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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?**
- **Diet Doldrums - Is Dehydration the Culprit?**
- **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 August 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:

- Keep to a regular eating schedule;
- Dance to music;
- Choose fruit for dessert.

Services offered:

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

And last month's winner is...

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

What's new?

Outdoor Group Fitness classes for women of all ages and fitness levels are now in full swing at the Berkeley Marina every Monday, Wednesday, and Friday morning at 7AM. With enough participation I am hoping to also hold an evening class at 6PM.

Tell your friends about it. Personal Training is now more affordable than ever!

Detailed information can be found [here](#).

Diet Doldrums - Is Dehydration the Culprit?

If you're stalled on a weight loss plateau despite sticking to your diet, the first thing to check is your water intake. Research suggests that most Americans unknowingly suffer from mild, chronic dehydration, and you could be one of them!

So why should you care? Because water is an essential ingredient for your weight loss. In fact, water is needed for a wide range of the body's biochemical processes, but lets just look at what water does for dieters:

Water is essential for your body to metabolize stored fat into energy - so much so, that your body's metabolism can be slowed by relatively mild levels of dehydration. And the slower your metabolism, the slower your weight loss (and the greater your fatigue), until eventually your weight loss just crawls to a halt, and you hit the dreaded diet plateau.

Water is a natural appetite suppressant. In the hypothalamus, a region in your brain that controls appetites and cravings, the control centers for hunger and thirst are located next to each other, and there tends to be some overlap. This has both advantages and disadvantages for the dieter: on the down side, it means that chronic mild dehydration can confuse these control mechanisms, leading to feelings of hunger, rather than thirst. But on a positive note, it means you can use water to reduce your appetite. For example, in one University of Washington study, drinking a glass of water reduced nighttime hunger cravings for most of the dieters studied.

- 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!

Water is an essential component of the processes that enable muscle to contract. This means that water helps to maintain muscle tone. Better muscle tone means a better looking body, and isn't that what dieting and weight loss is about?

Water also helps to prevent the sagging skin that often follows weight loss - water plumps the skin cells, giving the skin a younger and healthier look.

Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of, as a byproduct of all that metabolized fat. So adequate water is essential to your health while dieting.

Water can even help with constipation. When the body gets too little water, it siphons what it needs from within, particularly from the colon. This leads to constipation. But normal bowel function usually returns with adequate water intake.

More generally, mild dehydration can cause a number of health problems, in addition to your diet plateau. The symptoms of mild dehydration can include: -

- Headaches & feeling light headed, as dehydration interferes with normal body processes, including waste disposal.
- Fatigue, as the body's metabolism is slowed - mild dehydration is probably the most common cause of daytime fatigue.
- Hunger & cravings due to weakening of the thirst mechanism
- Fluid retention as your body tries to hold on to the water it already has
- Constipation, as the body works to conserve its internal water sources

Not a pretty picture, is it? But once you get your water in balance, you reach the "breakthrough point", a concept pioneered by Dr. Peter Lindner, a California obesity expert. Once you've reached the breakthrough point, fluid retention eases, the liver and endocrine system start to function more effectively, you will start to regain your natural thirst and your hunger cravings will be significantly reduced. And so the end result of reaching and sustaining the breakthrough point in your water balance is that your body is able to metabolize fat more effectively.

So how much water should you drink daily, for a healthy and 'adequate' intake? First, a couple of basic principles:

1) The easiest way to tell if you are drinking enough water is to monitor the color of your urine: It should be clear or a very pale yellow in color. (but note that some supplements and medications may also affect your urine color).

2) Get in the habit of drinking regular and adequate amounts of water. Never wait to drink until you're thirsty, because if you're

feeling thirsty, then dehydration has already started to occur!

Having said that, an adequate water intake for a sedentary but normal-weight adult during cool weather, is generally recognized as 8 x 8 oz glasses.

Note that you need additional water in hot weather, when you lose more water through sweat.

You also need additional water when you exercise. Athletes attempt to enhance their performance by maintaining an optimal fluid balance while exercising, estimated to require 6 to 12 oz of fluid at 15 to 20 minute intervals. Even if you're not concerned about your athletic performance, you should consume a similar amount of water when exercising, in order to maintain adequate hydration.

And if you're overweight, you'll need an extra glass of water for each 25 pounds overweight, because the extra weight creates extra metabolic demand

But how do you manage to drink so much water? A typical recommendation from the weight loss experts is 3 glasses of water with every meal. That's 3 glasses with breakfast, 3 with lunch, and 3 with dinner. Plus, of course, additional regular water between meals when you're exercising or when it's hot.

So if you're dieting, stalled on a weight loss plateau, or suffering some of the classic symptoms of dehydration, do, first of all, ensure that you have an adequate water intake. It could be the 'missing ingredient' in your diet regime.

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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