



June 2009 : www.evolutiontowellbeing.com

A word From Mike:

This month has been all about community and commitment. A couple of weeks ago we participated in the relay for Life. An initiative of the cancer Council. It was an amazing evo experience and we were blown away by the generosity of evolutionites. We sent out a group text and the donations came flooding in. With Macquarie Bank doubling whatever we raise we will get to over 4k.

Its also been the best sweet 16 ever and I have been amazed at the way everyone has lifted their game. Inspiring stuff. 16 never looked this good.

Mike

Upcoming Events

Hot on the heels of the InterK-LIK challenge comes the Evo Awards night, a fun night out with good food & wine and the chance to catch up with your fellow evolutionites and trainers. There will be a number of awards on the night so if you've been committed and training hard as we head into winter be sure to come along as you may have a prize to collect! More information to come, but keep Thursday 12th June free at 7pm – look forward to seeing you there. For more info and if you're keen please email amanda@etwgroup.com

Sprains and Strains

The musculoskeletal system can be divided into parts which do the moving (muscles and tendons) and the parts which are moved (bone, ligaments and capsules). The majority of muscles attach to the bones via tendons and when they contract the tension is transmitted to the bone via the tendon. Any overloading of this system can cause injury to either the muscle and/or the tendon. This overload commonly results in a tear in the muscle or tendon which is called a **strain**.

The bones are connected to one-another at the joints by ligaments. The ligaments stop the joints from moving out of their stable positions and when the joint is forced out of its natural position the ligaments can be torn. Torn ligaments are termed **sprains**.

The acute management for both sprains and strains is:

- Relative rest: stop doing anything that causes pain but try to keep comfortably mobile
 - Ice for 10-15 min in a wet tea towel
 - Compression: Tubigrip sleeves are very effective
 - Elevation above the level of the heart
- If you are concerned please seek appropriate advice from your therapist, doctor or trainer.

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"Life is a great adventure or it is nothing" – Helen Keller

You can Get a Handle on Emotional Eating

Emotional eating at its best passes after a few minutes. At its worst, it can take over your life and cause you to eat uncontrollably for extended periods of time. And according to nutritional experts, 75% of overeating is caused by emotions. So don't worry, if you suffer from emotional eating, you are not alone.

Rather than snacking, it's better to develop new skills for dealing with boredom, self-esteem issues and stress. Try to pinpoint the major reasons for your stress or unpleasant emotions, and see how you can change these habits. Here are a few suggestions to combat your emotions:

- Get your trigger foods out of the house
- Go for a walk or jog - physical activity relieves stress
- Do deep breathing and relaxation exercises – even some yoga or pilates
- Keep a reminder of your goal visible at all times – like a photo of yourself on the fridge or some positive affirmations
- Talk to a good friend who is a positive role model and surround yourself with good people
- Keep a journal that includes your best personal accomplishments
- Track your eating patterns, including when and why you pick up food

If you still seem to come back to food when your emotions get the best of you, you can at least be prepared. Stock the fridge with healthy alternatives - foods that have a high nutritional value and are smaller in size. Here are a few food suggestions to keep within arms' reach: Low GI fruits such as apples, pears, papaya, kiwi fruit, mandarins, strawberries, blueberries, oranges / Veggie sticks such as carrots, cucumber, capsicum, celery, asparagus spears, broccoli florets, fennel etc which you can combine with some hummus or an egg / Small containers of raw nuts and seeds (don't have a jar full in front of you, as you will tend to overeat. / Good quality organic yoghurts such as Barambah / Wholegrain crackers (spelt is best) with some tuna and alfalfa sprouts

Amy—any@upclose.com.au

Off Balance

Name: Gemma Kingsford-smith

I am from: Bondi Klik

I found out about ETW by:
Kiersy – Adam Kiers

I started in: June 2008

My favourite session is:
mmm... when any of them are finished.. However, I do love to punch out weekly frustrations.

My wake up / get it together routine on days that I train is: Alarm – snooze – visions of Az – voices in my head– throw on clothes – leave house

My after training routine is:
Shower, food... Even though full of adrenalin, coffee.. then work

What I do when I am not training (for work that is):
Multicultural Marketing – communicating to the one in five people living in Australia that come from non-English speaking backgrounds.

Mum and dad always told me: Manners cost you nothing but are the key to the universe.

Friends say that I am: A social hand grenade

My recommendations are:
Travel the world and live life with no regrets.

Great Cafe: Katipo – Bondi Road



Movie: Mmm.. I love the world movie channel and short movies.. not big attention span.

Music: ... constantly have new favourites. I tend to listen to community radio stations.

Day Out: Combination of top three things; food, friends and wine.

Anything else to tell about, hobbies, hangouts, habits, heroes etc: Travel... I never want to stop traveling and meeting new interesting people

If I was an evolution trainer I would ... Wear spandex and a sweat bands

Poor old Agony Auntie is sick this month, so our slightly less polite Agony Uncle has agreed to step in and answer a few questions in her place.

Dear Agony Uncle. I just can't seem to get to training by 6am in the morning's, try as I might. Any advice?

Unfortunately the term "morning glory" doesn't relate to all of us so "getting up" on time can be a challenge. Unlike agony uncle, you seem to fall under this category so I suggest you review your evening antics on the nights before training, try to keep bedroom excitement to a minimum which should help you get to sleep earlier and also save energy for your morning session. Uncle is also strongly against the snooze button theory, set your alarm with the precision of a French legionnaire leaving only seconds to spare to get through your morning wake up routine!!

Dear Agony Uncle. I have a bit of a problem with my running technique in that I'm slightly knock-kneed and it makes me run funny. Do you know how I can correct my running style?

Hmmmm yes uncle knows all too well the negatives of knock knee syndrome. Knees were not created to be closed in my opinion so work on keeping them open more often...!! Of course horse riding springs to my mind when I think of ways to do this, but basically any type of straddling would be beneficial...!!! Of course be sure to focus on strengthening the outside of your quads and glutes also and keeping your knees apart and pointing forward throughout any squat exercises. Uncle recommends a combo of both..squatting and straddling.

Yours, Agony Uncle.

Agony Aunt is back next month... If you have a question for Agony Aunt, please email it to:

agonyaunt@etwgroup.com

Up Coming Sporting Events

The fun-run season has well and truly started with plenty to choose from in the next few months. The MS walk and 8km fun-run is on Sun 14th June at McMahon's Point – your trusty evolution social co-ordinator will be volunteering along the route so if you're keen for a challenging run then put a post on Facebook and get some evo fun-runners together. The 3rd of the Sri Chimnoy runs is at Cooks River on Sun 21st June, a few evolutionites did this run last year and can vouch for the gorgeous location. It's a great run for those who don't like the crowds of the bigger running events.