

# COACH BERRY'S STUDIO

## DARE TO BE FIT NEWSLETTER



Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports

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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**

### The 12 Days of Christmas –Washboard Abs Edition

Red and green decorations are out, nostalgic tunes fill the airways and the kids are hard at work on their letters for Santa.

I know what's on your list this year and it isn't found at your local department store.

You're wishing for washboard abs—so I've put together "The Twelve Days of Christmas –Washboard Abs Edition" just for you.

#### **On the First Day...Give yourself the gift of Burpees.**

Created in the 1930's by psychologist Royal H. Burpee, the burpee is an intense full body exercise that helps burn fat and tone muscles. A burpee is done in the following 5 steps: 1) Stand with feet shoulder width apart. 2) Drop to a squat with your hands on the ground. 3) Kick feet back while lowering into a push-up. 4) Return to squat position. 5) Jump up with arms overhead.

#### **On the Second Day...Give yourself the gift of Fiber.**

Stocking up on fiber will do wonders for your abs. High fiber foods are nutrient dense and low in calories. Try these high fiber favorites: raspberries, pear (with skin), artichoke, peas, apples (with skin), broccoli, Brussels sprouts, and carrots.

#### **On the Third Day...Give yourself the gift of a Medicine Ball.**

The first medicine balls were created in Persia over 3,000 years ago, made with sand filled bladders and used by wrestlers as part of their conditioning. Today you can get the same rippling abs by incorporating medicine balls into your exercise routine. Do a sit-up holding a medicine ball at your chest then throw it to a partner as you raise your chest toward your knees; or hold a medicine ball with arms straight up in the air as you do crunches.

#### **On the Fourth Day...Give yourself the gift of Reduced Salt.**

Too much salt leads to water retention—and that spells disaster for your six pack. Pay attention to the sodium content of your food. Limit salt intake by not eating packaged foods and by putting down the salt shaker.

**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 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?**

### **On the Fifth Day...Give yourself the gift of Oblique V-Sits.**

Who really wants a muffin top? You don't, so incorporate Oblique V-Sits into your routine in 3 simple steps. 1) Lie on your side with legs straight and hands behind your head. 2) Raise your arms and legs simultaneously, while exhaling and squeezing your obliques. 3) Repeat on the other side.

### **On the Sixth Day...Give yourself the gift of Lean Protein.**

Along with fiber, your meals should be packed with lean protein. This will help support muscle growth while controlling blood sugar – all important factors when it come to washboard abs.

### **On the Seventh Day...Give yourself the gift of Sprints.**

The days of long slow cardio sessions are long gone. We now know that short intense bursts of cardio is the ideal way to melt fat. Run 60-90 second sprints in between resistance training sets to really kick your fat burning mechanism into high gear.

### **On the Eighth Day...Give yourself the gift of No Sugar.**

Sure, sugar tastes good, but indulging in it causes your body to store layers of fat. Enjoy fresh fruit, rather than refined sugar. If you really want washboard abs, then say no to sugar.

### **On the Ninth Day...Give yourself the gift of Hanging Leg Raises.**

This is one of the most effective ways to strengthen your abdominals. 1) Hang from pull-up bar with legs fully extended. 2) Exhale and drive your knees up toward your chest. 3) Inhale as you slowly lower your legs back down.

### **On the Tenth Day...Give yourself the gift of No Grain.**

If you're serious about that six pack then put down the bread basket. Grains are full of insulin-spiking carbohydrates—the perfect combination for fattening you up. Learn to love grain-free meals that center around lean meats and vegetables.

### **On the Eleventh Day...Give yourself the gift of Mountain Climbers.**

Here's another intense exercise that really targets your abs while also burning fat. 1) Get into push-up position. 2) Exhale as you alternately drive your knees in toward your chest, keeping your back flat.

### **On the Twelfth Day...Give yourself the gift of Washboard Abs.**

Contact me about my tummy flattening programs that will get you those washboard abs that you're wishing for. Call or email today to get started.

**3 Tips for a Fit Holiday**



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.

- Never go to a party with an empty stomach. Fill up on a healthy meal before you ever leave home.
- Don't skip your workouts, regardless of how busy you are. Make it a priority.
- Indulge with control. Never participate in mindless munching.

### Cranberry Tuna Salad

#### Here's what you need...

- 2 cans wild caught Albacore Tuna, packed in water
- 2 celery stalks, chopped
- 2 Tablespoons low fat mayonnaise
- 1/4 cup dried cranberries
- 1 teaspoon dried dill weed



1. Drain and flake tuna in a medium bowl.
2. Add all of the ingredients and mix until well combined.

**Nutritional Analysis:** One serving equals: 195 calories, 9.6g fat, 273mg sodium, 9 carbohydrate, 1g fiber, and 17g protein.

**Motivate your friends, family and co-workers!** Use the "refer a friend" link below to forward this newsletter and subscribe your friends.

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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 want  
YOU  
to be  
NEXT!**

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

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A Varied Plate

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