

# COACH BERRY'S STUDIO

## DARE TO BE FIT NEWSLETTER

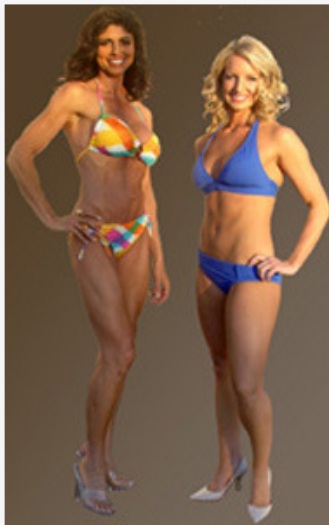
Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports



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

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

### The Importance of Your Kid's Breakfast

Your mornings may be hectic, the alarm may not go off, or the kids may not seem hungry first thing after waking up.

Whatever your reasons may be, skipping breakfast puts your kids at a distinct disadvantage. And while you know breakfast is the most important meal of the day, approximately 40 percent of children don't eat breakfast on a regular basis.

Why do kids need breakfast? What are some fast, easy, and healthy foods to serve your family in order to get them ready for a good day? Keep reading to find out.

#### The Morning Necessity

Breakfast provides the fuel that is needed by all bodies to start the day. When your child wakes in the morning, his or her tank is empty and it is time to "break the fast" so to speak.

Food gives the energy needed to function mentally and physically. Don't believe it? Consider this: Studies have shown that children who eat breakfast before school perform better on their reading and math scores, have longer attention spans, visit the school nurse less frequently, and are better behaved in class.

As if improved school performance weren't reason enough to get your kids into eating breakfast, kids who eat a healthy breakfast are better able to get the daily nutrients they need. They are more likely to eat recommended levels of essential vitamins and minerals such as calcium; magnesium; phosphorus; riboflavin; folate; iron; and vitamins A, C, and B12. Breakfast-consuming children also have lower cholesterol levels.

Some kids, especially teenagers, skip breakfast because they'd rather sleep in or because they think skipping breakfast will help them lose weight. Unfortunately, skipping breakfast to lose weight is a myth.

In fact, those who don't eat breakfast are more likely to have a greater body mass index (BMI) than those who do, since skipping breakfast makes kids so hungry they eat extra calories later in the day to make up for their skipped morning cuisine.

**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](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?**

### **Easy, Healthy Options**

Why aren't your children eating a healthy breakfast each day? If it's because your family is too rushed in the morning or you think you don't have extra time to make them a homemade nutritious meal, it's time to change your thinking. There are plenty of easy, fast, healthy foods to have readily available for your kids to grab and eat on the way.

Any food is better than no food for breakfast, but healthy foods give your kids the energy they require to make it until lunch. A great way to knock out breakfast is to handle it the night before by hard-boiling some eggs. Hard-boiled eggs are a great source of protein and are fast and easy in the morning.

You can also keep some small yogurt containers in the refrigerator for your kids to grab on the go. And of course, keep whole-grain bread, English muffins, or bagels on hand to toss in the toaster.

You can also warm up microwavable oatmeal or let the kids eat cereal bars in the car. Keep whole-grain, low-sugar cereals on hand that kids can eat with low-fat milk or yogurt. And lastly, keep fresh fruit such as apples, bananas, and pears readily available to eat on the go.

These are all nutritious options that are easy for moms or even kids to make themselves.

### **Good Start**

So before rushing out the door tomorrow morning, make sure to give your kids a good start to the day. Fuel them up with a quick, healthy breakfast. They may not thank you, but their stomachs, minds, and teachers will.

Healthy eating goes hand in hand with maintaining a consistent and challenging exercise program. Call or email me today to get started on one of my programs that will get you feeling younger and more energetic than you thought possible.

Don't wait – call or email today to get started.

### **4 Worst Breakfast Items**

Don't get caught eating one of these 4 things for breakfast:

1. Breakfast pastry: muffins, doughnuts, bear claws and croissants sure taste good with coffee, but all those refined carbs are going to cause unwanted weight gain.
2. Granola Bars: watch out for the breakfast bars that claim to give you fiber, vitamins and minerals. Check the number of carbs and sugars on the back of the label – most contain the same sugar as a pastry.
3. Cereal: here's another popular breakfast item that has tons of sugar lurking beneath its surface. Only eat cereal



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.

that has no added sugar and that contains some protein and healthy fat.

4. Drive Thru Breakfast Sandwich: don't even think about heading to the drive thru for a quick breakfast sandwich. Instead grab a hard boiled egg from home to enjoy on your commute.

### Breakfast Protein Parfait

Here's a great recipe to make the night before for an easy grab-n-go breakfast straight out of the fridge. It's packed with protein, vitamins and minerals for sustained energy all morning long. And it tastes great too.

Servings: 1

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

- 1/4 cup Greek Yogurt, plain, fat free
- 1/4 cup low fat cottage cheese
- 1 scoop high quality strawberry or vanilla protein powder
- 1/4 cup fresh berries
- 1 Tablespoon pecan pieces, toasted



1. In a small bowl use a whisk to combine the yogurt, cottage cheese and protein powder. Mix until well incorporated.
2. Place half of the yogurt mixture into a clear cup, top with the berries and then the remaining yogurt mixture. Top with pecans.

**Nutritional Analysis:** One serving equals: 260 calories, 6g fat, 307mg sodium, 11g carbohydrate, 4g fiber, and 38g protein.

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

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