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Your Personal Trainer on Health, Fitness, and Nutrition

Dear Biggi,

Here is the latest monthly newsletter from your Personal Trainer Biggi. In this issue you will find:

- **What happened to the November newsletter?**
- **Share this newsletter!**
- **And last month's winner is...**
- **What's new? - New Location, Gift Certificates, and More**
- **10 Tips to Eat Your Way to Lower Cholesterol**
- **Make sure to check out the sidebar for more tips, our services, and coupons.**

I would like to wish all my friends, clients, and subscribers a bright and merry Holiday Season filled with joy.

What happened to the November newsletter?

I have to apologize. I have been one of the victims of the nasty virus that has been going around. It affects the throat and sinuses and puts you out of commission for up to 4 weeks! Beware! Make sure to strengthen your immune system by getting adequate rest, exercise, nutritious food, and Vitamin C.

If you've already been affected you might try the following: Start taking Airborne as soon as you start having any symptoms like coughing or a sore throat. For throat problems drink plenty of hot tea or lemon with honey, get an OTC cough suppressant like Robitussin DM, and suck on lozenges. For the sinus problems you can take a decongestant like Sudafed PE and use a humidifier in your home as well as inhale steam by boiling water and inhaling the steam with your head under a towel. (Remove the pot from the stove first!)

If the cough gets really bad, your sinuses get infected, or you

"Our health always seems much more valuable after we lose it." - Unknown

Take small steps today:

- Increase the fiber in your diet;
- Walk kids to school;
- Get a dog and walk it.

Services offered:

- One on one Personal Training
- Program Design
- Nutrition Coaching
- Massage Therapy
- Cholesterol and Blood Glucose Testing
- Postural Assessment

feel like you're getting an infection in your chest (beginning stages of bronchitis or pneumonia) see a Doctor at once!

Most important, take it easy! There is not much you can do but alleviate the symptoms, give your body plenty of rest and liquids as well as Vitamin C.

- Body Composition Analysis

- The Egoscue Method - Postural Therapy

Share this newsletter!

Share this informative newsletter with the people you care about - your family, friends, and colleagues. Just forward this e-mail to them, and remember we hold a monthly drawing for a free training session for our subscribers, plus here is a special bonus for your friends:

Between now and December 31, 2005, receive **10% off** any eCoachBiggi.com Personal Training package! Just print out this newsletter and bring it to your free consultation, which you may schedule by calling 650-278-2937 today.

If a friend has sent you this newsletter, make sure to [subscribe](#) to our list for your own copy of future issues. (To be removed from this list, see instructions at the bottom of this newsletter.)

Referral Bonus

Refer a friend that spends a min. of \$350 with us and receive:

1 Free Personal Training Session!

And last month's winner is...

Every month we hold a drawing for a free Personal Training session among our subscribers. Since we missed the November issue, I get to announce the October and November winners! The October winner is Alexis Lucas from San Francisco, and the November winner is Teresa Novicki from Emeryville. Congratulations, Alexis and Teresa!

What's new?

1) **New Location:** I have joined a new Personal Training Studio and am now able to offer my services in the East Bay! The Studio is called *All in One Fitness* and is located at 1483A Solano Ave. in Albany, CA. It offers an intimate, private setting and is less than 6 months old.

2) **Gift Certificates:** Give the gift of health and fitness. Why not help a loved-one achieve their New Year's Resolution? Stuff their stocking with a gift certificate for One-on-One Personal Training sessions with Biggi. (*Sorry, gift certificates are currently only*

available for training at Diakadi Body in San Francisco, if there is a strong interest for gift certificates in Albany, I will see what I can do.)

3) **Upcoming Price Increase:** Become a client this year or purchase your gift certificates now. Starting in January 2006 the hourly session rate will increase by \$5! Also encourage your friends to get started with their training program before the end of the year. It's never too soon! *(This rate increase will not affect current clients.)*

10 Tips to Eat Your Way to Lower Cholesterol

So you have high cholesterol and need to lower it? That is no surprise considering how many people have high cholesterol these days. To help lower your cholesterol, here are 10 tips you can get started with today.

As with anything health related, diet and exercise are the two crucial components. What you eat is critical to lowering your cholesterol levels, so that is what is included here.

One thing you should know is the difference between LDL and HDL cholesterol. Simply think of HDL as "healthy" and LDL as "lousy." HDL can actually help carry cholesterol out of your blood vessels while LDL allows it to deposit inside your artery walls.

The good news is that you can change your cholesterol for the better. Here is how to do just that:

1. Have a nice sandwich on whole wheat bread or a pita with some lean turkey and lots of fresh veggies. Skip the hot dogs, bologna, and salami, and hold the Mayo. All of those are highly processed and filled with fat and cholesterol.
2. Fish, like salmon, is good. Look for wild red salmon varieties, which are very high in Omega-3 fatty acids (good fat.) Also, flax seed is a good source of Omega-3s.
3. Avoid Trans fats! Not only do they raise the lousy LDL cholesterol, they can also lower your HDL levels! Stay away from foods like margarine, shortening, and processed foods containing partially hydrogenated soybean oil.
4. Go ahead, go nuts! Look for walnuts mainly but also try almonds, macadamia nuts, cashews, and pecans. Nuts are high in fat, but it's the good kind. (Also, use natural peanut butter instead of the normal kind which contains unhealthy Trans fats.)
5. Limit desserts and try to eat only the healthier ones like angel food cake, graham crackers, Jell-O, and fat-free frozen yogurt.

6. Eat foods that are high in fiber. Examples include whole wheat bread, oatmeal, fruits, vegetables, beans, and some cereals. (Look for the boxes that say "may help lower cholesterol.")

7. Use the grill. If you're going to have steak or burgers, grill them at home and use lean meat. This practice avoids the grease, is fun, and the meat tastes great.

8. Find a new salad dressing. Most of them are full of Trans fats and cholesterol. Olive oil is good, and maybe add vinegar or lemon juice. Also, skip the bacon bits, croutons, and egg yolks.

9. Go overboard on fruits and vegetables. They contain no cholesterol and they have lots of nutrients like antioxidants. Here are some examples: green peas, broccoli, cauliflower, apples, oranges, mangos, papaya, pineapple, tomato, garlic, onions, spinach, water chestnuts, bananas, apricots, blueberries, and kiwi.

10. Avoid fast food like french fries and anything else from the deep fryer. Those foods will raise your cholesterol like crazy, so stay away from the burger joints if you can.

11. Bonus tip: Use spices like pepper and oregano to add flavor to your dishes. They are a healthy alternative to other toppings like Mayo.

That was easy, wasn't it? Just make some of these changes and get plenty of exercise like walking, jogging, swimming, or playing basketball. You will have lower cholesterol in no time!

You can contact Biggi at 650-258-2937 or via e-mail at biggi@eCoachBiggi.com.

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If you would like to comment on this newsletter or have suggestions for future topics, please send e-mail to feedback@eCoachBiggi.com.

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