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**E COACH BIGGI.COM**  
PERSONAL TRAINING AND COACHING

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...*
- *Happy Holidays!*
- *Early Registration Deadline Reminder*
- *Give the Gift of Good Health!*
- *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 January 31, 2008, 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.)

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

Every month we hold a drawing for a free Personal Training session among our subscribers. The November winner is Teresa Novicki from Oakland. Congratulations, Teresa!

### Happy Holidays!

I would like to wish you every happiness this Holiday Season and prosperity in the New Year. All the best to you and your family!

It has been a fantastic year and it has been a pleasure having you as a client and / or subscriber.

I hope that you had success reaching your fitness goals in 2007 and that your success continues through 2008.

I will continue to strive to offer you the best in Personal Training and am looking forward to continuing our relationship in 2008.

Thank you,  
Biggi

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

#### Take small steps today:

- Skate to work instead of driving;
- Avoid food portions larger than your fist;
- Mow lawn with push mower.

#### Services offered:

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

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## Early Registration Deadline Reminder

I know some of you have been thinking about taking my upcoming class.

Here's a reminder that there are only two days left to **save \$50** off the registration price for the Blogging 101 - An Introduction: Start Blogging for Fun & Profit class on January 12, 2008 in the East Bay.

The discount will end at midnight on Friday!

So, hop on over to my site and register now:  
<http://www.RidgeviewTech.com/events/>

I am looking forward to seeing you in class,  
Biggi

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## Give the Gift of Good Health!

Are you still looking for some last-minute gifts for your loved ones? Why not give them the ultimate gift, the gift of good health? This is the kind of gift that might actually make a difference in the quality of your loved ones life.

Following are some suggestions for quality products you can buy locally or online that I have found for you.  
You can still get them before Christmas if you hurry!

**Great Harvest Bread.** One of my favorite and most inexpensive gifts to give (and receive) is a healthy and wholesome loaf from Great Harvest Bread. I love Great Harvest because they use freshly-milled whole grain wheat flour and they have some of the healthiest breads in town. You'll love them too, because you can get free samples of everything they sell in their store. I suggest you go with their gift pack which gives your recipient little cards that they redeem for 1 honey loaf, 1 loaf of their choice and a jumbo cookie, all for only \$12. Great Harvest Bread is located in Rockridge at 5800 College Ave (between Birch Ct & Oak Grove Ave).

**Subscription to a Health Magazine.** Some of my favorites are Cooking Light, Prevention, Shape, Fitness, Health and Men's Health. Most will be around \$12-18 for a year's subscription and it really is a gift that gives all year long.

**Gaiam Walk Fit Kit Pedometer.** This little gem keeps track of daily steps and calories, plus it includes a stop watch and distance counter. Anyone trying to improve their health and stay more active will love this easy to use pedometer. Comes with a guided walking audio CD too! Cost about \$20.

**CalorieSmart.** I always say that weight loss is all about calories in and calories out. This portable, pocket sized, handheld device will take all the work out of monitoring your calories taken in from food and spent during exercise. It contains nutritional info for over 35,000 foods and even includes menu items from over 250 restaurants. Plus it allows you to enter your daily workouts so you know exactly where you stand at the end of the day. This is a wonderful tool that will certainly help take the headaches out of weight loss and food monitoring. The cost is \$80, and it even connects to your PC to view reports and charts.

**Personal Training.** I can think of no better gift to kick start someone's exercise routine. I am sure most everyone's New Years resolution includes better health and with that exercise. It is hard getting started on your own. And if you don't know how or what to do to reach your goals a Personal Trainer is here to help. Call me for your gift certificate now (650) 278 - 2937 or [e-mail me](mailto:biggi@eCoachBiggi.com). For more information on my training and pricing, please [visit my web site](#).

**Reebok Adjustable Weights.** These are great for the home exerciser. They are space-saving, adjustable hand weights with 5 settings from 2.5 to 12.5 pounds each dumbbell. No more buying 3 or 4 sets of different hand weights - all you need is this one set and you are ready for any workout. \$62 at Target or look for them online.

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

## Referral Bonus

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

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

Our mailing address is: 1164 Solano Ave. # 405, Albany, CA 94706

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).

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

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