



March 2009 : [www.evolutiontowellbeing.com](http://www.evolutiontowellbeing.com)

## A word From Mike:

The economic downturn and the bushfires in Victoria are the two things that keep popping into my head as I sit down to write this month's newsletter. Both have devastating consequences and in the face of them we are often left hopeless and helpless. I always like to bring it back to what evolution is doing. I am convinced, that in a state of uncertainty, when life seems challenging that sunrise, fresh sea air, the heart pumping and getting to spend time with positive like minded people is like a healing balm. It allows us to maintain perspective, remember how fortunate we are and better equip us to deal with life's challenges. That is why evolution starts at 6am and doing what we do is truly a gift.

**Mike**

## Upcoming Events

A big thanks to everyone who joined us for the first evolution social event for 2009 at the Waverley Bowling Club on Saturday 21st February. Despite the wet weather there was some fierce competition going on and plenty of beers to keep the conversation rolling. If you missed the bowling never fear, the next evo social event is coming up on Thursday 2nd April. More information to come but put the date in your diary, it's a great way to get to know your fellow Evolutionites minus the sweat ! **Amanda**

## Heart rates and Horoscopes

'Fitness' has many definitions, but with reference to exercise it is often defined as 'the ability to perform'; i.e. increasing fitness leads to an increase in the ability to perform. There are many variables that can lead to an increase in fitness and this includes improved strength, weight loss, increased neuromuscular co-ordination and aerobic capacity. All these factors cause an increase in the body's ability to utilise oxygen for any given workload. As the heart is responsible for delivering oxygen to the body, any reduction in demand for oxygen can be measured by a reduction in heart rate for the given workload.

Measuring and tracking your heart rate for any given workload (e.g. rest/waking) can provide insight into fitness levels as the heart rate should decrease as fitness levels increase. However, in a training population of *Evolutionites* with an expected gradually declining or constant waking heart rate an increasing in waking heart rate might indicate overtraining, or impending illness. Therefore: keep a diary of your waking heart rate; if it starts drifting upwards... you might need to know what your future holds! Have a chat with your *Evolutionary*.

Please email me topics you would like covered in future.

**Larry Cohen**

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*"We don't stop playing because we grow old; we grow old because we stop playing."*

**George Bernard Shaw**

**Bowling Social Feb 2009**



## Eating and Exercise

Try not to eat too close to exercise, as the body shifts energy towards digestion of the last meal and away from muscles, so peak performance will be lower and benefits won't be the same. Make sure you have enough energy by timing your workout about half an hour after a light snack, an hour after a large snack or light meal and leave at least two to three hours between exercise and a heavy meal.

A light snack about 30 minutes after a workout will replace lost energy and repair any muscle damage. A snack containing carbohydrate and protein in a ratio of 2:1 is optimal, such as a plain yoghurt, a piece of fruit and 30g of low-fat cheese, a slice of wholegrain bread with ricotta cheese, a fruit smoothie, or 40 grams of mixed nuts and dried fruit. Make sure to drink plenty of water before, during and after exercise to replace lost fluid.

And don't aim for a quick fix - contrary to popular belief, consuming sweets such as lollies or chocolate before exercise does not provide a quick burst of energy, but may cause a rise in insulin followed by a drop in blood sugar leading to fatigue.

**Amy**

## Off Balance

**Name:** Sean Conaghan

**I am from:** Originally country NSW, but have developed city tastes

**I found out about ETW by:**

Through a friend who started telling me I'd give the Michelin Man a run for his money

**I started in:** Hard question. I'd say 18 months to nearly 2 years now. Mike, is that right?

**My favourite session is:** Love boxing at Bronte. Dislike running on the sand because I become a tortoise

**My wake up / get it together routine on days that I train is:**

Allow 5 minutes from bed to car. If I think about it I won't get up. Wake up about 15 minutes into the session

**My after training routine is:**

Coffee. Skinny of course!

**What I do when I am not training (for work that is):**

Love socializing - Restaurants, bars, trips away

**Mum and dad always told me:**

Hard work never killed anyone

**Friends say that I am:** What you see is what you get

**My recommendations are:**

**Great Cafe:**

Tea Scapes, The Spot, Randwick



**Movie:** Godfather

**Music:** Nivana, Nevermind

**Day Out:** I'm a big Foodie so exploring one of the many multicultural food hubs in Sydney

**Anything else to tell about, hobbies, hangouts, habits, heroes etc:** Cooking, Rugby Union and engaging in lots of tomfoolery

**If I was an evolution trainer**

**I would ...** Not wear shoes with toes. Guys, I think that one could be a very short fad

**Dear AA. There's a guy in my evo class who wears really tight bicycle shorts which I find very off-putting. Shall I just try and turn a blind eye or try to do something about it?**

If you have the ability to turn a blind eye – by all means turn it. I however, find it difficult to do such a thing, particularly when I emerge from a downward dog slightly ahead of time - to be confronted with what can only be described as an "eye-full". So, I will endeavour to clear the air on your behalf. I can hear the protests already. Functionality versus fashion – yes I know, and whilst I empathise with that view (I myself am quite partial to the tight pant), and short of turning evo into a certain mainstream gym chain (where I fear the main purpose behind the abundance of mirrors is not to see how you're tracking in the tuck-shop lady arms department but instead to see how your matching Brasilfit leggings and crop top match up to the Nike twin-set on the guy pumping iron next to you) I think there are a couple of common steps one can take to avoid offending fellow evolutionites. If you do prefer the bike pant – may I suggest a dark colour? Perhaps black or if you are feeling particularly audacious – navy blue?

A little length in the pant also doesn't go astray – while neither does some form of undergarment (I could be stepping into dangerous territory here). The long and the short of it (cough\*) is that while a 6am training session shouldn't have to feel like an episode of Trinny and Susannah's "What not to wear" – it needn't feel like a year 10 human biology class either.

If you have a question for Agony Aunt, please email it to:

**[agonyaunt@etwgroup.com](mailto:agonyaunt@etwgroup.com)**

## Upcoming Sporting Events

Some evolutionites have been doing an orienteering event every Wednesday night called the Sydney Summer Series, good fun if you fancy a run and some friendly competition. Check out the ETW wall on Facebook if you'd like more information. There's also the first **Sri Chimnoy race on Sunday 29th March** at Centennial Park. A few evolutionites participated in this series last year, it's fun and laid back and there are pancakes at the end of the race! Check out the sporting calendar for details or write on the Facebook wall and let's see if we can get an evo group together.

**Amanda**