If your travels keep you too busy for a workout, or if your hotel does not have an exercise room, make a conscious effort to be active everyday. Go on a brisk walk after your day's activities. This is a great way to see a new city, and also a great way to burn off extra calories. Take the stairs instead of elevator in your hotel and any other buildings you visit. Go on a short jog in the mornings or evenings of your stay. If your

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?

hotel has a pool, swim a few laps each morning or evening.

Trick #3: Indulge with Control

Eating out is a must while on vacation. Whether you're visiting 5 star restaurants or fast food diners, you are faced with the same problem: large portions. While the easiest thing to do with a large portioned meal is to simply eat it all - you are on vacation after all...right? - that isn't the best for your waist.

When you order your meal ask the waiter or waitress to bring you a to-go box. Take half of your meal and place it safely into the box before you even begin to eat. This gives you no choice but to eat a healthy portion. If you would rather not carry around a to-go box then ask that your entrée be made into a smaller portion. If it is dinnertime ask for the lunch-sized entrée.

Trick #4: Don't Eat Late

One of the easiest tricks for preventing weight loss is to simply stop eating 3 hours before you go to bed. This is especially effective while on vacation. So skip that late night indulgence and wake up looking and feeling great.

Trick #5: Snack Healthy

Have you ever noticed how travel days create the perfect opportunity for snacking? A coffee and muffin before your flight, a snack on the plane and then before you know it - it's lunch time! Taking a road trip? This opens up even more opportunities for regrettable snacking...rest stop vending machines, gas station quickie marts and of course the never ending string of fast food restaurants along the highway.

This summer cut unhealthy snacking off at the pass by bringing along your own healthy options. Dried or fresh fruit, unsalted nuts, health bars, cut veggies and low fat crackers are a good start. By filling up on these healthy snacks between meals you will end up eating less when presented with a less-than-healthy meal.

Trick #6: Avoid Fried Foods

While fast food restaurants are definitely convenient, with their low prices and quick service, this convenience is not worth the additional pounds brought on by chips and fries. As you enjoy your vacation keep this in mind: avoid fried foods. While this is always good advice to follow, it is even more important to abide by while traveling.

While vacationing you will likely burn fewer calories each day than you would burn at home, and you are consuming more calories due to your schedule of eating out. You are walking a fine line, and eating fried foods would throw you right over the edge. A gram of fat contains 9 calories as compared to the 4 calories that proteins and carbohydrates carry - so you can see that consuming fried foods will drastically increase your caloric intake.

If I still haven't convinced you to pass on the curly fries, keep



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.

in mind that heartburn and indigestion are never fun...especially while on vacation!

Trick #7: Team up with a Pro - Yours Truly!

Well, fitness is my specialty...and since you are serious about creating a healthy and fit physique - guarantee your results by teaming up with me.

Together we will come up with a fitness plan that is uniquely yours, one that fits your lifestyle and brings you promptly to your goals - something that you will appreciate while on vacation and at home.

Call or email today to get started.

Every Little Bit Counts

Do you have diabetes or high blood pressure?

Did you know that by dropping as little as 5 to 10 percent of your body weight these problems can be greatly alleviated?

Just think how great you will feel after losing excess weight and improving your health!

Strawberry MicroGreen Salad

Microgreens are tiny leafed vegetables that are harvested when less than two inches tall. They have remarkably intense flavor and high levels of vitamins and minerals. Pair this salad with a piece of lean meat for an excellent, light meal.



Servings: 4

Here's what you need:

- 3 cups organic microgreens
- 1 cup sliced strawberry
- strawberry dressing (6 strawberries, 1 Tablespoon balsamic vinegar, 1 teaspoon agave nectar, 1 teaspoon olive oil, dash of salt and pepper - blended)
- 1/4 cup chopped walnuts

1. Toss the microgreens with strawberries and dressing. Sprinkle with walnuts.

Nutritional Analysis: One serving equals: 124 calories, 6g fat, 8g carbohydrate, 3g fiber, and 2g protein.

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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