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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?*
- *Postnatal Exercising for the Smart New Mom*
- *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 June 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 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.)

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

Take small steps today:

- More carrots, less cake;
- Fetch the newspaper yourself;
- Wash the car by hand.

Services offered:

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

And last month's winner is...

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

What's new?

Beginning in July, we will now be offering Outdoor Group Fitness Classes for women, held at Cesar Chavez Park in Berkeley. For pricing and class schedule information check out our [web site](#).

Postnatal Exercising for the Smart New Mom

Pregnancy does not necessarily have to be the end of your prenatal figure. By making a firm promise to exercise regularly, you can once again regain your appearance, and feel better physically.

During your pregnancy, there were inevitable changes that your body had to adapt to. These include: body weight increase; posture shift; joint relaxation; and increased blood volume. If your body was unprepared for these changes, then you probably had to endure the problems of low back pain, aching legs, constipation, urine leakage, and fatigue.

However, now that it's over... it's time to exercise. Before you begin, follow these five general rules of postnatal exercising.

1. Take it easy when first starting out. Work within your body's limits and build up to more demanding exercises. Your beginning exercises should be relaxing and enjoyable.
2. Stop and rest if you feel pain, breathless or dizzy.
3. Do the exercises properly.
4. Do not hold your breath when exercising.
5. Work out on a firm, but soft surface.

The types of postnatal exercises you should concentrate on the most are the ones that work primarily on those body parts most involved with labor and delivery. They are...pelvic floor, abdomen, lower back, and inner thighs.

Pelvic floor muscles form a base support for pelvic organs and

- 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!

their contents. These muscles include rectal muscles, vaginal muscles, and urinary sphincters. During pregnancy, these muscles supported the increased weight of the enlarged uterus and had to stretch during delivery to allow for the baby to pass.

Abdominal muscles also supported the additional weight of the baby. Thus, were required to be stronger and more elastic than usual. If these muscles were weak before pregnancy... they did not provide adequate support. Thus, the back muscles were forced to do the work that resulted in back strain.

Here are some postnatal exercises that you should begin as soon as you feel up to it after delivery. Pelvic Tilt: Strengthens abdominal muscles and pelvic floor muscles. Angry Cat: Strengthens abdominal muscles and buttocks. Partial Sit-ups: Strengthens abdominal muscles. Diagonal Curl-up: Strengthens oblique abdominal muscles. Bridging: Strengthens buttock muscles.

It is also essential to include activities such as walking, jogging, swimming, bicycling, and dancing into your postnatal exercise routine. These activities work to strengthen muscles, rebuild endurance, regain proper circulation, and respiration. They also help to burn up extra calories if you are overweight from eating for two.

Additional exercises are encouraged. However, the ones given here are those that are essential to the areas of your body that were most affected during pregnancy. Remember to start slowly. No certain number of repetitions is mandatory. Generally, start with two to five repetitions, and progress, as you are able.

One last tip: Exercise to music whenever possible to make it even more fun and enjoyable. Before you know it, you'll have that appearance back that you thought you'd lost forever.

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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