

COACH BERRY'S STUDIO

DARE TO BE FIT NEWSLETTER

Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports



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a Friend**

**HELP LIKE YOU HAVE
NEVER HAD BEFORE.
FREE CONSULTATION!**
Just one click away to
becoming a **BETTER YOU!**
CLICK HERE NOW...

**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**

Here's How to Snack Smart

Everyone loves a good snack. But what defines "good"?

If your stomach starts rumbling and lunch is still two hours away, you're going to need a snack to make it through the day. What you reach for at snack time can make a big difference in your energy level, weight, and overall health. Choose the wrong snack, and you'll feel dragged down and even more tired. Choose wisely, and you'll get the boost you need.

Before your next snack break, think twice about what you are about to eat and remember the following information when you're craving a snack!

Snacking for Energy

If you find yourself fighting sleepiness in the afternoon, what your body needs is a boost of energy. Snacks eaten midday should contain good fats and protein to give and sustain your energy level.

Here are a few good options when you need an energy-boosting snack.

- A small apple or sliced banana with a tablespoon of peanut butter. The natural sugars in fruit take longer to metabolize than sugars found in candy, and the peanut butter provides the protein needed for long-lasting energy.
- A quarter cup of nuts and dried fruit. This slow-burning mixture provides protein, good fats (that's right - fats aren't always bad), and plenty of fiber, all wrapped up in a delicious package. Just be careful. Eating too many of these carbohydrates can cause low blood sugar and make you feel even sleepier.
- One tablespoon of hummus spread on four whole-grain crackers. Made from garbanzo beans, hummus is a great energy booster and is also full of fiber. And the whole-grain crackers are made with complex carbohydrates, which help fill you up without dragging you down.

Snacking for Weight Management

Many people eliminate snacks when attempting to lose weight. Unfortunately, this is counterproductive, as snacks keep you