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**E**COACH**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?*
- *Keys to Healthy Aging*
- *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 July 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.)

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

Take small steps today:

- Make time in your day for physical activity;
- Ask a friend to exercise with you;
- Exercise with a video if the weather is bad.

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 May winner is Chris Mchatton from Napa. Congratulations, Chris!

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## What's new?

Biggi is now a four times internationally Certified Personal Trainer.

Last week I passed the exam for the National Academy of Sports Medicine (NASM) Certified Personal Trainer certification.

NASM certification requires comprehensive knowledge of human movement science, functional anatomy, physiology and kinesiology, as well as functional assessment and program design.

Only the NASM Certified Personal Trainer (CPT) certification uses the Optimum Performance Training (OPT) method, making it the gold-standard for health and fitness professionals.

This new training system gives me the scientific tools to design a training program for every type of client from the post-rehab client to the athlete for a period of weeks, months, or even years.

NASM makes training systematic, progressive and scientific.

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## Keys to Healthy Aging

You cannot stop the aging process. You can, however, make certain decisions that will help you stay healthy as you age.

### Keep Moving

Keeping physically fit is probably the single most important thing you can do. Find an activity you enjoy and will do daily. Walking, swimming, dancing are all activities that help keep you physically fit.

The idea is to raise your heart rate, which, if you do it correctly, will help keep your heart and lungs healthy while at the same time making your muscles stronger.

### Eat Right

- 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!

Choosing what you eat affects many aspects of your health. Following the correct diet is essential.

You need to get the proper nutrition daily. Eat regular meals and try to avoid too many unhealthy snacks. Do not skip meals as this tends to make your body weak and gives you a feeling of hunger, which results in overeating at the next meal or downing an unhealthy snack.

Eat a healthy amount of fruits and vegetables daily. Not only do they taste good, they also help you ward off heart disease and stroke. Eating fruit and vegetables can also help you control high blood pressure and cholesterol.

### **Get Tested**

Visit your physician often. They can help assess your health and keep you updated as to what tests you need and how often you need them, as well as monitor your medications and advise you as to the type of exercise that might be best for you.

It is crucial to know your blood pressure readings and your cholesterol levels. Checking for blood in your stool can help your doctor find potential health risks early and give you a better chance of overcoming them.

A yearly physical exam after you reach age fifty is highly recommended by the medical institution. Your doctor may want you to have an exam more often if your health problems warrant it.

### **Manage Stress**

Stress is unavoidable. There is no way to totally eliminate it but you can learn to control it and not let it take over your life. Regular exercise and healthy eating can help you control stress.

Find positive things in your life and try to focus more on them. Deal with serious problems like the loss of a loved one. Do not keep it inside. Don't let it control your life either. Think about the good times you had with the departed loved one and it will bring a smile to your face. Talk to someone who might be able to help you through the loss.

Aging is unavoidable. That doesn't mean it needs to be a bad thing. You can do some of the things we have talked about and keep yourself healthy and upbeat. Stare age in the face and conquer it.

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).

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