

COACH BERRY'S STUDIO

DARE TO BE FIT NEWSLETTER

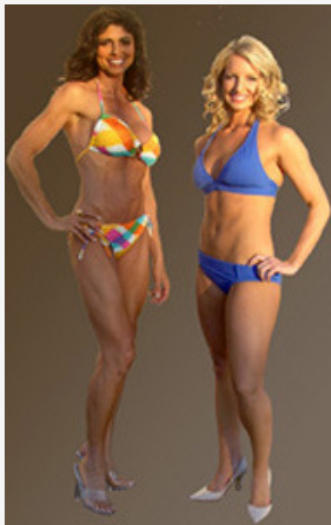
Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports



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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

Teen's Need Exercise Too

So get 'em off the couch, pull the cell phone out of their hands, and send them to the field and the gym.

Remember the good old days, when the only video game available was a pinball machine down at the local soda shop? Well, those days are long gone. Today's teens have access to more video games and other technology that keeps them away from the great outdoors and off the basketball court. Instead of moving their growing bodies, they spend countless hours pushing buttons, texting friends and playing video games.

But if exercise isn't a regular part of your teen's life, big trouble could be right down the road. Why should your teen get into the exercise routine, and how can you make it happen?

Why Exercise Matters

Take a look around at teens. They have countless social media tools that are supposed to help them be more connected with others than ever. Unfortunately, these social sites can cause teens to forget how to socialize with real people in real life. Get these kids to the gym and encourage them to exercise with other teens, and you give them an instant lesson in socialization.

But exercise is about more than being socially adept. It's about good health. And in case you've not picked up a newspaper or magazine in the last 10 years, you should know that there is an obesity epidemic currently taking place. It's affected plenty of adults, but it is now affecting teens as well - especially as they spend less time exercising and more time sitting around watching television, playing video games, texting, and chatting online. Get your teen exercising today, and you'll help them obtain and maintain a healthy weight and develop lifelong healthy habits.

How to Get Them Moving

Sometimes, getting a teenager to do something is as easy as teaching a rhinoceros to fetch. Don't let their attitude get you down. Remember your own attitude problems as a teenager, take a deep breath, and prepare to put up a fight. When you're

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**

Positive results everytime inspires everyone who joins Dare to Be Fit. Who wouldn't be excited to look like this?

going into battle with your teen, try these tips out.

Make It Fun. Remember when your teen was a toddler? Exercise wasn't something you forced him or her to do. It just happened, via hide-and-seek, tag, or just running all day long. Find what physical activities interest your teens, and encourage him or her to get out and do it.

Up the Chores. Is your teen lazing around the house doing nothing, while you're working frantically to keep everything in order? Flip your teen's world upside down by having him or her take over some of the more physically demanding chores. Have your teen rake leaves, plant flowers, scrub toilets, and take out the garbage. It may not be the same as lifting weights, but it'll get your teen's body on the move!

Do It Together. If your child isn't motivated to get in the gym on his or her own, offer to do it together. Whether you lift weights, ride bikes, swim, or hike, doing it as a family makes it easier to keep your teen on an exercise schedule.

Take It Easy. Your teen needs to exercise. There is no question about it. Just don't let this need override your parenting know-how. Ever tried to force your teen to do something he or she didn't want to do? Didn't work so well, did it? Remember this when working with your teen, and encourage your teen gently. You may be surprised at the end result.

How Much? While medical experts normally recommend adults get 30 minutes of exercise five or more days a week, the same doesn't hold true for teenagers. Instead, try to get your teen to exercise for at least 60 minutes most days of the week. It doesn't have to be incredibly vigorous. A light jog, a game of kickball, or riding bikes will do the trick.

If you want to expedite you and your teen's results then consider working with me on a fitness plan that will turn you both into fat burning machines.

Call or email today - I look forward to hearing from you.

Your New Year

We are two weeks into the New Year – how are you doing with your resolutions? If you didn't make any resolutions this year, consider taking the time to commit to one small healthy change. Here are some suggestions:

- Don't eat after 7pm.
- Drink a healthy protein shake for breakfast.
- Cut out that daily sugary snack.
- Exercise a minimum of 4 days each week.
- Join one of my exercise programs.

Chocolate Protein Pudding



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.

Here is a protein packed snack that the whole family will love. It's important to enjoy snacks that are low in carbohydrates and sugar, and high in protein in order to shed body fat and develop healthy muscles. This recipe delivers on all fronts, without sacrificing flavor.



Servings: 1

Here's what you need...

- 6 oz Greek Yogurt, plain, fat free
- 1 scoop high quality chocolate protein powder
- Sprinkle of unsweetened cocoa powder

1. In a small bowl use a whisk to combine the yogurt and protein powder. Mix until all lumps have disappeared.
2. Garnish with a sprinkle of unsweetened cocoa powder.

Nutritional Analysis: One serving equals: 220 calories, 0g fat, 445mg sodium, 11g carbohydrate, 0g fiber, and 42g protein.

Spread the word. Forward this newsletter to your friends, family and co-workers by using the "refer a friend" link below.

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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

Dare to Be Fit Studio

110 Copperwood Way Suite M
Oceanside California, 92058

760-522-1805

[Dare to Be Fit Studio](#)

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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Email: rbberry@cox.net
Phone: 760-522-1805
Web: [Dare to Be Fit Studio](#)

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