

# Newsletter

September 2003 www.evolutiontowellbeing.com

Oh What a Beautiful morning !!: - Spring training



Final session of the 6:00 am track (remember how cold it was !!)

## A word from Mike

Summer time and the living is easy the sun is up and the mornings are warm and you guys are champions !!!!!!! You have survived the winter, showed amazing resolve, incredible commitment and built the most fantastic foundation for summer.

It was also a tough one, colder and wetter than I can remember for a long time. But now it's all behind us and we look

forward to a perfect summer of the best cross training this side of the equator. This next track promises to be a lot of fun as we start on our summer activities while maintaining our focus on goal setting and nutrition.

In this track we will see the re-introduction of swimming, outdoor cycling and our new concept training HGH (human growth hor-

mone). We will also be offering detailed assessments, nutrition sessions with a fully qualified sports nutritionist as well as another 10 day total health challenge.

The evolution team have set some great goals for this summer including offering 3 sessions every morning at 6:00 am, and holding the 7:00 am class daily as well as offering 2 sessions in our mid morning 8:30 am time slot. For that reason we urge you to bring friends, family or anyone you might know whom you think would benefit from the total balance experience.

As part of our Spring promotion we are going to be sending you 3 vouchers each valued at \$120.00. They entitle the recipient to a two week total balance trial. Give em away and they will love you for it !!!!!!! Yours in health Mike

**What's happening in track 5** September and October are arguably the 2 best months of

## 10 day Cleanse:

On the 11th of September we will be starting our second 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 put your name down.

## this month's MEMBER'S BENEFITS

**Nutrition consultations in your home or office.**

**Usual cost \$ 120.00.**

**Special \$ 70.00**

Stuart Duncan is one of only a hand full of people who have a masters degree in both dietetics and exercise physiology.

This makes him an exceptional resource. Stuart will be conducting nutrition sessions in your home or office. The usual cost of these consultations is \$ 120.00. As a special for this track he will be charging \$70.00 . He is also available for anthropometry (specialised measurement of body fat) for an additional \$ 15.00. We all know that the nutrition component of your training is absolutely vital. For that reason we insist that you book your appointment with Stuart as soon as you can.

## Free trial session in the city :

The city classes have been growing steadily under the watchful eyes of John and Paul. The current schedule is as follows— Monday and Wednesdays boxing and a general circuit class on Thursdays. All sessions are held in the Domain at 12:30 pm.

## Fitness assessments including bio-impedance and VO2 max:

On Saturday September 6 we will be conducting detailed fitness assessments. The tests will be repeated again on Saturday October 26. The cost of these assessments is only \$ 15.00 each and can be paid on the day. See page 2 of your newsletter for more details.

## The Wellness Corner

Quick & easy remedies to prevent and treat sore muscles.

### 1. SIMPLE FIX

Have a hot bath with half a kilo of **EPSOM SALTS** & about 200g of **SODIUM BICARBONATE**. The salts will be absorbed into the muscles and draw out the acids.

### 2. GOURMET FIX

This is even better and leaves your skin feeling soft and gorgeous. Make up a paste with about 200g of **EPSOM SALTS**, a tablespoon of **HONEY** and a few drops of **WATER**. Have a quick shower then turn it off! Rub the paste over your body and then scrub it into the muscles/joints you've worked the most. Stand there for as long as you can, up to 15 minutes. It will tingle a bit. Rinse off with a hot shower and ... bliss!

the year to train. The days are warm, there is no humidity, no flies, and plenty of light. The ocean is beginning to warm up and the winter hibernators take their first cautious steps into the spring morning. And so begins our summer curriculum.

### **Running Groups**

I think we all agree that running is a great winter sport but that going into summer we should resume our cross training activities. So the running format in the next track is as follows, Wednesday mornings at 6:00 am at Lyne Park and Friday mornings at Bondi. There is also an 8:30 am on Thursdays at Hugh Bamford Reserve (near Bondi).

### **Assessments on the first Saturday of week 1 and the final Saturday of week 8.**

On Saturday 5 September Paul Brown will be conducting assessments between 6:00am and 8:30am.

The assessment will include a detailed bio-impedance analysis generating a detailed report on such things as %age body fat, %age lean muscle mass, hydration levels and cardiac risk..

As we'd love as many of you as possible to do the assessment we are offering it at \$ 15 per assessment payable on the morning. Gavin and I will be available for beep tests as well (at no charge)

At the end of the track Saturday 25 October Paul will be conducting them again. That way you can get a great sense of the improvements that you have made over the 8 week period.

### **Cycling and swimming:**

Two session favourites will be back very soon. Its now warm enough and light enough for us to resume our cycling classes. The cycling circuit has always been a total balance favourite. The classes are fun, challenging and totally different to what you think they are going to be like. So if you haven't attended one I highly recommend that you do.

As you will notice on your timetable we will be resuming our swimming sessions toward the end of this track. By then the ocean temperatures should be just right and the mornings perfect. Swim sessions will include stroke correction and combinations of water and land based exercise.

### **Fitball box and Neilson Park :**

Neilson park is a fantastic session location. Coupled with a session favourite fitball /box combination it promises to be a popular Thursday option.

### **Human Growth Hormone (HGH) Training:**

During the past few weeks we have been subtly trialling a new training methodology with you. If you cast your mind back over sessions you will notice an increase in sprint based work of 30— 40 second duration. The idea behind it is as follows.

Training at that intensity for that duration causes you to go into your anaerobic zone. You will experience breathlessness both during and post this intensive boost. Extensive studies have found that this type of training causes a dramatic increase

in the release of Human Growth Hormone (HGH). It seems that this hormone is responsible for some amazing changes in your body. Numerous studies conducted in the USA and Europe in which subjects were injected with HGH found that increased HGH levels resulted in dramatic increases in body fat levels while increasing lean muscle mass.



Ever wondered what Gav does when he is not playing baseball

### **Nutrition corner - 10 day cleanse**

Following the amazing success of our first cleanse we will be offering our second cleanse starting 10 September.

The cleanse includes 10 days of training, 10 early morning breakfasts at Speedos Café & 10 informal workshops with our resident nutritionist. These are conducted during the breakfast. We also conduct a detailed assessment on the first and last day of the cleanse.

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. There will also be a rest day on day 6 of the program

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 \$ 360.00 .

This fee includes all course material, sessions, and café meals. If you are currently doing tb then contact the office re: your discount.

### **The ETW Goss column**

We have our first set of total balance grandparents though no one would ever guess. Congratulations and Mazal-tov to Yarka and Ivan on the birth of a beautiful baby grandson (yet to be named) and to the proud Aunt and Uncle Justin and Hana.

Welcome to a great bunch of people who joined us during the winter track. Hats off to you guys for starting in winter. Pip, Matt, Sarah, Adam, Jenny, Jo, James, Shane, David, Steve Fine, Belinda Lax, Judy Dinte, Vanessa and Nikki Vernon

The yo-yo commitment award goes to Russ Diamond who managed to attend 5 days a week and weekends as well as attend personal training sessions during the coldest part of this winter for a 3 week period only

to disappear without a trace.

The mighty mouth award goes to Pip Davis for her wonderful early morning sex education classes. It also goes to Tiff and Emma who always keep us on our toes during the mid morning sessions.

The consistency award goes to a number of people including Brian Mooney, Alan Jowell, Gillian Hodes, Lisa B, and Nikki B and Sally D who has attended tb every day when she has been in the country.

The most improved award goes to Johnno Rust for his exceptional times in both the herald half-marathon and City to Surf.

The humble hero award goes to Seamus Doyle who without much ado has blitzed the field in almost every race he has running in.

The well done award goes to all the 7 am guys who shown a great commitment this entire track especially Geoff Roberts who has been an absolute demon at the running sessions.

The silent achiever award goes to John McBride for the great effort he puts into his training every time he comes. John also gets the Meshugenah award (check with Jewish clients for translation) for being the only tb 6am client who has absolutely no good reason to get up that hour of the morning.

The I am still single come get me baby award goes to Steve Fine who remains ETW's most eligible bachelor. However, it must be noted that the gap closes as Brian Mooney displays incredible grace and ease while sparring with rather large black man at Bronte last Monday to the ooh and aahs of all the female contingent present.

The champion referrer goes to John Rust, Emma Grose, Judy Koerber and Susan Owen for the effort they have made in promoting and assisting the ETW's growth.

The super duper effort award goes to all the girls who have attended the Wednesday 9am class this track and worked their guts out through our ten minute intensive.

The totally cute and into it award goes to Catherine who always adds a smile to our face.

The best achievement award goes to Cassandra Wolf and Lawrence Sank. Cass because she has achieved amazing weight loss goals and Lawrence because of his total unwavering persistence through injury.