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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...*
- *What's new?*
- *Laughter IS the Best Medicine!*
- *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 December 31, 2007, 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 applies to new clients only purchasing any 8 week package. 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:

- Snack on fruits and vegetables;
- Ask for salad dressing "on the side";
- Eat sweet foods in small amounts.

**Services offered:**

- One on one Personal Training
- Outdoor Group Fitness Classes
- Program Design
- Nutrition Coaching

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

Every month we hold a drawing for a free Personal Training session among our subscribers. The September winner is Erin Liedle from San Francisco. Congratulations, Erin!

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## What's new?

### New Fall Class Location:

It's official! We've found a fantastic place for our fall / winter classes.

UC Berkeley University Village - at [1125 Jackson St, Albany, CA 94710](#)

Even though we are moving indoors for the winter months we will take every opportunity to be out in the sun.

The Village has a nice, large gymnasium with a beautiful, brand-new floor and access to the outdoors as well.

Classes start at the new location Monday, October 29, 2007.

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## Laughter IS the Best Medicine!

I was reminded that Laughter IS the Best Medicine at a retreat I went to earlier this month. One of the sessions at the retreat was "Laughter Yoga." I must say, I haven't laughed that long and hard in quite some time.

You don't even need to be amused to receive the benefits of laughter. Just do it! Your body does not know the difference.

Laughter increases the flow of oxygen to the heart and brain. It releases endorphins (for a happy feeling) and lowers the production of cortisol (the stress hormone) by as much as 75 percent. Now we all can use a dose of that!

I've read stories of people overcoming major illnesses with the help of laughter. They would watch funny movies, for example, for an hour a day. I've always made a point of watching a funny TV show in the evenings, rather than the news. Also, when I am lying in bed, I put a big smile on my face, so that my body knows all is well and that I am happy.

"Laughter Yoga" is practiced around the world. To learn more about it go to the [Laughter Medicine](#) web site. Our wonderful teacher at the retreat yesterday was [Carmela Carlyle](#). She is a Certified Laughter Yoga Leader and also has a M.A. in

- Massage Therapy

- Postural Assessment

- Body Composition 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!

Clinical Psychology. Carmela practices in Sonoma and Marin counties, California, where she leads "Laughter Yoga" sessions in the workplace, at professional conferences, spas and yoga studios, and eldercare communities. You can even [invite her](#) to lead a session for your company's or private holiday party.

So let's start laughing!

One of the exercises we did at the retreat that was really fun and simple was shaking someone's hand and asking them for their name and then pretending that it was the funniest name you've ever heard! Got a friend? Try it out!

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

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