



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

## A word From Mike:

Bali reflections....

2 things stand out for me this month and they both have to do with commitment.

When going away I have to leave the evo baby in the safe hands of others. It was amazing to see how well it was looked after. The team, led by Azza totally stepped up and all went without a hitch. I was told I should go away more often. That is a comforting feeling.

That same level of commitment was evident at sessions this week. As the rain poured down evolutionites came to sessions in their droves. Evidence of 'we train rain or shine' and so clearly evolution goes on at 6am. It keeps the dream and the vision alive. Thanks to all of you for that.

**Mike**

## Upcoming Events

On Sunday 19th April evolution has organised a first in terms of events on the social calendar – the Hermitage Foreshore Walk clean-up. As evolutionites we train in many beautiful locations all over the eastern suburbs, and felt it was time we contributed something back to the local community. So please join us on the morning of the 19th April for a leisurely bushwalk (which also crosses 3 small beaches), pick up a few pieces of rubbish and then we can reward ourselves with a yummy brunch afterwards. There will be a prize for the most unusual piece of rubbish found! Please go to the evolution website to register your interest.

**Amanda**

## Stretched to breaking point

There is controversy regarding the benefits of stretching, with many articles documenting that stretching doesn't reduce injury. Injury occurs when the muscle is loaded beyond it's tensile strength – a combination of it's strength and resting and active flexibility; i.e. muscles are more resistant to damage when flexible and strong AND when the demand on them is within their strength and flexibility range.

The body should be warmed up before exercise and all the joints moved into ranges that they will experience during the session. If they are unable to attain those ranges, they should be stretched till the range is achieved, or the exercise should be modified or avoided.

Two of the most common methods (with similar effect) are active and passive stretching which both rely on the neural receptors in the muscle or tendon to assist the muscle to relax whilst being stretched. Active stretching is quicker so it is best done at the beginning of training; passive stretching takes longer so might be done at the end of training. Your trainer will be able to tell you whether you need to stretch or strengthen and which method would be appropriate.

**Larry Cohen, M.Sc. Exercise Physiology, B.Sc. Physiotherapy**  
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"There are many ways of going forward, but only one way of standing still."

**Franklin D. Roosevelt**

## Some great strategies to reduce emotional and binge eating:

1. Give your eating some structure - three meals plus one or two snacks a day
2. Don't ever skip meals – It'll just cause you to overeat later
3. Try not to go more than four hours without food - becoming really hungry can trigger a binge
4. Don't ban any food or drink - labeling foods as 'forbidden' only makes you want them more
5. Stop obsessing over the fat, carbs or protein in food - choose wholesome, natural foods you know make you feel good. Just make sure that you have a nutritious diet which is balanced with all the food groups especially fruits and vegetables
6. Allow yourself treat foods occasionally - as you realise that you can still have them, you'll probably find you don't want them as much as you thought you would
7. Look for other means of dealing with your emotions - move out of your comfort zone and try something new like meditation, yoga going for a walk or learning relaxation techniques
8. Surround yourself with people who influence your eating and lifestyle in a positive and healthy way.

**Amy**

## Off Balance

**Name:** Robert Stone

**I am from:** Country NSW

**I found out about ETW by:**

The Evo website followed by a solid sales pitch by Mike

**I started in:** Winter, 2008

**My favourite session is:** A run from Double Bay to Steyne Park

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

"If I sleep in, it'll only be for another hour and I'll feel just as tired, so... I might as well get up." Doesn't always work when it's still dark outside

**My after training routine is:** a mad dash to work

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

Corporate finance. Specifically, help fix the global financial crisis I helped to create

**Mum and dad always told me:** Ride boldly, lad, and never fear the spills

**Friends say:** The Man From Snowy River should never be quoted in public

**My recommendations are:**

Always listen to your friends

**Great Cafe:** Bills in Woollahra for their sunny courtyard and pancakes; 3 Eggs in North Bondi for their eggcellent benedict; Bourke Street Bakery for everything else



**Movie:** The Good, The Bad, The Ugly / Easy Rider / Trainspotting / Supertroopers

**Music:** One that excludes heavy metal

**Day Out:** Definitely at the beach

**Anything else to tell about, hobbies, hangouts, habits, heroes etc:** Shy away from being in a photo by myself. I want to work in the UK. A big fan of any book by Murakami. I REALLY dislike sharks

**If I was an evolution trainer**

**I would ...** Keep a swag in the back of the ute; take us on a weekly 'swim, run, swim'

**Dear AA. I have a huge crush on a boy in my KLIK? How do I let him know that I'm secretly in love with him without the rest of the group finding out?**

Despite what married friends might say to you ("Ohh I remember the days when I had this crush on a guy at work. It was so exciting!") having a serious crush on someone is not a whole lot of fun. In fact, I'd go so far as to say that it is actually a form of torture which runs parallel to Azza's burpies and being locked in a cell with a dripping tap.

Not only that, but it can be the cause of very irrational behaviour. Slowly (and casually) lunging your way in direction of said crush whilst he discusses his weekend plans and then happening to run into him Saturday night at described location. "Oh fancy seeing you here! How's the training going? Hard session on Friday wasn't it?" Come to think of it, making the big confession is taking a pretty huge gamble. We need to weigh this up. If he doesn't reciprocate your feelings, then you do run the risk of being too embarrassed to turn up to training again. And as for keeping it a secret from the rest of your KLIK ... well quite simply, it won't happen. *They know everything.\**

Ok, so weigh that up against living happily ever after (and all that jazz) and you might still be willing to give it a shot. Take him aside, politely and quietly express your feelings (zzzzzz) OR do as any self respecting single desperado would: Attend the next social night. Get hideously drunk, (in the meantime buying crush a double to each of your single shots) and then when the timing is right go in for the kill. The "slip of the hand technique" is a trusty favourite and never discount the dance floor party pash. Marriages have been built on these foundations.

\*Ever wondered why you always see the blue ute in various locations around Bondi and the Eastern suburbs? Well, don't be fooled. Azza isn't the casanova you may have previously thought. Phone tapping. That's my theory.

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

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

A word on the benefits of massage by our evo massage therapist Lance Lieber:

A regular massage can help to:

- reduce muscle and joint soreness
- reduce stress and tension
- increase muscle flexibility
- eliminate toxins

LANCE IS OFFERING A \$20 DISCOUNT OFF MASSAGES TO ETW MEMBERS, FAMILY AND FRIENDS FOR APRIL ONLY! THAT'S JUST \$70 FOR A ONE HOUR PROFESSIONAL MASSAGE IN YOUR OWN HOME. Call Lance on 0425 203 782 to make a booking.