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## Your Personal Trainer on Health, Fitness, and Nutrition

Dear %FIELD:1%,

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?*
- *Your New Year's Resolution - It's not too late! - Part 1*
- *Make sure to check out the sidebar for more tips, our services, and coupons.*

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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 29, 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.)

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## And last month's winner is...

Every month we hold a drawing for a free Personal Training

"Our health always seems much more valuable after we lose it." - Unknown

Take small steps today:

- Skate to work instead of driving;
- Avoid food portions larger than your fist;
- Mow lawn with push mower.

Services offered:

- One on one Personal Training
- Outdoor Group Fitness Classes
- Program Design
- Nutrition Coaching
- Massage Therapy
- Postural Assessment

session among our subscribers. The December winner is Cheryl Brassfield from Concord. Congratulations, Cheryl!

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## What's new?

My [web site](#) is newly redesigned and [my blog](#) is slowly growing with valuable information. Please check them out and let me know if you have questions or suggestions.

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## Your New Year's Resolution - It's not too late - Part 1



If you are like me, you probably had New Year's resolutions that included a new exercise routine and better nutritional habits. I for one wanted to be a brand-new person starting January 1st!

Unfortunately it's not an overnight miracle. It is good to have goals for the new year, but just like any other goals they need to be broken down into smaller intermediate steps.

So let's say your goal is to do resistance training three times a week and cardiovascular training five times a week. The first thing to work on is frequency. You can simple start at one workout each (weights and cardio) a week. And let's also say each workout is 20 minutes in length. That's progress, isn't it? You will do this for the first two weeks. Then you step it up and add another workout of each type. And so on...

Week	Weights	Cardio
1	1x	1x
3	2x	2x
5	3x	3x
7	3x	4x
9	3x	5x

After two months you have reached your goals of three resistance training sessions and five cardio sessions a week. You have gotten fitter already and probably increased the intensity of

- 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!

the workouts as you progressed.

Now you apply a similar principle to the duration of each workout for the next two months, slowly increasing each training session until you reach a maximum of 60 minutes per session. I do not recommend going over one hour for each session, but also think that 45 minutes for weights and 30 minutes for cardio is a good medium for anyone interested in increasing their fitness level and / or wanting to lose weight.

If you take this approach the chances of reaching your goals are much better, plus your body will appreciate it too. It's better to ease into this exercise regime than shocking your body and beginning it overnight. This would be a lot more painful and difficult for your body to keep up, which is probably the main reason the gyms clear out again by March!

So it is not too late! You can start anytime and don't even need to wait for a Monday. Today is Wednesday and it is still very possible to fit the first two workouts in. Let me know how it goes!

In my next article you'll learn how to break down your diet goals.

Visit my [blog](#) now and [read Part 2](#) of this article!

You can contact Biggi at 650-278-2937 or via e-mail at [biggi@eCoachBiggi.com](mailto: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](mailto:feedback@eCoachBiggi.com).

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