

# 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**

### Weight Gain Season Begins

It's here—whether you're ready or not. Just look at the seasonal shelves in your favorite store. Retailers like to call it 'holiday season' but let's be more accurate.

Weight Gain season begins now and runs straight through New Year's.

The next two months will bring ample opportunity for you to expand your waistline. Of course the choice is yours.

Why discuss it now and not mid way through December? Because now is your opportunity to plan for the weeks ahead. Once the craziness begins, you'll be too busy to put a plan into action.

So let's take this moment of clarity, this calm before the storm, to outline a two-part plan that will save your waist from unwanted holiday inches.

**1) Part One: Your Exercise Plan.** Exercise is the first thing people cut when they get busy, and the holiday season is notorious for empty gyms. This year do something different—obligate yourself to exercise. Promising to yourself won't do it, you need to promise to others so that you won't drop the ball.

- Sign up to work with a fitness expert – This is the perfect solution for consistent, challenging and effective workouts. I'll give you the attention and assistance that you need to power through the holidays in better shape than ever – talk about motivating!
- Join a class – You won't be as effective exercising on your own during the busy holiday season, so join a class for accountability. Find something challenging that gets your heart rate elevated and uses strength training.
- Get a serious exercise buddy – Some friends can be an awesome help while others end up pulling you down. When looking for an exercise buddy consider the following questions:
  - Do they share your fitness goals?
  - Are they fairly encouraging?
  - Do they give up easily?
  - Are they at your fitness level?

**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?**

**2) Part Two: Your Diet Plan.** The holidays offer ample opportunities to indulge, so you need to hammer down some guidelines before hitting that buffet line. I'm not saying that you shouldn't indulge in any seasonal treats, but use moderation. Don't use the holidays as an excuse to eat until the point of being uncomfortable – will you really miss that bloated feeling? Decide which treats to cut out this year.

- Don't bring edible treats to the office or to parties. You know that the leftovers will come home and you'll end up eating far more than your share. This year do everyone a favor by not gifting fattening treats.
- When faced with a buffet line, load your plate first with greens, vegetables and lean meats before breads and heavier foods. Also drink water with your meal and keep alcoholic beverages to a 2-drink maximum.
- Beware of holiday drinks – most are brimming with calories. Hot drinks from coffee shops, cocktails at parties and creamy eggnog are all very enjoyable and all filled with empty calories. Stick with hot tea or unsweetened coffee.
- Everywhere you go during the holiday season brings you face-to-face with a plate of sweets. To avoid being a bore but without adding inches to your waist, try the one treat rule. Each time you're in a social situation that involves sweets just eat one, and enjoy your treat slowly.

You don't have to gain weight this holiday season. The key is your mindset.

If you approach the holidays with the mindset of, 'I deserve to indulge and I shouldn't have to exercise' then you'll enter 2012 a few pounds heavier, a little less healthy, and with lower energy than ever before.

I believe that you deserve better. I believe that you should enter 2012 in better shape than you are today, healthier than you've been in a long time, and with more energy than you thought possible.

I'm here to help – call or reply to this email to set up a fitness consultation with me. I'd love to show you how to transform your body over the weeks to come.

### **Burn The Most**

Activities that require the coordination of your entire body, such as jogging, swimming, and the elliptical trainer, burn more calories than stabilized activities, such as a stationary bike. For maximal calorie burning, choose cardiovascular exercises that use your entire body.

### **Low Carb Pumpkin Muffins**



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's a muffin that isn't sugary, starchy and devoid of nutrients – like the muffins at your favorite coffee shop. These muffins are rich in beta-carotene and contain half an egg's worth of high quality protein. The delicately sweet flavor will satisfy and have you coming back for more.  
Servings: 12



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

- 1/2 cup coconut flour (find at natural foods store)
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup canned pureed pumpkin
- 6 eggs, beaten
- 3 Tablespoon coconut oil, melted
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 12 pecans for topping

1. Preheat oven to 400 degrees F. Oil muffin pans.
2. In a medium bowl, combine the coconut flour, spices, baking soda and salt.
3. In another bowl, place the pumpkin puree then add the eggs one at a time, mixing well after each addition. Add melted coconut, honey and vanilla and mix until well combined.
4. Add the flour mixture to the pumpkin mixture, blend with a whisk until most lumps have disappeared.
5. Spoon into prepared muffin pan, filling each muffin 2/3 full. Bake for 18-20 minutes or until golden.
6. Place on wire rack to cool.

**Nutritional Analysis:** One serving equals: 127 calories, 7g fat, 230mg sodium, 11.7g carbohydrate, 3g fiber, and 5g protein.

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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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(760) 967-6847**

**[Click here](#) to view video on online services then [CALL](#) Coach Berry for your personal account and get started now!**

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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