

COACH BERRY'S STUDIO

DARE TO BE FIT NEWSLETTER

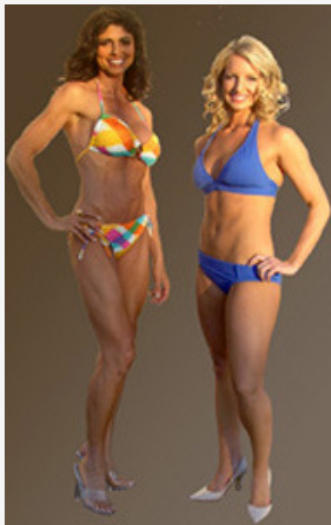
Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports



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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

Get to the Bottom of Your Weight Gain

Why are the numbers on your scale climbing?

That is a valid and often frustrating question. And the answer isn't always sweet and simple.

"Any change in your life circumstances can produce changes in eating and exercise, which leads to weight gain," stated Edward Abramson, Ph.D., professor emeritus of psychology at California State University, author of *Emotional Eating*.

So why has your weight increased? And, more importantly, what can you do about it?

1. Life's Fat Traps

A little addressed fact about weight gain is that everyone gains weight for different reasons. So often we hear about one-size-fits-all weight loss solutions that take little or no consideration of how the extra weight piled up in the first place. To experience true weight loss it is important to understand why you gained it in the first place.

Think back to the time in your life when your weight was just right. Were you in your teens? Your twenties? Or maybe your thirties? Picture yourself as you were at your ideal weight. Now when did things change? Was it a gradual addition of pounds that accumulated over a span of multiple years? Or did you gain it all at once? Check out the following weight gain triggers and determine which one is responsible for your plight.

- **College:** The college years are some of the easiest for gaining weight. In fact, a recent study by Cornell University found that on average, college freshman gain about 0.5 pounds a week - almost 11 times more than the average weight gain among 17-and 18-year olds and almost 20 times more than the average weight gain among American adults.
- **Marriage:** There's nothing like holy matrimony to encourage a barrage of calories to overtake your diet. Late night comfort snacks are always more enjoyable when you have someone to share them with—and who better than the person who pledged to stick by your side through sickness or health?

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?

- **Pregnancy:** Talk about a great time to gain weight! And we're not just talking about women here—most men admit that they gained 'sympathy' pounds right along with their wife. Hormonal changes along with strong encouragement from everyone you know to indulge in anything their heart desires leave most pregnant women with a feeling of entitlement when it comes to food.
- **Career:** Though you may not realize it, your career choice plays a major hand in your weight. Those who go from an active lifestyle to spending 8 hours a day behind a desk and another 2 hours commuting almost universally gain weight. Conversely, people who spend their 8 hours in constant motion find weight loss a natural byproduct of the job.

2. New Habits

Close your eyes and go back to the fat trap that triggered your weight gain. What changed in your lifestyle? To help sort things out, I've broken things down into two specific behavioral categories.

- **Eating Habits:** Did your eating pattern change at this time in your life? If your weight gain occurred in college then maybe you went from eating 3 square meals to an all-you-can-eat buffet style cafeteria. Or if marriage was your weight gain trigger, then maybe you went from eating small meals to fattening comfort food. Pregnancy brings on the perfect environment for a change in eating habits. You go from eating normally, to eating 'for two', to munching on your baby's snacks right along with him! Your job can also dictate your eating schedule. Long hours and early meetings may cause you to grab a donut or chips from the vending machine.
- **Activity Level:** The second category that leads to weight gain is your activity level. Simply put, what kind of exercise were you doing before your life changing event and how does it compare to your current exercise regime? Chances are good that you were doing more exercise before your weight gain began—which means that you are doing less exercise today! Go ahead, think back to the exercises or physical activities that you used to do and compare them to your schedule today.

3. Your Transformation

You've figured out which fat trap in your life led to weight gain, and then narrowed down the exact behaviors that changed as a result, so this naturally leads us to a solution.

It's time to make a change.

Call or email today to get started on a fitness program that will make you immune to all of life's fat traps.

Once you start working with me, those numbers on your scale will quickly change direction.

Say Yes to Good Fat



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.

Avocados and almonds contain monounsaturated fat. This healthy fat has been shown to help target stubborn belly fat and lower your cholesterol levels.

- Use avocado slices in your sandwich instead of mayo.
- Get your healthy fat fix with a handful of almonds.

Spinach, Mango, and Red Quinoa Salad (with Chicken)

Crisp baby spinach blends with sweet mango, tender chicken and a sprinkle of red quinoa in this refreshing salad. Complete with your veggies, protein and wholegrain, this salad is a balance meal in and of itself.



Servings: 2

Here's what you need...

- 2 cups baby spinach
- 1 small carrot, shredded
- 2 Tablespoons red onion, minced
- 1/4 cup red quinoa, cooked
- 1/4 cup ripe mango, diced
- 1 cup cooked chicken breast, diced
- 2 Tablespoons lowfat salad dressing (Newman's Own Low Fat Sesame Ginger Dressing)

1. Place the spinach, carrot, onion, quinoa, mango, and chicken in a medium bowl. Toss with dressing.

Nutritional Analysis: One serving equals: 248 calories, 4.7g fat, 301mg sodium, 25.5g carbohydrate, 3.4g fiber, and 25.5g 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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