

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

What You Can Learn From Cavemen

How would you like to be naturally lean, muscular and energetic? To effortlessly maintain a low body fat, rippling muscles and picturesque health?

Mark Sisson, an athlete, coach, and student on a lifelong quest for exceptional health, happiness, and peak performance (his words), penned the book, "The Primal Blueprint" to show you how to do just that.

At 55, he weighs 165 pounds with 8 percent body fat, eats as much food as he pleases, and rarely gets sick. He also says he's healthier, fitter, happier and more productive than ever.

So what is Mark's secret?

In his words, "Modeling your 21st-century life after our primal hunter-gather ancestors will help you greatly reduce or eliminate almost all of the disease risk factors that you may falsely blame on genes you inherited from your parents

Weight loss does not have to involve the suffering, sacrifice, and deprivation we've been conditioned to accept but instead is a matter of eating the right foods (plants and animals), avoiding the wrong foods (processed carbs—including grains—and trans and partially hydrogenated fats), and exercising strategically, for far fewer hours than you might assume, to reach your desired fitness goals."

Here are The Ten Primal Blueprint Laws:

Law #1: Eat Lots of Plants and Animals

The bulk of the caveman diet is animal protein (organic, free-range, or wild sources of meat, fowl, and fish), a plethora of colorful veggies and fruits, and healthy fats (nuts, seeds, their derivative butters, certain oils, and avocados).

Law #2: Avoid Poisonous Things

For the caveman this meant staying away from poisonous plants. For you this means staying away from sugars, sodas, chemically altered fats, processed, packaged, fried and preserved foods. It also means cutting out grains.

Law #3: Move Frequently at a Slow Pace

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?

The caveman spent several hours each day moving around at a low-level aerobic pace. This helped develop strong bones, joints, and connective tissue.

Law #4: *Lift Heavy Things*

Frequent bursts of intense physical effort were a daily part of the caveman's life. Biochemical signals would be triggered that prompted improvements and adaptations in muscle tone, size and power.

Law #5: *Sprint Once in a While*

For the caveman a fast sprint meant the difference between being eaten and staying alive. Little did he know that those sprints were helping to increase his energy levels, improve athletic performance and minimize the effects of aging by promoting the release of testosterone and human growth hormone.

Law #6: *Get Adequate Sleep*

The rising and setting of the sun dictated the length of the caveman's day. For us things are a bit trickier. Adequate sleep helps the immune system work optimally, and promotes the release of hormones that enhance brain and endocrine function.

Law #7: *Play Without a TV or computer to entertain himself,* the caveman would engage in hours of leisurely outdoor play. Relaxed play releases endorphins and provides a balance for mental stress.

Law #8: *Get Adequate Sunlight*

It's impossible to obtain adequate vitamin D from diet alone. Getting regular sun exposure allows for proper vitamin D production, critical for healthy cell function.

Law #9: *Avoid Stupid Mistakes*

Observation and self-preservation were key factors in the survival of a caveman. Today's world is full of distractions that leave us oblivious and careless. Take, for example, texting while driving.

Law #10: *Use Your Brain*

The human brain separates us from the animals. Intellectual stimulation is an important part of healthy brain function.

Rave Reviews: Despite its stringent requirements, the caveman diet is converting new followers by the boatload. Most people report losing 10 or more pounds in their first month and that they no longer feel bloated and sleepy after meals.

Should You Jump on the Primal Bandwagon? So, in light of the evidence, should you put down your whole wheat bagel and low fat cream cheese in exchange for a hunk of meat and pile of veggies?

Hold your horses.



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.

Though the caveman diet has been proven to promote weight loss, times have changed. Could you really practice all of the Primal Laws while maintaining your modern life?

Yeah... I didn't think so.

So, where do you go from here? You want to lose weight, to protect yourself from disease and to look and feel great.

A great solution, that doesn't require drastic change, is to take 3 bits of advice from the caveman—advice that will promote weight loss, decrease your risk of disease and will get you looking and feeling great.

1. Make Plants and Animals the Focus of Your Diet: This will quickly lead to weight loss and increased energy. Don't be so hard on yourself that everything you put in your mouth has to be caveman approved – but make it the majority of your diet.

2. Cut Out Processed Food: The simplest way to promote weight loss and to encourage good health is to eliminate processed foods from your diet. When you replace processed foods with fresh produce your results will be immediate. Not only will you feel healthier, you will have more energy than you'll know what to do with! * **Want to eat a Caveman approved dinner? Check out my recipe below***

3. Exercise: Since you will need an outlet for all that extra energy, acquire a new hobby—one that gets you moving. Have you ever met a lazy caveman? Of course not. (And this is not just because you were born a few centuries too late!) Cavemen were forced to be active in order to survive. Hunt dinner. Build a fire. Move a fallen tree. Create shelter. You get the idea If you want a lean, muscular body then exercise must become a part of your daily life.

This is where I come in. Let's meet one-on-one to design an exercise program that will fit your unique goals.

Call or email today to get started.

The Whole Grain Debate

Mark, and other caveman diet experts, believe that grains contain a protein that is unfamiliar to our biology, making it inappropriate for human consumption. This flies in the face of everything we have been taught about the essential need for whole grains as a staple in our modern diet.

My advice: Do what a true caveman would do – decide for yourself. Take a week away from grains and see how you feel. If you are losing weight and gaining energy then stick with it.

Wild Blackened Catfish

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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Any caveman would be proud of this catch! Wild caught catfish is delicate and flaky, with loads of flavor. Catfish contains healthy fatty acids, provides complete protein, is a source of vitamin B-12, and is low in mercury. Pair it with dark leafy greens and some fruit for the perfect caveman meal.



Servings: 4

Here's what you need...

- 2 teaspoon olive oil
- 4 fillets wild caught catfish
- blackened seasoning (try Cajun's Choice)
- 1 lemon, sliced

1. Preheat oven to 350. Lightly oil a glass pan.
2. Coat the catfish fillets in the olive oil. Generously apply the seasoning to both sides of each fillet.
3. Line the fillets in prepared pan, and top with sliced lemon.
4. Bake for 25-30 minutes, until flaky.

Nutritional Analysis: One serving equals: 160 calories, 9g fat, 120mg sodium, 0g carbohydrate, 0g fiber, and 17g 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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A Varied Plate

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