

COACH BERRY'S STUDIO

DARE TO BE FIT NEWSLETTER

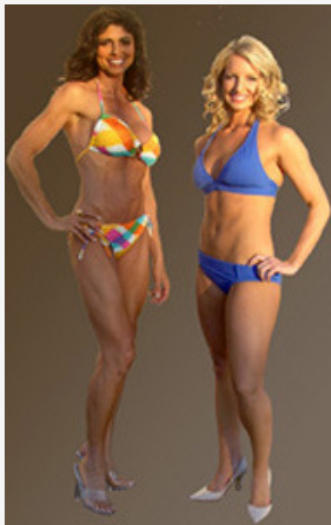
Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports



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HELP LIKE YOU HAVE NEVER HAD BEFORE. FREE CONSULTATION!
Just one click away to becoming a **BETTER YOU!**
CLICK HERE NOW...

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

Transform From "Before" to "After"

Have you ever seen a really impressive "before" and "after" photo on a weight loss product?

Well, there's something that the diet industry doesn't want you to know. There is more involved than just the diet product, and it's the same across the board.

Look into the eyes of any person in their "before" picture and you'll see that they are deeply disturbed. The body they have is no longer in sync with the body they are able to accept.

They changed the body that they accept, and became disturbed.

Now look into their eyes in the "after" picture – see the sweet satisfaction? They now live in the body that they decided they could accept. What an amazing feeling that is.

Why are you still living life in your "before" body?

Sure, you have obstacles that get in your way – your schedule, your job, your kids, the weather, your knee injury from college...but ultimately you have the body that you accept.

I'm going to repeat that so it will really sink in.

You have the body that you accept.

Transform from "Before" to "After"

You may not realize it, but you already possess everything you need to transform your body, and it all starts with taking responsibility for the body that you have today.

You are in your current shape because, until this moment, you've been OK with it.

Oh I know you aren't thrilled with it, and you even talk about losing weight and getting fit - but you haven't changed what you'll accept.

Here's how to transform your body in 3 steps:

Step One: Feel Disturbed

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?

It has been said that *emotion creates motion*. This is essential when it comes to personal transformation. Just like those folks in the "before" pictures, to transform your body you must first decide that you can't live another day in the body you currently have.

Get your emotions stirred up. Make a list of all the reasons that you're ready to lose weight and get fit. Get disturbed.

Step Two: Decide What You Want

Without clarity you'll never get where you want to go. Now that you're disturbed with the body you have, decide what the body you can accept looks like.

Think in concrete and specific terms. Just like the captions under "before" and "after" pictures - "Shannon lost 50 lbs," "Matt lost 8 inches from his waist," "Catherine went from a size 20 to a size 4."

Get a clear picture in your mind of what you'll look like in your "after" picture and decide what the caption will read.

Step Three: Take Action

The time spent between your inspiration (now) and taking action determines whether you will succeed or fail. Don't allow yourself to get stuck between inspiration and action - there is always *something* that you can do immediately.

Take action by emailing or calling me now to set up a fitness consultation.

I am here to take you from your "before" picture to your "after" picture. What will your "after" caption read?

Get Disturbed

You have to get disturbed with your current shape before you'll take the action needed to transform your body. How do you get disturbed? Try these:

- Go shopping for a swim suit
- Try on all of your "skinny" clothes
- Look at old pictures from when you were in better shape
- Go to the doctor for a physical

Salmon and Broccoli Scramble

Salmon, broccoli and egg whites combine for the perfect protein-packed breakfast. Add a side of avocado for healthy fats and a serving of fruit for a delicious start to your day.

Servings: 2

Here's what you need...

- 1 teaspoon olive oil
- 1 cup fresh broccoli, cut into small pieces



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.

- 5 egg whites
- 8oz grilled or smoked salmon, separated into small pieces
- dash of salt and pepper



Nutritional Analysis:

One serving equals: 225 calories, 7g fat, 557mg sodium, 6.5g carbohydrate, 1g fiber, and 33g 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!

**RESOLUTIONS NOW
LOOK GREAT... DONT WAIT...
ASK COACH HOW!**

Online Nutrition Analysis... For Real Results!

NOW ...



**60 DAY ACCESS IN THE
DARE TO BE FIT CHALLENGE
ASK COACH BERRY FOR DETAILS
(760) 967-6847**

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?"

Just click on **["HELP LIKE YOU HAVE NEVER HAD BEFORE"](#)** in the pink box at the very top of this newsletter. Great! You have just taken the first step toward achieving better health and a smoking body. Fill out the form with

[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 in your browser

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