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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...**
- **Happy New Year!**
- **Holiday Dieting Remedies**
- **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, 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 to single sessions and 8 weeks packages only. 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:

- Increase the fiber in your diet;
- Don't eat late at night;
- Eat off smaller plates.

Services offered:

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

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 Amanda McCoy from Emeryville. Congratulations, Amanda!

Happy New Year!

This is the wonderful time of the year where we get a fresh start. So, sit down with a pencil and paper and imagine what it is you want out of the year 2007. What will bring you closer to what you want out of life? Is your life in balance? Is it fulfilling? Are you happy? If not, what can make it so or at least bring you closer to it?

I wish for all your dreams to come true in the New Year.

With Love,

Your Personal Trainer and friend, Biggi.

Holiday Dieting Remedies

It's hardest to stay focused on your diet during the Holidays; especially since there are so many of them. Besides the common ones like Thanksgiving, Christmas, and Easter, most people forget the various other celebrations like the sporting events, weddings, baby showers, birthdays and the like. Something can be celebrated almost every weekend. What is one to do?

While every intention is to stay on course with the dieting program, sometimes it may not be as easy as social pressures mount. Here are some suggestions to keep you from getting the holiday dieting blues.

Look at your dieting program as a continuing journey and not as an instant destination. If one of the meals exceeds your caloric allowance, look at the next meal and adjust it accordingly. Remember, most people get into these holiday dieting binges and the ones that come out of it ahead realize that one meal won't completely sabotage the entire program.

See the bigger picture. If you look at your dieting schedule weekly instead of daily, then one bad meal isn't going to be such a detriment if you have 30 or more meals in that week.

After a meal disaster, just get back into the saddle and continue on your dieting journey. Most people give up because they feel they have failed and it's no use staying on the diet any longer. The ones that succeed are the ones who move on and don't give up.

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!

Some knowledge of calorie amounts in foods can be very helpful. Find the foods that have lower calories and remember them for your holiday dieting. You will be able to eat more of these lower calorie foods without feeling deprived (think vegetables).

The signal sent to the brain from your stomach that says it is full or satisfied can take approximately 20 minutes to reach the brain. To decrease the calories consumed in a meal, eat slower. Try chewing your food longer and more thorough as well as taking breaks between bites (put down the silverware) to give the communication from your stomach to your brain the needed time.

Drinking water can be very helpful in keeping the diet on course. If you drink water before a meal, your stomach will begin to fill up and produce a somewhat satisfied feeling. This will help to cut down on the size of your meal. This suggestion can work anytime you feel hungry. Interesting enough, sometimes the need for water is disguised as a hungry feeling. So drinking water can not only help your holiday dieting needs, but also anytime you have a craving for food.

The consumption of water also has the benefit of having zero calories. Instead of having a sugar sweetened drink or any alcoholic beverage, have water instead. Remember to look at the total calorie intake taken in a one-week period of time. Water every day will help keep that total amount within control if you tend to binge.

If holiday dieting is getting you down, perhaps some of the suggestions mentioned can pick you up and give that extra push to stay on track with your goals. Your success will come from taking that continuing journey to better nutrition one step at a time.

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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