

Members'

Newsletter

March 2004 www.evolutiontowellbeing.com

Lets Sow in Autumn and Winter and reap in Summer



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|----------|-----|-----------|-----|-----------|------|
| Avril M | 90% | Linda Q | 90% | Alan J | 80 % |
| Brett C | 90% | Lisa B | 95% | Tiffany S | 85% |
| Charlene | 90% | Bridget F | 95% | Tara L | 88% |
| Debbie B | 87% | Nicole L | 88% | Simonette | 78% |
| Emma G | 80% | Pip D | 85% | Nikki V | 80% |
| Geoff R | 85% | Neil G | 92% | Mary M | 80% |
| Gary M | 82% | Stewart | 78% | Judy D | 80% |
| Jenny D | 85% | | | | |
| Karen M | 95% | | | | |

Clients with amazing attendance stats in the last track - all times

A word from Mike - There is a cute story about commitment which I am sure you are familiar with; it's about the chicken and the pig, and a bacon and egg breakfast. In the making of that breakfast the chicken was involved but it was the pig that was totally committed. Reflecting on commitment I wonder how it applies to what I do, how I live my life and what I bring to Evolution. I hope that what I bring to Evolution is an environment that

fosters understanding as well as accountability. Understanding that sometimes it's okay to miss a session because you want to spend the morning cuddling your partner. Understanding that you have good training days and bad training days. It's also a place of accountability. Small successes that lead to the achievement of greater goals. Going the extra mile, doing it even when it's hard and pushing

that little bit further.

I have a distinct memory of how each of these two occurred in the last track.

The first happened about two weeks ago on a very rainy and miserable Wednesday morning on which it happened to also be Alan and Kendall's birthdays. Instead of doing a session I took all the guys out for breakfast. As we sat there I had more than one moment of '*I should be training*' guilt. I reminded myself that what Evolution is about is balance and lifestyle. The second experience was all about accountability. Doing it even when it gets hard. It concerns a six am client named Charlene, a woman who has shown an amazing degree of commitment to her training. We have been training for 10 km run in the past two months. Recently our session objective was to complete our 10 km run. I told the group that I'd come around in the van and pick up anyone who couldn't make it. Charlene had about 2km's to go when I pulled up next to her. Our conversation went along the lines of '*No you can't get in*

Assessments & Weekend Classes

Detailed assessments for all clients will be offered on-going. You will be assessed every 8 weeks and will be able to clearly monitor your progress.

The assessments will include a goal setting session and dietary analysis.

We will also be offering weekend classes from the 15th of March.

Sessions will be held at centennial Park and will start at 7:00am.

We will be offering a boxing class and running group session.

Free Nutrition Lecture

On the evening of the 4th of May we will be holding a free **nutrition and lifestyle lecture** at the Auction Room in Double Bay.

The talk will be an opportunity for you to pick up some great tips about exercise and nutrition. Call the ETW office for more information.

this month's MEMBER'S BENEFITS

Adidas Sunglasses available for all ETW clients at a great price.

For those of you who missed the ETW sales day there is still the chance to purchase adidas sunglasses from us. If you are after a pair of lightweight frames for training the 'blades' are great. If you wonder what they look like, it's the sunnies that Mike wears to every session.

Check out the adidas site at www.adidas.com/eyewear.

Our next sale day of Brazilian exercise clothing and Adidas Sunglasses will be on Saturday the 1st and Sunday the 2nd of May from 10:00 am—4:00pm at the ETW office 529 Old South Head Road Rose Bay.

Massage with Howard :

Howard joins ETW as a veteran of the fitness industry. With over twenty years experience as a fitness instructor and massage therapist he brings a wealth of knowledge with him.

As a March track special Howard is offering a massage at your home or office and a detailed personal assessment for a total of \$ 70.00 (usual value \$ 140.00)

save \$ 70.00

Please call the ETW office on 9371 3488 to book your appointment.

Thanks Neverfail:

With the help of Neverfail Springwater we quenched the thirst of nearly 10 000 locals with our Beach Blitz promo over the past 3 months. It was a fantastic promotion and resulted in some very cool people joining ETW.

the car. You will finish this'. And finish it she did. And with it came a sense of accomplishment, a breaking of barriers. Last week she completed the run in under 60 minutes.

That is what we are about. That is what each of you brings to Evolution. Thanks for another great eight weeks. Looking forward to seeing you on Monday. with Mike and the ETW Team

A Big ETW Thankyou:

A big thanks to **Brett Cohen** for bringing all your friends to train with us.

A big thanks to **Avril** for being such a great advert for ETW.

A huge thanks TO **Neil** for hooking us up with Virgin.

A big thanks to **Pip** for helping to organize such an amazing promotion with Neverfail.

A big thanks to **Micky** for telling passing on the ETW word and being the best referrer in ETW history.

A big thanks to the **Wednesday running group** for working so hard toward the 10 kilometer run.

A big thanks to **Alan J** for your listening ear and to coming to all those 7:00am session.

A big thanks to **Adina** for letting us help you to prepare for your all important wedding day.

A big thanks to **Nadine** for teaching such amazing yogalates classes and proving that its all possible.

A big thanks to **Emma, Andrew, Brian Gary, John M and Jenny D** for proving that the run swim is possible in all conditions.

A big thanks to **Seamus, Jarred and Howard** for putting in all the extra time in the office, for the weekend promo's and general organization.

A bi thanks to **Vanessa K and Nikki V** for encouraging new attendees to try the 9:15 am classes.

A big thankyou to our **local councils** for not fining us for handing out waters.

A big thankyou to **Karen Mills and Bridget F** for making such a huge effort with your training. Amazing attendance stats guys, well done !!!!!

Gav the quite achiever:

If you visit the ETW office you will notice a huge trophy on the shelf next to my desk. I'd love it to be mine, being my partners is almost as good a feeling. For the second time Gavin was recognized as the Jewish Sportsman of the Year.

This is pertinent recognition for Australias only Jewish (current) Olympian. Gavin's journey to Athens begins soon. He will be

departing in early May for the USA. I have included an extract from the American team that has just signed him

NEW HAVEN SIGNS AUSTRALIAN OLYMPIC SECOND BASEMAN *Gavin Fingleson Returns to the North-east League 03/03/2004*

Baseball fans who want to give their family a geography lesson should study up on the career of Gavin Fingleson, the newest player with the New Haven County Cutters.

Fingleson, a switch-hitting second baseman and a member of the Australian Olympic Team, has signed with the Cutters, Manager Jarvis Brown announced Wednesday. Yale Field will be the latest stop in the career of the 27-year-old who was born in Johannesburg, South Africa, lives in Sydney, Australia, and has played professional baseball in Taiwan in addition to United States stops in Louisiana, Minnesota and Catskill, N.Y. Athens, Greece, will be added for this summer's Olympics.

From all of us at ETW we'd like to wish Gavin all of the best for this extraordinary once in a lifetime opportunity - the culmination of years and years of hard work.

What to anticipate in track 2 2004:

Boxing classes:

Every Tuesday, Wednesday, Friday and Saturday of the track we will have a boxing class. The sessions are integrated with the total balance program. This gives all participants the opportunity to attend the boxing classes or the designated total balance session. These sessions will also be open to clients looking for boxing classes only who do not want to join the total balance program. The location for these sessions will be Queens Park on Tuesday and Wednesday. Friday at Bondi and Saturday at Centennial Park.

Weekend classes:

There will be additional total balance sessions on Saturday at 7:00 am at Centennial Park. Sessions in the next track include a running group and boxing class. The inclusion of Saturdays means that you now have 48 sessions per cycle to choose from.

Elite total balance group:

As of the 15th we will have our first elite level group. The elite group will be a great group to strive for. Training will be based on the current total balance format but will be of a more intense nature. The elite group will train together from Monday - Thursday. On Friday and Saturdays all the groups will mix in together.

Pink, purple and yellow groups:

All total balance participants will be placed in either the pink, yellow or purple group. The pink group will be slightly more intense while the other two groups will both be mixed ability. On the internet site you will have access to your group's timetable only. Everybody will have access to the boxing timetable. Once you have logged on to the correct page you will see the names of other group members. You will be with your group on Mondays, Tuesdays and Wednesdays.

One trainer for 3 days in a row:

You will be with the same trainer from Monday to Wednesday. Each week the trainers rotate to a new group. The result is that you get to train with all the different trainers. That means more variety, better continuity and from the trainers perspective a chance to be much more involved in your training. This new format also allows means that trainers teach fewer different classes. This makes for much better session choreography.

On going assessments:

We are going to encourage all of you to have an eight weekly assessment. If your assessment is in week 3 then it will be repeated in week 3 of the next track. Assessments will take place on Thursday mornings at 6:00 am and 6:30 am and will be held at the ETW offices in Rose Bay.