



february 2009 : www.evolutiontowellbeing.com

A word From Mike: The evolution of evolution

At the end of year party in 2008 one of our long term clients came up to me and said how amazing it was to see the evolution vision, which I had spoken about for so long, start to take shape. That was a very special moment for me.

This year, we are going to take evolution to the next level. This will occur in 3 specific areas:

The first is content - we will be investing in new equipment and continuing to evolve our class format so as to bring you the most varied and the best possible sessions.

The second is support - creating social events and activities that support your training and the growth of the evolution community.

The third is growth of our groups - by September this year we aim to have Kliks in Balmain, Maroubra, Rushcutters

Bay, Rose Bay, and the lower and upper North Shore.

There is a lot to do. That is why evolution starts at 6am. See you at sunrise,

Mike

Upcoming Events

The first social event for 2009 will take place on the afternoon of Saturday 21st February. A casual afternoon of barefoot lawn bowls at the Waverley Bowling club. We'll kick off the bowls from 4pm onwards, and it costs \$10 for two hours. There is also plenty to choose from food and drinks wise. Please go to the website to book into the event, look forward to seeing you there! **Amanda**

Rainbow Foods to the Rescue

Tomatoes are not red by accident and coloured foods can encourage us to eat them. Plant eating animals actually use the colour to identify edible plants and the intensity of the colour suggests ripeness. Those brightly coloured pigments in these plant foods are created by phytochemical antioxidants called carotenoids, which actually neutralise harmful oxidants called free radicals in the body.

Each of these colours have unique jobs that various carotenoids perform in your body. All these antioxidants work much more efficiently when consumed together as they have a synergistic action and help each others absorption. Which is why it is much better eating the food which contains thousands of phytonutrients, than having it in isolation in a supplement form.

It is ideal to mix as many different hues as possible with every meal to get maximum benefit and the deeper the colour, the higher the nutrient value. The Australian government have launched a campaign to encourage people to eat more fruits and vegetables and they are recommending a minimum daily intake of 5 servings of vegetables and 2 servings of fruit.

Amy

Lycopene

Found in: tomatoes, watermelon, pink grapefruit

Beta-Carotene

Found in: oranges, papaya, carrots, mangoes, pumpkin, apricots

Lutein, Xeaxanthin

Found in: bananas, yellow corn, yellow capsicum

Isothiocyanates, Folic Acid

broccoli, bok choy, spinach, parsley, kale

Anthocyanins

Blueberries, cherries, blackcurrants, red wine(!), beetroot

The Key to seeing results and staying motivated... is cross training.

Simply put it means mixing up your fitness routine by engaging in different activities.

Doing the same type of exercise repeatedly, such as 30 minutes on the stair master at the same level every day, defeats your purpose. This repetition means your body can do the same exercise and expend fewer and fewer calories each time you perform it. These efficiencies are what cause diminishing returns. The result is you do not reach your fitness goals. What if you did a different type of exercise each day or each week? Your body would never be given the opportunity to become accustomed to any one exercise. Once again, Cross Training is the solution.

Cross Training challenges your body in different ways, more muscles have the opportunity to be trained with different exercises, which prepares the body for almost any activity.

Would you miss your workouts if you began to see results and even had fun while doing it? Not a chance! Right? Make your workout fun by adding variety.

Cross Training is the basis of the **Evo timetable**, use the colour coding to attend a good cross-section of sessions.

Red = Cardio vascular

Blue = total body strength

Green = mind-body connection and flexibility

Yellow = mix sessions

Rob

Off Balance

Name: Rhian Saunders

I am from: Kenfig Hill (where Howard Marx the famous drug dealer is from) in Wales. Although Coogee is now the place I call home.

I found out about ETW by:

running past Tamarama one morning and saw a sign – it was just meant to be!

I started in: Jan 07

My favourite session is: Ben Buckler circuit with Howie. Although kayak & circuit in Nielson Park comes a close second

My wake up / get it together routine on days that I train is: Clean my teeth, throw on my gear, grab my water and run out of the door. 10 mins tops!

My after training routine is: Shower, brekkie, then a snooze if I'm working from home.

What I do when I am not training (for work that is): Project Management consultancy. So I'm either teaching PM courses or helping companies to improve the way they do projects.

Mum and dad always told me: "I was born lucky" – still waiting to be convinced by winning the lotto though



Friends say that I am: Awesome – what else did you expect???

My recommendations are:

Great Cafe: Coogee Bite Café – next to the Palace. Great food & fantastic view

Movie: Slumdog Millionaire – saw it last week and loved it!

Music: Loving chilled at the mo – stuff by Jose Gonzalez and Vargo.

Day Out: would be a long lazy lunch followed by something mildly energetic, like lawn bowling, then a chilled eve with a glass of red.

Anything else to tell about, hobbies, hangouts, habits, heroes etc: tennis, volleyball & playing pool. Equally bad at all 3 but happy to lose time and again – luckily.

If I was an evolution trainer I would ... Take everyone for coffee after to thank them for turning up at that insane hour of the morning!

Upcoming Sporting Events

There are a couple of sporting events coming up in Feb:

- The **Little Black Dress Run** is on Valentine's Day in Centennial Park, it's only 5km and you might get to see Mike running in a little black dress!
- On Saturday 28th February is the **SLAM volleyball competition** at Maroubra Beach, so if you're a volleyball fan get a team and a fancy dress costume together and enter.
- We've set up an **Evolution to Wellbeing group** on the **Facebook** website, so join up and start chatting on the wall to other evolutionites if you want to get involved in any of these events.

Amanda

Evo's Agony Aunt

"My friends and flatmates think evolution is a cult. How can I convince them otherwise?" (anon)

Let us examine what really constitutes a cult. According to Wikipedia here is the so called "cult checklist".

A cohesive social group devoted to beliefs or practices that the surrounding population considers to be outside the mainstream; If your flatmates are anything like mine, they definitely consider a 9.30pm curtain call, 5.30am wake-up and anything to do with running on soft sand whilst being observed by a bald or small man wearing strange shoes, as "outside the mainstream".

A movement that separates itself from society; Going to bed before 10pm on a Friday night to make the Saturday morning class definitely doesn't do my social life any favours.

Leaders and movements who are unequivocally focused on achieving a certain goal; Yes, making it through a Howard class without throwing up, wanting to throw up or wishing you had thrown up to get out of finishing the class. Oh, and all that "reaching your peak physical wellbeing" stuff comes into it too ...

Ok, so now we have all accepted that Evolution does in fact carry cult-like characteristics, really there are only two options here:

- Keep Evolution on the down low from your flatmates (I'm in the process of working out a secret handshake) – meanwhile they will be scratching their heads in utter disbelief as you morph into what can only be described as a fitness machine
- Guilt/brainwash them into joining – Just give Mike (aka Evo Guru) their number.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us most. We ask ourselves,

Who am I to be brilliant, gorgeous, talented, and famous?"

Actually, who are you not to be?" Barack Obama