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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?*
- *Good Fats and Bad Fats*
- *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 July 31, 2006, 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.

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:

- Join an Exercise Group;
- Drink Diet Soda;
- Replace Sunday Drive with Sunday Walk.

Services offered:

- One on one Personal Training
- Program Design
- Nutrition Coaching
- Massage Therapy
- Cholesterol and Blood Glucose Testing

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

In the news

Have you been going for regular walks lately? Are you lacking the motivation? A possible solution is getting a walking buddy. It's a lot harder to miss a date with your friend than it is to miss a date with yourself. No more excuses! I had to admire my client Erin, who took the initiative and asked me to get her in touch with other eCoachBiggi.com clients that might be interested in walking together. I loved the idea, and now it's time for you to take the initiative. If you are looking for a walking buddy let me know and I can see if another client is interested in walking with you.

Good Fats and Bad Fats

All of us have probably heard that too much fat in our diets is bad for our health. However, not all fats are bad. In fact, some fat is actually good for us and is required by our body for proper function. Some of the uses that fat has in our body include:

- 1) Helps our body in the production of hormones
- 2) Insulates and cushions our body and internal organs
- 3) Keeps our skin and hair healthy
- 3) Regulates our blood pressure
- 4) Helps to improve brain function - especially in children
- 5) Provides us with energy
- 6) Lowers bad cholesterol levels
- 7) Alleviate symptoms of PMS and Menopause
- 8) Lowers our risk against heart disease and other cancers
- 9) Helps to transport certain vitamins through our bloodstream

Understanding the differences between fats, therefore, can be helpful to understand whether the fat content in a particular food will be helpful to you or harmful.

- Postural Assessment

- Body Composition Analysis

- The Egoscue Method - Postural Therapy

Referral Bonus

Refer a friend that spends a min. of \$350 with us and receive:

1 Free Personal Training Session or \$35 in cash!

Polyunsaturated Fats

Polyunsaturated fats are a rich source of Vitamin E and essential fatty acids which we need but can't be made by our bodies. These fats help to lower bad cholesterol levels, ease symptoms of PMS and aid in motor coordination. Polyunsaturated fats can be found in sunflower oil, safflower oil, pumpkin seeds, almonds, cashews, and sesame seeds.

Monounsaturated Fats

Like polyunsaturated fats, it is thought that monounsaturated oils also assist in the lowering of bad cholesterol levels. Additionally, a diet rich in monounsaturated fats have been associated with lower risks of cancer and increased longevity. Some foods that are rich in monounsaturated oils include: olive oil, Angola oil, sesame oil, avocados, macadamia nuts, brazil nuts, humus, mackerel, and lean meat.

Saturated Fats

A diet high in saturated fats have been proven to raise the levels of bad cholesterol and increase the risk of heart disease, cancer and obesity. These fats have been found in large quantities in such foods as: cheese, lard, cakes, chocolate, pies, pastry, cookies and meat.

Trans Fat

As bad as saturated fats are for our health, Trans fats are even worse. Trans fats are nothing more than saturated fats that have been chemically modified in the food manufacturing process. And not only do they increase the levels of bad cholesterol in the body but they also lower the good cholesterol levels as well. There is also a link between Trans fats and various forms of cancer and heart disease. Trans fat is sometimes listed on the food label; however is mostly found in margarine, cookies, cakes, puddings, fried foods, chocolate bars and in many fast foods.

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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