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ECOACH**B**IGGI.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...*
- *What's new?*
- *Staying Hydrated*
- *7 Keys to UltraWellness Video Course*

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 April 30, 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 does not apply to current clients! Offer applies only to 8 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:

- Sit up straight at work;
- Wash the car by hand;
- Don't skip meals.

Services offered:

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

Every month we hold a drawing for a free Personal Training session among our subscribers. The February winner is Debra Costner from Sonoma. Congratulations, Debra!

• The Egoscue Method - Postural Therapy

What's new?

Existing Clients! Do you want free training sessions?

Well, in the month of April 2007 you get a special chance to earn many of them through the referral of new clients.

You can earn the following number of free sessions:

If the client you referred signs up for any 8-week package, you'll earn **4 free sessions!**

If the new client signs up for a 6-months commitment you will earn **6 free sessions!**

It doesn't get any better than this. I've never offered that large of a referral bonus. Please spread the word about my services. Ask me for business cards to hand out to your friends, family, or colleagues.

(In the case of single session purchases from your referral instead of the above mentioned programs, you'll still earn 1 free training session. If the new client then signs up for a package, you'll earn 4 or 6 sessions minus the 1 you've already received.)

Thank you so much for your help spreading the word and for your continued commitment to me and your training goals!

Staying Hydrated

60% of our bodies are made up of water, and water is essential for many bodily functions and processes. Proper hydration is also important for energy and hunger management.

A good rule is to drink at least 8 glasses of water a day. However, for many of us it is difficult to assure adequate consumption of water.

HydraCoach to the rescue! HydraCoach is a new computerized water bottle that I've been using for over a month now:

"HydraCoach has introduced the worlds first interactive water Bottle. It calculates your personal hydration needs, tracks your

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!

real-time fluid consumption, paces you throughout the day, and motivates you to achieve and maintain optimal hydration."

It has helped me to not only get plenty of water every day, but to also pace myself and get equal amounts of water all throughout the day. I am very happy with the design and features of this water bottle and would like to recommend it to you all. Oh, and did I mention it also fits in my car's cup holder?

You can find this bottle in a selection of colors either at a Sports Authority Store, or online at <http://www.hydracoach.com>

To my delight, when I just visited the HydraCoach web site I found that they are working on new products like a computer system that installs on any existing hydration packs. I've always found it a problem not knowing how much I am drinking when drinking from my Camelback. When this product is released, I will not only be able to measure my water consumption when drinking from my hydration pack, but it will also allow me to take several liters of water with me at once, versus the bottle that only holds 20oz, which is adequate for daily use.

So, check it out and get and stay hydrated!

7 Keys to UltraWellness Video Course

Here is a compilation of the contents and all links to the video course I recommended last month.

The first session is about 20 minutes and all the following sessions are only about 15 minutes each.

Do it for you! Take the time and learn how to become and stay healthy.

Session 1: The Best Kept Secret in Science...

During this session, I'll share with you the best kept secret in science, the secret that allows me to see miracles every day in my practice, but a secret that's available to you right now through UltraWellness.

http://www.ultrawellness.com/library/7keys/session_1/index.html

Session 2: How to Convince Your Genes to Turn on Health...

During this second session, you'll learn how your environment interacts with your genes to create health or disease --your diet, nutritional status, air, water, microorganisms, exercise, trauma, psychosocial factors, environmental toxins, and radiation.

http://www.ultrawellness.com/library/7keys/session_2/index.html

Session 3: Control the Fire Inside Your Body...

During this third session, you'll learn how most people suffer from smoldering hidden inflammation that can kill you unless you learn how to control it.

http://www.ultrawellness.com/library/7keys/session_3/index.html

Session 4: How to Keep Your Hormones in Balance...

During this fourth session, you'll learn how your hormones and brain chemistry influence nearly every aspect of your health, why they get out of whack, and how to get them back in balance.

http://www.ultrawellness.com/library/7keys/session_4/index.html

Session 5: How to Repair Your Digestive System...

During this fifth session, you'll learn how your digestive system is the core of your health, why it breaks down, and how to repair it.

http://www.ultrawellness.com/library/7keys/session_5/index.html

Session 6: How to Remove Deadly Toxins in Your Body...

During this sixth session, you'll learn how toxins and problems with your detoxification or waste management systems lead to chronic health problems and how you can optimize this system to kick those deadly toxins out.

http://www.ultrawellness.com/library/7keys/session_6/index.html

Session 7: How to Boost Your Energy Levels...

During this seventh session, you'll learn how to maximize your daily energy levels, how you create energy from your mitochondria, why you lose it, and how to make more of it.

http://www.ultrawellness.com/library/7keys/session_7/index.html

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

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