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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:

- **Share this newsletter!**
- **And last month's winner is...**
- **The New Years Recovery Plan**
- **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 Happy New Year! May the New Year bring health and prosperity to all of you!

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 March 31, 2006, 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.)

"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

And last month's winner is...

Every month we hold a drawing for a free Personal Training session among our subscribers. The December winner is Tony Jones from San Pablo. Congratulations, Tony!

- Body Composition Analysis

- The Egoscue Method - Postural Therapy

The New Years Recovery Plan

Are you feeling "bluh"?

Did you over do it over the festive season with loads of snacks, high fat foods and extra calories from those party cocktails?

Then you may like to read through the following steps to help you get back on track!

Step 1

Drink lots of water!

With the overindulgence of food and alcohol comes dehydration, stomach pains and feeling like you've been hit by a truck!

By drinking around 8 glasses of water per day not only does this help cleanse your system, but it can also help improve your skin. So you can look and feel re-freshed!

Step 2

Take some time out to do something special for YOU!

It might be a bubble bath, a good book, doing something with a group of friends (that doesn't include wiping yourself out and partying) :-). Something positive that makes you feel good about yourself and your general well being.

Step 3

Take a couple of weeks out to plan your new workout and low fat eating program.

Even with my own online clients, when starting a new program, I advise them to ease their way into their workouts and programs. Why? Because starting a new weight training workout, cardio workout and low fat eating plan all in one week can be very overwhelming.

Add one at a time, week by week, to get used to each one. By gradually introducing each one over a three week period you can calmly organise your program to ensure it's success.

Step 4

Referral Bonus

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

1 Free Personal Training Session or \$35 in cash!

Make sure you consume fresh veggies, fruit, salads, lean protein etc during your New Years recovery. Continuing with the gorging of fast food and junk, even though the festive season is over, will only deter you from getting rid of that "bluh" feeling. Your body needs good nutrition to get it back on track so you can start working on your New Years health and fitness goals.

Step 5

Reduce your caffeine, soft drink and alcohol intake. Once again this is where drinking water comes back into play. It's so easy when you are thirsty to just glug down a coffee or soft drink. But do you honestly believe that these types of beverages are really quenching your thirst? C'mon give your body a break! I bet if you're body could talk it wouldn't be asking for a alcohol filled cocktail to help hydrate it.

The above NEW YEARS Recovery Plan is about re-freshing your mind and your body along with giving it a great head start for the year ahead!

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

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