

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

5 Easy Ways to Drop 5 Pounds

I'd like to share five simple strategies with you for shedding five pounds of fat before the holidays.

But first let me clear something up.

Weight loss can be put into two categories.

- The first is a fully concentrated effort. This is where you dedicate yourself to counting every calorie and slaving away in the gym. The pounds come off, but once you relax the regimen your weight goes right back to where it was.
- The second is a combination of simple lifestyle changes. This is where you change a few key factors about what you eat and how you exercise, without making it a fulltime job. This type of weight loss is gradual and permanent, since you are able to maintain it long term.

The five simple strategies below all fall into the lifestyle change category. These strategies may seem ridiculously simple, but do them over an extended period of time and you will see amazing, permanent results.

Strategy #1: Ditch Your Diet Soda

Studies are coming out that link diet soda to weight gain.

Researchers from the University of Texas Health Science Center at San Antonio concluded that those who drank two or more diet soft drinks a day had the largest waistline increases—about five times more than that of non-drinkers. They stated, "Data from this and other prospective studies suggest that the promotion of diet sodas as healthy alternatives may be ill-advised: they may be free of calories, but not of consequences."

Bottom line: Artificial sweeteners are addictive, lead to waistline increases, and cause you to crave sugary foods. By cutting diet soda out of your daily routine, and replacing it with water, you will lose inches and pounds—effortlessly.

Strategy #2: Swap Sandwich Bread for Lettuce

Move over bread, lettuce is better.