



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:** Kath Rosic

**I am from:** Glenhaven

**I found out about**

**ETW by:** My work colleague – Wilman

**I started in:** November 2008

**My favourite session**

**is:** Boxing – Coogee Beach



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

**is:** Set alarm for **4:50am** to get ready for the 40km drive to Coogee

**My after training routine is:**

Straight to work at Alexandria

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

I work fulltime for Caritas Australia as a Program Officer, I go to Uni, have two teenage sons and a great husband.

**Mum and dad always told me:**

I never listened to what Mum and Dad told me!

**Friends say that:** I have rocks in my head for getting up at such an ungodly hour of the morning!

**My recommendations are:**

**Great Cafe:** No time for coffee !!!

**Movie:** Return to me

**Music:** Matchbox 20

**Day Out:** Family picnic

**Anything else to tell about, hobbies, hangouts, habits, heroes etc:**

I joined Evolution because I was middle aged, overweight with bad knees. I am still middle aged with bad knees but am finally getting into shape.

**If I was an evolution trainer**

**I would ...** Move closer to the beach!

**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.