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## Your Personal Trainer on Health, Fitness, and Nutrition

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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...**
- **Take a Vacation Every Day!**
- **Make sure to check out the sidebar for more tips, our services, and coupons.**

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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 October 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.**

(This offer does not apply to current clients! Offer applies only to 6 and 12 week packages. Offer must be presented during the initial consultation.)

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.)

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

Take small steps today:

- Join an exercise group;
- Drink Diet Soda;
- Replace Sunday Drive with Sunday Walk.

Services offered:

- One on one Personal Training
- Program Design
- Nutrition Coaching
- Massage Therapy
- Postural Assessment
- Body Composition

## And last month's winner is...

Every month we hold a drawing for a free Personal Training session among our subscribers. The August winner is Ellen Monroe from Albany. Congratulations, Ellen!

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## Take a Vacation Every Day!

Is modern-day society leading to the extinction of free time? It seems that the days of having plenty of time to accomplish all of the normal day-to-day responsibilities and having a bit of free time are virtually gone.

How did this happen? All of the new technological advances should be providing an abundance of free time. Nearly everything has been automated in some way. There are fast cars to transport us quickly to our destination, dishwashers and robotic vacuum cleaners to take care of household tasks, cell phones for immediate communication and problem resolution, and computers to speed up previously tedious tasks.

The problem seems to be that because we are capable of doing so much, the expectations are higher. The bar has risen. Our employers, our families and even we have ever-increasing demands on our time. What can be done to draw the line and hold on to a bit of sanity in our lives?

One technique is to take a "vacation" every day. That is not to say go away on a literal trip every day, but rather take a break and do something enjoyable each day. Allot some time each day whether it be thirty minutes or even ten to do something truly enjoyable and satisfying. For some this may mean doing nothing at all. For others, it may mean doing something meaningful that normally is not given full priority over other obligations.

A sense of well-being can be accomplished with thirty minutes of reading a good book, playing with the dog, or simply relaxing under a big shade tree. Even ten minutes of a relaxing activity can be extremely beneficial in this day of non-stop constant on-the-go activity. A ten minute rest for the eyes can really add a spark to a dragging energy level. A quick walk around the grounds can also offer a much needed break and a chance to clear the mind.

Occasionally, when a greater amount of time can be set aside, mini-vacations or outings should be planned. It is important to include some fun in everyday life. Extreme work schedules can ultimately lead to burnout and other serious problems. Amazingly, time off spent doing enjoyable activities can actually lead to more productivity in work and family responsibilities.

## Analysis

- The Egoscue Method - Postural Therapy

## Free during all sessions:

- Towels
- Water
- Fruit

## For sale:

- Fitballs
- Foam Rollers
- Energy Bars and Protein Drinks

## Referral Bonus

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

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

It is reported that many in Corporate America are not taking their earned vacation time in full. And, if they do manage to take a vacation, they are taking their cell phones and personal digital assistants with them. It is important to find a way to take advantage of this valuable time off. In terms of value, it is a matter of health rather than dollars and cents. The health of the country depends on utilizing time off for personal relaxation and pursuits.

With a little planning and discipline, a balance between work and life can be realized.

You can contact Biggi at 650-278-2937 or via e-mail at [biggi@eCoachBiggi.com](mailto:biggi@eCoachBiggi.com).

Our mailing address is: 101A Hickey Blvd. #255, South San Francisco, CA 94080

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

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