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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...*
- *Did you know?*
- *Keeping Fit a Bit at a Time*
- *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 February 28, 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 only to 8-week packages. 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:

- Skip buffets;
- Grill, steam, or bake instead of frying;
- Bicycle to the store instead of driving.

Services offered:

- One on one Personal Training
- 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 December winner is Jennifer Briz from San Francisco. Congratulations, Jennifer!

Did you know?

I have often encouraged clients to bring their own music, but most of the time it's not something you think of or remember to do. Lately a few clients brought in their iPods, so I wanted to make sure you know, that I can easily connect your MP3 Player to my stereo system, if it contains music you'd like to listen to during your workouts.

Keeping Fit a Bit at a Time

So you made a new year's resolution to lose some weight, to get in shape... and part of the plan is to work out for an hour a day, seven days a week!

No, wait... make that 30 minutes a day, 5 days a week.

No, better stick to 20 minutes a day, 3 days a week.

Oh, what the heck, why bother doing it at all. You'll just end up breaking the resolution like 95% of all people do, right? So it's easier to forget the heartache and frustration, and nip it in the bud, quit before you start.

Well, how about this instead. Don't make huge goals that you find daunting and you know you won't achieve... pick goals that you can get your head around and definitely continue to do forever.

A little bit here and a little bit there adds up. If you try to carve out an hour or half an hour, chances are you'll get busy and miss out on it a few times, then you'll just stop trying so hard, and it will turn out that you have to revise your plans or cancel them altogether, which will probably feel like failure.

But what if you do just 5 minutes, a few times a day? That will add up to the same amount of workout time, but it will be very easy to keep it up because it doesn't feel like it's taking any time at all.

Maybe every time you get up to grab a coffee, you do 20 squats. And while you're waiting in line, you do calf raises. And when

- 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!

you're washing dishes, you do leg lifts.

Sitting at your desk, you do some side stretches or virtual rows, or use a paperweight to do some bicep curls. And while you talk on the phone, you stand up and do some lunges.

Then maybe instead of taking the elevator all the time, you walk if it's four flights of stairs or less. And you walk to the store instead of driving if you're not buying too much stuff that you won't be able to carry it.

By the end of the week, you'll probably have done more exercise than you would have if you had forced yourself to work out for a certain period of time each day, and not been able to keep the schedule.

You won't break into a sweat with all your mini workouts, which some people say is key to getting the benefits of exercise, but it is arguable that this type of regular and consistent movement has a huge benefit for your body... and your mind, because you'll feel happier and more in shape just by the act of stretching, let alone doing the tougher moves.

So don't let a busy schedule stop you from being in shape. Do what you can every day, and keep yourself fit a bit at a time.

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

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.

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