

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 Diet Tweaks for Flat Abs

If your stomach isn't as flat as you'd like it to be then you have come to the right place.

Exercise alone will not get you a toned stomach – diet is a huge part of the equation.

Below I have compiled 5 very easy tweaks to your eating habits that will dramatically flatten your abs.

Diet Tweak #1: Don't eat after 6pm

This is such a simple and effective way to lose fat. Late night eating is the most damaging to your waistline, so cut it out completely.

- Brush your teeth immediately following dinner. Once your teeth are brushed, you've put a period to the end of your consumption for the day.
- Change your evening routine. If you've always ended your day watching your favorite shows with your hand in the snack bowl, then now is the time to change things up. Find activities that don't revolve around food and stick with those.
- Make it a habit. The first few weeks will be the hardest, but soon your new no-food-after-6pm routine will feel normal.

Diet Tweak #2: Cut back on carbs

Notice I didn't say to cut out all carbs, but rather to cut back on carbs. These diet tweaks are meant as lifestyle changes that you stick with long term. Cutting back on carbs is a realistic and very effective way to lose weight.

- Always choose whole grain bread and pasta over white. Whole grains are less likely to be stored as fat than processed grains.
- Eat half of the carbs you normally do. Eat your sandwich open-faced and reduce the size of your pasta serving.
- Avoid carb-filled snacks between meals. Instead of crackers or chips, have fresh fruit and veggies.

Diet Tweak #3: Eat more fiber

Most people simply do not get enough fiber in their diets. Fiber

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?

is essential when it comes to getting lean since it is low calorie while filling you up.

- Instead of seeing salad just as a side item, make salads into meals. Add protein to a large pile of greens for a guiltless meal. *Try the recipe for Grilled Salmon and Peach Salad below.
- Make veggies a part of every meal. The benefits of eating more vegetables are too numerous to list, just know that your body will become healthier and leaner with each fibrous bite.
- Fruits are a delicious source of fiber. Incorporate fresh, seasonal fruits into your daily diet.

Diet Tweak #4: Drink tons of water

Drinking plenty of water is another extremely simple way to promote weight loss. Chronic dehydration leads to false hunger signals and unnecessary calorie consumption.

- Drink a large glass of water before each meal. This will prevent overeating.
- Choose water instead of sugar-filled sodas and juices. Sugar-filled drinks are a huge weight-gain trap.
- Carry a water bottle with you throughout your day. Keep water in the car and at your desk for constant hydration.

Diet Tweak #5: Enjoy natural sweets

Traditional sugar-filled sweets will quickly add up around your waistline. Instead of going for sugary sweets, enjoy natural sweets.

- Fruit is nature's candy. Reach for sweet, seasonal fruit for dessert.
- Avoid foods that contain white sugar or high fructose corn syrup. Consider these items 'anti-flat-abs'.
- Use wholesome sweeteners such as pure maple syrup, brown rice syrup or dates in your recipes instead of white sugar. Eliminate white sugar from your kitchen.

Eating right, coupled with challenging exercise, is the formula for a toned, lean body - so 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.

Call or email today to get started.

It's OK to Cheat

Does the thought of eating healthy everyday make your head spin?

Establish a weekly "Cheat Day" where you allow yourself a taste of all your favorite indulgences.



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.

It's OK to cheat once a week – just indulge with control, and stick with your clean eating habits on all other days.

Grilled Salmon and Peach Salad

This recipe makes a perfect flat-abs meal. Fresh greens, grilled peaches and tender salmon make a mouthwatering combination. Enjoy for lunch or dinner.
Servings: 1



Here's what you need:

- 2 cups mixed greens
- 1/4 cup grilled peaches
- 1 Tablespoon blue cheese crumbles
- 1 Tablespoon dried cranberries
- 1 Tablespoon light salad dressing
- 7 oz grilled salmon

1. Toss the greens, peaches, blue cheese, and cranberries in a bowl with salad dressing. Top with grilled salmon.

Nutritional Analysis:? One serving equals: 365.3 calories, 14.5g fat, 404mg sodium, 15g carbohydrate, 2g fiber, and 39.7g 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 achieve 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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