

You are receiving this email from Interspire Test because you purchased a product/service or subscribed on our website. To make sure you continue to receive this newsletter in your inbox (and that it is not sent to bulk or junk folders), please add biggi@eCoachBiggi.com to your address book or white list.

If you have trouble reading this e-mail, [click here](#) to see the online version.



Your Personal Trainer on Health, Fitness, and Nutrition

Dear Birgit,

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...**
- **Happy Halloween!**
- **Maintaining Your Energy Level While Dieting**
- **Make sure to check out the sidebar for more tips, our services, and coupons.**

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, 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.)

And last month's winner is...

"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;
- Join an exercise group.

Services offered:

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

Every month we hold a drawing for a free Personal Training session among our subscribers. The September winner is Julie Murphy from Emeryville. Congratulations, Julie!

Happy Halloween!

Dear Readers, I hope you'll enjoy Halloween today. Now remember, give the candies to the kids! Don't eat them yourself! You don't want them! You'd much rather go for a nice walk than eat candy!

Also, I'd like to ask all of you that are training in my Albany studio to please bring a separate pair of shoes to train in when it is raining outside. For your convenience, I am willing to store this extra pair of shoes for you, so that you don't need to remember to bring it. Thank you so much!

Maintaining Your Energy Level while Dieting

For some people being on a diet means being tired and lethargic. It's times like these that some people may be more likely to reach for chips, chocolate or soda. However, these types of foods are absorbed so quickly by the body that it causes your body to think that it has run out of fuel soon after eating them and it's not long before you begin to crave more of these snacks again. Often these foods offer a quick rush of energy; however they don't help the body deal with the cause of energy deprivation.

The key, therefore, in dealing with the lack of energy that many people experience when they are dieting is to provide the body with all of the right elements needed to support the body and give it the energy that it needs.

Exercising For Energy

Exercise helps to give the body energy by providing you with more stamina for your activities. Additionally, the increased blood flow to your brain which exercising provides helps you to relieve stress and fatigue.

Exercise also:

- Burns fat
- Helps your body deal with stress
- Lowers Cholesterol
- Lowers high blood pressure
- Increases your energy level
- Reduces your chances of cancer and heart disease

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!

Even simple exercise such as walking is beneficial. A 1995 study indicates that just walking twice around a suburban block a few times per week is enough to make a significant difference in your life. However, exercise which increases the heart rate such as hiking, skiing, swimming, jogging, and bicycling should also be included in your routine.

Eating For Energy

Because of the reduced food intake during a diet, many people experience a lack of energy. However, it doesn't have to be that way. Long lasting energy can be achieved through careful selection of the right foods. To maintain your energy during your diet, try to eat at least 3 well-balanced and nutritious meals a day which include the following:

- Wholegrain cereals, brown rice and oats
- Fresh vegetables including broccoli, zucchini, cabbage, pumpkin, sweet potatoes, and beans
- Fresh fruit
- Soy foods
- Fresh herbs including mint, basil, dill, thyme, and parsley
- Fish, particularly oily fish such as Salmon, Mackerel, and Sardines
- Lean meats and poultry
- Nuts and seeds including a small amount of almonds, walnuts, sunflower, and sesame seeds
- Sea vegetables including wakame, nori, and arame which can be purchased at your local health food store

Additionally, taking a supplement which contains Vitamin B helps the body to turn food into energy and to metabolize properly.

Sleeping For Energy

Getting a good night's sleep each night is also a way to increase your energy level. Deep, restful sleep helps your body to recover from your activities and revitalize it for the next day. A lack of sleep on the other hand interferes with your mental abilities including your memory and drastically depletes your energy level. If you have trouble sleeping check out a few natural herbal sedatives such as Valerian, Passion Flower, and Hops to get you back on track.

You can contact Biggi at 650-278-2937 or via e-mail at 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.

Visit us on the web at <http://www.eCoachBiggi.com>.

If you'd like to be removed from this newsletter list, please [click here](#). To update your current subscription, please [click here](#).
