

COACH BERRY'S STUDIO

DARE TO BE FIT NEWSLETTER



Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports

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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**

**Champions are made,
not born! Stephanie, 40,
placed in her very first
competition after**

(And 5 Healthy Substitutes)

The world of fitness and weight loss is often confusing, with contradictory information swirling about. I'm going to cut through the confusion and make things really simple for you.

Below is a list of 5 foods that you should never eat.

These foods will derail your fitness and weight loss efforts every single time.

In addition, I will suggest a healthy substitute for each of these off-limits foods.

By simply swapping out the items below you will quickly and effortlessly become healthier, leaner and fitter than you are today.

Do-Not-Eat #1: Anything Fried

Fried food is loaded with fat and calories while offering zero nutritional value. It's a lose-lose! Sure, fries and chips TASTE good, but healthier items also taste good. Just say no to the deep fried items on your menu. You'll be thinner, healthier and won't have greasy fingers.

Try This #1: Broiled

If you simply must have a French fry, then make them at home in your oven. Use sweet potatoes, as these are a more complex carbohydrate. Cut into matchsticks, drizzle with a tablespoon of olive oil along with a dash of salt, then place in your oven on broil. Mix every 5 minutes until the fries are tender on the inside and crispy on the outside.

Do-Not-Eat #2: White Bread

White bread products have zero nutritional value and are quickly converted by your body into sugar. So you may as well eat a cupcake. Even breads that are technically wheat, but are as soft and smooth as white bread, should be avoided. Don't be afraid to discard the bread from your sandwich or to push away that bread basket. Your waist will shrink and you'll lose that bloated feeling that high carbohydrate meals give you.

Try This #2: Sprouted Grain Bread

If you must have bread, then stick with sprouted. Sprouted grain bread is a lot easier on your digestion and is packed full

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?

of nutrients. Two delicious brands are Food For Life's Ezekiel bread, and Manna Organics. Sprouted grain breads are often kept in the freezer section since they don't contain preservatives to prolong shelf life.

Do-Not-Eat #3: Creamy Salad Dressing

You were so good to order a salad, but then you ruined it by drenching the salad in fattening creamy dressing. Just a few tablespoons of creamy dressing contain more than 20 grams of fat and hundreds of calories.

Try This #3: Vinegar Dressing

Salad dressing is meant to lend flavor to the salad, not fat and calories. Vinegar-based dressings pack amazing flavor in with minimal fat and calories. You can even mix your own dressing at home. Take high quality vinegar, fresh lemon juice, salt and pepper, your choice of dried herbs, and a bit of olive oil.

Do-Not-Eat #4: White Rice

I'm sure by now you've heard that white rice is not a healthy choice. Just like white bread, white rice has zero nutritional value – other than calories. Fiber and vitamins have been removed and the glycemic load will quickly prime your body for storing fat.

Try This #4: Brown Rice

Brown rice has three times the amount of fiber, more B vitamins as well as other nutrients, won't sky rocket your blood, and will keep you feeling fuller for longer. That should be enough to convince you to swap your large pile of white rice out for a small pile of brown rice.

Do-Not-Eat #5: White Sugar

Sugar and high fructose corn syrup are the epitome of anti-fitness food. Nothing will destroy your progress, expand your waist and plummet your energy levels like sugar will. If you only take away one do-not-eat food from this article please let it be sugar.

Try This #5: Fruit

Don't turn to artificial sweeteners to get your sweet fix, instead turn to nature's wholesome source of sugar: fruit. Eat organic fruit that is seasonal and locally grown. Stay away from dried fruit and fruit juices, as these are high in simple calories.

Eating right, along 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.

Feeling Blue?



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.

If you're feeling depressed or stressed then studies show that you're probably going to overeat. And when you gain weight from overeating you'll end up feeling more depressed and stressed.

How is this vicious cycle broken?

With a consistent and challenging exercise routine.

Sprouted Grain French Toast

Just because you gave up white bread and sugar doesn't mean that you can't enjoy a delicious plate of French Toast! This recipe is made with sprouted grain bread, egg whites and protein-packed Greek yogurt. The whole family will love it.



Servings: 5

Here's what you need...

- 5 slices cinnamon raisin, sprouted grain bread
- 1 cup egg whites
- 6 oz fat free, Greek yogurt
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- dash of salt
- Optional: additional fat free Greek yogurt and pomegranate seeds for topping.

1. Preheat a skillet, or pancake griddle over medium high heat. Lightly coat with cooking spray.
2. In a shallow bowl, whisk the egg whites, yogurt, vanilla, cinnamon and salt. Mix until well combined.
3. Dip each slice of bread in the egg white mixture, flipping to coat each side. Place on the prepared skillet and cook for 3-5 minutes on each side, until the eggs set and turn golden.
4. Serve immediately with the additional yogurt and pomegranate.

Nutritional Analysis: One serving equals: 127 calories, 0 fat, 157mg sodium, 19g carbohydrate, 2g fiber, and 12g 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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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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