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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...**
- **3 Tips for Staying Motivated Toward Your Goals**
- **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 September 30, 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.

(This offer does not apply to current clients! Offer applies only to 6 and 12 week packages. Offer must be presented during 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:

- Don't eat late at night;
- Skip seconds;
- Work around the house.

Services offered:

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

And last month's winner is...

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

3 Tips for Staying Motivated Towards Your Goals

It's not always easy to stay motivated when you're trying to achieve a goal. Some experts say that the "goal" itself should be enough to inspire unwavering diligence toward achieving it...and there is an element of truth in that. However, the reality is that the discomforts of striving for a particular goal can sometimes cause us to lose focus.

Want to get in shape, save for a large purchase, "make the grade" in your studies? Don't worry...whatever you're trying to accomplish, the following tips can help you stay motivated and on track.

Visualize the End Result

Can't you just see yourself pounds lighter and fitting into a nifty outfit? The key question is how do you imagine yourself "feeling"? Healthier? Sexier? More self-confident? When you develop the ability to visualize your goals and imagine what the end results will be, you are more likely to stay motivated.

Many people have found it helpful to compose a "dream board" which is an arrangement of images representative of the goal. For instance, if you were saving money for a tropical beach vacation, then you'd get some travel brochures or create a collage of pictures from a magazine of blue ocean, palm trees, exotic fruit drinks...you get the picture!

Set Intermediate Goals and Reward Yourself for Small Victories

It's human to want results now. However, some worthwhile goals may require a great deal of effort and time to accomplish. Don't let that deter you. By setting smaller goals, you can work on each step that will eventually add up to big results in the end.

And don't forget to reward yourself when you reach small milestones along the way. Knowing that there are little "treats" along the journey to your goal will keep you excited and motivated.

Draw Inspiration from Others

- 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!

Sources of inspiration to stay motivated can come from success quotes, lyrics, movies that depict people who attained their dreams through hard work or even speaking with others who have achieved what you're working toward. If they could do it...so can you!

If your focus begins to fade or you skid on a patch of discouragement, you may find it helpful to identify an accountability partner who will encourage you to stay the course. And, in instances where your partner is also striving toward an accomplishment, you'll experience the magic of motivating each other toward success.

Visualizing the end result, celebrating small victories along the way and drawing inspiration and encouragement from others are three powerful, easy-to-implement methods of staying motivated toward reaching your goals. So, go for it!

You can contact Biggi at 650-278-2937 or via e-mail at biggi@eCoachBiggi.com.

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