

Newsletter

July 2003 www.evolutiontowellbeing.com

Surviving the final freeze: - Winter training



Daves farewell session at Bronte: - the 6:00am group and guests

A word from Mike

It's dark, it's cold and to top it off its raining – welcome to another total balance winter. Do I know its tough, of course I do. Is that a reason to relinquish your commitment to training. Absolutely not ! While away in Byron, enjoying my R & R I watched Steven Spielberg's 'catch me if you can'. The central character shared a story. 2 mice fell into a bucket of milk. One drowned. The

other fought so hard that he churned the milk into butter and crawled out. Are you the second mouse ? If you are wondering, ask yourself whether you switch off your alarm when you wake up during the night and hear the sound of rain deciding that it is a good chance for a sleep in. Whether you look at your goal sheet and put it at the bottom of the to do pile

instead of filling it in and bringing it to your next tb session. Whether you run the last 50 metres instead of walking, go all out in your last 10 seconds of punching or final push up reps. Whether you squeeze out that extra rep at your gym session or join the Sunday running group. Winter is as good a time as any to throw down the gauntlet. Dare yourself, commit yourself to doing whatever it takes during July and August to keep up with your training. Then walk out of that bucket of butter come September.

Yours in health

Mike

Whats happening in the August Winter track

Despite winter constraints we are bringing you a great new track from a re-inspired ETW team. Here is some of what you can expect:

Beginners running group

Under the tutelage of Mike Conway the running group has grown from strength to strength with a request for a beginners running group being

10 day total health challenge:

On the 24th of July we will be starting our first 10 day cleanse. The objectives of this program is as follows:

- ? Fat loss
- ? Improved health and vitality
- ? Increase energy levels
- ? Increase fitness levels
- ? Intensive focused short term burst of good nutrition and fitness to clear away the winter cobwebs
- ? Practical education and knowledge around sound nutrition choices
- ? FUN !!!!!!!!!!!

Numbers are limited so if you are interested let us know ASAP so we can send you more info.

this month's MEMBER'S BENEFITS

Purchase your own pair of gloves and inners

Own your own pair of boxing gloves, coach mitts and inners. We have done a great deal with the reseller which means that you can purchase your own pair of coach mitts for \$ 92.00 (includes free inners). For an extra \$ 10 you can also get a pair of Velcro quick fit wraps. They are great for protecting your wrists and knuckles.

2 for 1 special: City total balance for \$ 15.00 per week

Our August winter special makes it possible for YOU AND A FRIEND TO TRAIN FOR ONLY \$ 3.00 PER SESSION or \$ 15.00 per week. Register into the city total balance sessions held Monday to Friday in the Domain at 12:30 pm with a friend and pay just \$ 15.00 per week each. This special offer is limited and applies only to city total balance sessions

Sports bag or business case Special

Mention that you are an Evolution client and receive 10% off any non sale items of sports bags, luggage or business cases at Luggageland. Check out their website at www.luggageland.com.au or call the George Street store on 9299 6699 for details.

Evolution t-shirts and hats

ETW t-shirts are available for \$ 25.00 each. We have a range of t's in male and female cuts. Hats are also available in both navy and sky blue at a cost of \$ 20.00. All apparel prices include gst.

Internet site update

The new ETW test site has just been launched and looks great. Intended live site date is 20 July 03. Phase 2 which will include client bulletin board and personalised section will follow shortly thereafter.

The Education Corner .

How to approach successful fat loss:

Key questions to ask yourself:
What if anything do you think is wrong with your current diet

What is the one thing that will really motivate or inspire you to make weight loss successful.

What would motivate you to change your eating habits today.

What have been your stumbling blocks to good nutrition in the past.

What do you think needs to happen in order for you to overcome those obstacles.

How will you know when your fat loss goal has been achieved

Program	6am	7am	8:30
Average	5.36	5.43	3.71
Best location	Bronte	Lyne	Lyne
Best day	Monday	Wednesday	Wed
Best week	Week 4	Week 5	Week 5