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 program is as follows: as any to throw down the gauntlet. Dare yourself, commit yourself to doing whatever it takes during July and August to vitality 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

evolution to wellbeing

10 day total health challenge:

On the 24th of July we will be starting our first 10 day cleanse. The objectives of this

- ? Fat loss
- ? Improved health and
- ? 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.

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 SES-SION 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 obsta-

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

initiated by tb participants themselves. The beginners running group will commence from the first Wednesday of the next track. The reason we have chosen Wednesdays at Lyne Park is as follows: If you'd like to focus on strength instead of the running you can attend the indoor gym based strength session at Spin City 2. If you'd like to attend an outdoor nonrunning session you can attend the 7:00 am session on Wednesday. Lyne Park provides a great location for the runs as it has a good sized field, and is in close proximity to Cranbrook stairs. The session will be taken by Mike B in consultation with Mike C and Paul B

Friday fitball sessions with guest trainer Jane Waterfall.

Jane, who returns from London in the first week of July is one of the most experienced and highly credentialed fitball trainers in Australia. Having studied under and taught for the master of core stability training himself Paul Chek she will bring an extraordinary level of expertise to her session. The location for this session will remain Bondi.

Monday boxing sessions:

John will be conducting a boxing session every Monday in the next track. The intention is to create highly choreographed intensive boxing based sessions. As far as possible we will be doing away with the combination box run primarily because the running component is now being taken care of by our running groups. The Monday session will also be attended by an additional trainer who will provide support to John at the session.

Total balance buddy:

In the next track we are going to be trialling a whole new way for you to become accountable to yourself with the assistance of your very own total balance buddy. So what is a total balance buddy and how does it work?

We will be giving you 2 timetables for the August track. One is for you to keep. On the second one you are going to circle all the days that you intend attending to during the months of July and August. Once completed (by the first Wednesday of the track) you will hand them to us. We will then select your total balance buddy and hand them your timetable with your contact details included. Your total balance buddy is the person who is going to support you in attending the sessions that you have committed to. They will do it in the following way. They will contact you to see whether you will be attending a session and calling you in the event that you do not. The intention is that you do the same for them. That way you will have someone to support and be supported by. This initiative is completely voluntary. If you do not wish to participate you don't have to. However, either way you must fill in the additional timetable noting your session attendance intentions for our records. That way we will know which sessions you intend coming to.

Membership expiration, pricing and re-registration

Prices for all total balance tracks remain the same as at January 03. IF YOU ARE NOT SURE OF RE-REGISTRATION COST or would like a fresh registration form mailed to you please let us know. Be aware that you will be receiving invoices in the post to cover your sessions in the next track.

10 day total health challenge

Why the 10 day program and what exactly is it? To use the motor vehicle analogyour bodies like our cars benefit from periodic service. From the nutrition point of view its intention is exactly that. To participate in a 10 day regimen designed to detox and cleanse the body. A great secondary effect is that besides helping you to feel great you will also drop some weight. The secondary intention of the nutrition component is to create a forum in which you are educated about sound nutrition principles. Hence the day is the 10 day program is conducted by both a fitness trainer and nutrition coach. The format is as follows: 10 consecutive days starting on a Thursday (24 July) and finishing the following week

Our bodies like our cars benefit enormously from periodic servicing.

Session times weekday: 5:50am—7:20 am Session times weekend: 6:50 am—8:20 am Day 1 and day 10 assessment as part of the training session. The training session lasts for 45 — 50 minutes and is conducted by a qualified ETW fitness instructor. This is followed by a 30 minute breakfast at a café in close proximity to the training session. The breakfast will be attended by the nutrition coach who will set the parameters for that particular days cleanse followed by an informal workshop conducted while you eat.

To better prepare you for the 10 days you will be provided with the 10 day nutrition plan and workshop content prior to the start of the program.

The cost of the program is \$ 300.00 or \$280.00 for early bird registration. This fee includes all course material, sessions, and café meals .

Although integrated with tb The program is totally independent of the tb registration fee.

If you register into the program you will receive a 25% deduction off the total balance track in which you participate in the cleanse. This reflects the two weeks of 'missed' total balance sessions.

Dave Darvill's travels:

I have been lucky enough to receive Dave's I am sowing my wild Oats emails. There is no doubt that Mr Darvill is having a wild time—enclosed a brief extract from a recent email (grammatical errors intact—Ed)

there was a huge soccer game and the whole town was going as nuts as gordan tallis in a state of origin game. they started drinking in the morning and went to the next day. so being patriots to our new home we joined them. we got our face painted and danced in the town. the locals loved us gave us a flag and set up a circle blue light disco sstyle for us to dance. we ran out of moves and the crowd was getting restless so we cracked into a gymnastics routine which consisted of forward rolls and belly dives. needless to say my back the next day looked like I had been hit by a cat and nine tail whip for early australia.

The ETW Goss column

Conway is still single and available, Steven Fine has just joined 6:00am total balance and takes first spot as ETW's most eligible bachelor. Dave Goldman is well and truly taken and has returned to the USA where he is soon to be joined in holy matrimony. Larry Emdur still has not returned but has returned to the tube back to the ever popular price is right. Benitta becomes the star of the all woman's running group and John Rust achieves an extraordinary time in the Herald half marathon. Lisa B continues to achieve extraordinary results at training. Sank now becomes the ab king launching his new video called the walking ab- you to can do an hour of abs if I show you how. Freddy Cole returns from Paris and goes straight into his pinks—last seen flying down the Bondi promenade. Adina takes STM to next level moving in to new corporate headquarters. Brian Mooney moves another step closer to the ultimate body showing great fortitude at the gym. Jarka and Ivan get the prize once again for the most committed spouse team. Big welcome to all the new clients this track including Steve Fine, Sam Peters, Susan Owen, Nick S, Bridget and Margaret farmer. We hope that the next track sees the return of Helen Labi after her really tough time with injury.

Attendance Stats from this track: As far as winter tracks go this has been as challenging as ever. Wednesday strength training at Spin City increased which was good to see.

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