

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

Your Guide to Eating Out Right

A woman sits at a restaurant studying the menu with furrowed brow. She has begun an exercise routine and knows that her frequent meals out could slow her weight loss results if she wasn't careful.

When the waiter comes she is still deep in thought over what to order. "What can I get for you?" he asks with a smile. She looks up and frowns, no closer to arriving at a decision. On a whim she blurts out, "I'm trying to eat healthy but I have no idea what to order. What do you think I should eat?"

The young waiter looks startled but quickly rattles off his idea of a healthy meal. "The eggplant and roasted pepper pasta is filled with vegetables. You could get that with a salad."

The woman smiles. Yes, vegetables do sound healthy. So she orders the veggie pasta with a side salad and a diet soda, then sits back to enjoy a few slices of bread.

That's a true story. Not surprisingly the woman was unable to lose weight even though she was exercising regularly.

It is said that 80% of your weight loss results are derived from diet, and the remaining 20% from exercise—so you can see how important it is for you to stick with a healthy eating plan.

Use the following tips as your guide to eating out right:

Appetizers

Appetizers are a great way to start out a leisurely meal, but can also derail your good intentions with a quickness.

Don't Order

- Anything fried. Fried foods are a favorite, but will do damage that even the most intense workout won't undo.
- Creamy dips. These are filled with fat and usually come with something fried to dip in it.
- Bread. It comes smothered in cheese or seeped in butter, and even when it's plain it fills you up with more carbohydrates than your body needs.

Do Order

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?

- Green salad. Ask for very light dressing and no croutons.
- Antipasto. A plate of thinly sliced meats, olives and cheese will start you off with some protein.
- Lettuce wraps. These are delicious, protein-filled and low in carbs.

Beverages

Calories in drinks are sneaky because they don't fill you up. This means that you end up taking in far more calories than you bargained for.

Don't Order

- Regular or diet soda. On one hand you're drinking corn syrup through a straw, on the other you're drinking chemicals that cause you to crave sweets. It's a no win situation.
- Sweet cocktails. Many restaurants are advertizing sweet cocktails –resist the urge. Sugar plus alcohol equals loads of unneeded calories.
- Sweetened tea. You may feel righteous for ordering iced tea, but if it's sweetened then you may as well be drinking fully loaded soda.

Do Order

- Water. Don't laugh! Water is the best beverage of all.
- Unsweetened iced tea. Don't ruin it by adding that packet of sugar. Learn to enjoy the natural sweetness to the tea.
- Red wine. Stick to one glass, and drink responsibly.

Entrees

This is where the real damage is done. When you order something carb-loaded you leave the restaurant feeling heavy and lethargic—you may not even realize this until you start eating better and experience the light, energetic way you'll feel after eating a healthy meal.

Don't Order

- Pasta. I don't care if it comes with red sauce or white sauce, meat or veggies. If you're trying to lose weight and maintain a lean body then never, ever order a plate of pasta.
- Pizza. Another dish that has far more carbohydrates than you need. If you're craving the pizza toppings then simply order those over a salad.
- Burgers. If you really want a burger then ditch the bun and the fries, and have your patty wrapped in lettuce.

Do Order:

- Lean meat with vegetables. Fish, steak, chicken, take your pick and pair it with green vegetables.
- Salad with protein. Ask for very light dressing and make sure you have a nice piece of protein on it.



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.

- Soup and salad. Stick with broth based soups that contain protein and pass on the breadsticks.

If you want to expedite your results then consider working with me on a fitness plan that will turn you into a fat burning machine.

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

Focus on the New Additions

So you've decided to ditch your old eating habits and to embrace a new diet of lean proteins and lots of veggies. You know that your new eating strategy will lead to many pounds lost...but you can't get your old favorite foods out of your mind.

Watch out!

When you spend time dwelling on the burgers and pizzas that you loved, you're setting yourself up for a relapse.

The best way to stick with your new healthy eating habits is to focus on all the new foods that you now enjoy. Get a new cookbook or visit websites that present new and tasty ways to prepare healthy food.

Find new favorite foods to love – foods that are healthy and guilt free.

Protein Pumpkin Pancakes

Enjoy these tasty pumpkin pancakes without guilt. Made with almond meal and packed with protein from eggs, these pancakes are sure to satisfy without shortchanging your results.

Servings: 5



Here's what you need...

- 4 large eggs
- 3/4 cup egg whites
- 1 can of pumpkin
- 1 cup almond meal
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- dash of nutmeg
- 1 teaspoon ground cinnamon
- cooking spray

1. In a medium bowl, mix all of the ingredients together.

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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2. Heat pancake griddle to medium heat and coat with cooking spray.
3. Cook each side about 3 minutes until brown, then flip and cook remaining side.

Nutritional Analysis: One serving equals: 255 calories, 15g fat, 112mg sodium, 11g carbohydrate, 5g fiber, and 19g protein.

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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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