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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...*
- *New Resource For You And Anyone Else Interested in Health, Fitness, and Nutrition*
- *5 Ways Dinner Can Help You Lose Weight*
- *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, 2008, 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:

- Don't eat late at night;
- Don't skip breakfast;
- Don't take seconds.

Services offered:

- One on one Personal Training
- Outdoor Group Fitness Classes
- Program Design
- Nutrition Coaching

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 Christine Cox from Hercules. Congratulations, Christine!

New Resource For You And Anyone Else Interested in Health, Fitness, and Nutrition

Learn, discuss, ask questions, discover new things about health, fitness, and nutrition when [visiting my new blog](#). You can now subscribe to receive updates [via e-mail](#), or as usual via your favorite [feed reader](#).

And don't forget to let your friends and family know about this great new resource as well. They will really appreciate it with the upcoming New Year's resolutions I am sure they'll be making.

Thanks for spreading the word! I want to help as many people as possible, not just those I get to work with directly every week or month. You can be an important part of that by passing on the link and giving me feedback about content, style, or topics to cover in future posts.

5 Ways Dinner Can Help You Lose Weight

Every We all have heard how important breakfast is. However, it is just as important when, how, and what we eat for dinner when it comes to losing weight.

From my experience, most people don't eat enough throughout the day and then arrive at dinner famished ending up eating way too late and too much.

So here are my tips for making dinner all it can be:

1. **Don't starve before dinner!** In order to keep your blood sugar and energy levels consistent throughout the day eat 5 smaller meals every day. I suggest breakfast, a snack, lunch, a snack, and then dinner. The time between dinner and lunch is too large and most people end up in a slump in the afternoon. At that time a snack is important, which can consist of simple things like fruit, nuts, or half a peanut butter sandwich, for example. This way you won't be starving

- Massage Therapy

- Postural Assessment

- 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!

to death when you arrive at dinner, which will help you eat smaller portions.

2. **Eat smaller portions at dinner time!** Following the advice above, you will now eat smaller portions for dinner, allowing you to save the leftovers for lunch the next day. This will save you time and money and assure that you will have lunch the next day and that it will be a healthy and balanced meal. The key to any diet and weight loss program is planning. This tactic will get you a step ahead of the game.
3. **Eat 2 - 3 hours before bed!** When you have a large meal and then shortly thereafter go to bed, you are telling your body that the energy of the meal isn't needed right now, and it should just go ahead and store it as fat for possible future demands. Of course, with our sedentary lifestyles the possible "future demand" never happens, and so we gain weight steadily. The remedy is to eat smaller portions, as mentioned in the above point, and to eat at least 2 hours before bed time, with 3 hours being ideal.
4. **Include protein with dinner!** When you sleep at night, your body is in a state of rejuvenation and repair. For these processes it needs the proper nutrients. Protein is a fundamental nutrient. Our bodies are mostly made of water and protein. Protein is responsible for the growth and repair of tissue. Another benefit of protein with dinner is that you won't likely wake up in the middle of the night for those binges in front of the refrigerator, since protein is also one of the most satiating nutrients.
5. **Don't have starchy carbohydrates for dinner!** While all the previous advice can be used for health as well as weight loss year round, this advice is recommended mainly during times you want to lose weight. It ties in with not eating too late because your body won't be able to use up the energy provided before going to bed. If we keep dinner lighter by not eating starchy carbohydrates we assure that our bodies won't store the excess energy as fat. Examples of starchy carbohydrates are rice, potatoes, and bread. Do include, however, fibrous carbohydrates in every meal! This will keep your metabolism up and insure you get the fiber needed for the digestive processes. Examples of fibrous carbohydrates are broccoli, green beans, carrots, and Brussels sprouts.

By incorporating just these five small changes to your diet you will be off to a good start for losing weight. So, go ahead and try it and let me know what you think or how it works out for you!

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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