



August 2009 : www.evolutiontowellbeing.com

A word From Mike:

The power of a vision - I sometimes have a conversation with our clients about the challenge of getting up in the morning. Whilst I listen to their reasons and take on board what they say I always come back to the same point. What is missing is a compelling reason. Simplistically, if I said to any of them that if they were to train every day for the next fortnight they would receive a million dollar reward it is unlikely that they would miss a class. Winter is now behind us and you can create a vision for yourself moving forward. I have dreamed the evolution vision for a long time and taken many steps on the journey. In September we are set to open 6 new KLIKS. It feels like the dream is finally being fulfilled. That is the power of a great vision, a great team and great clients.

Mike

Bridge Run

Spring is almost here and what better way to celebrate than with the annual Bridge Run and post-run BBQ! There are a couple of contenders for the half marathon already, and I'm sure there are a few takers for the 9km Bridge run too. So make sure you get some serious evo sessions under your belt in preparation for what should be a really fun day. The post run BBQ is for everyone, so don't feel like you have to have done the run, the more the merrier especially as it will be our first official spring event! The venue is TBC, but it will start at around 1pm on Sunday 20th September.

Amanda

Why Protein?

The fact is that protein is one of the most essential nutrients. It contributes very heavily in key body functions such as production of hormones and enzymes, immune responses and cell repair. And nobody eats enough of it! It is the essential building block in blood, skin, cartilage, bone and muscles.

The best sources of protein come from animal sources. These include red meat, poultry, game, fish, eggs and dairy. Protein can also be obtained from plant based sources such as nuts, seeds, legumes, pulses, soy and wholegrains. The quality of the protein is determined by the essential amino acids it contains. Most plant based proteins are missing at least one of the essential amino acids, so it is important to mix plant proteins to make up the full complement of amino acids.

How much protein do we actually need?

There is relatively little solid evidence on the ideal amount of protein in a diet. Women generally require about 0.75 grams per kilogram of body weight per day and a man needs around 0.84 grams per kilogram of body weight per day. This seems like a very low recommendation. The body loses about 23 grams of protein a day normally. Your protein intake should make up around 10-35% of your total daily calories, depending on how active you are.

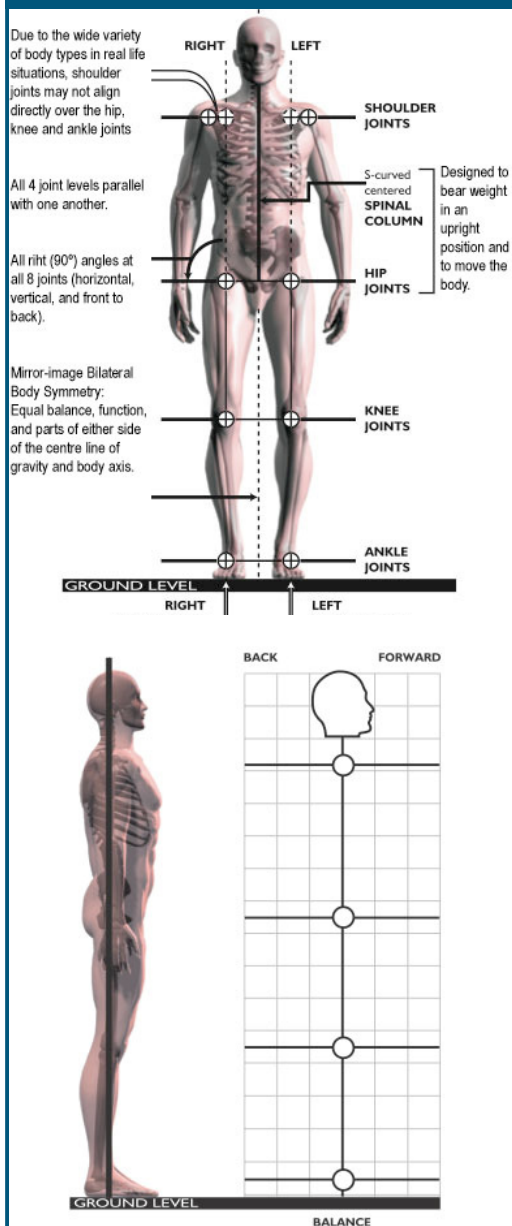
What happens if we don't eat enough protein? - Unstable blood sugar levels, excessive tiredness, muscle wastage and shrinkage, swelling in the feet and ankles, overeating

Protein actually provides satiety. It helps us stay full for longer. Studies have shown that people who don't consume enough protein overeat - perhaps its nature's way as we attempt to find essential amino acids through other foods. Make sure to include protein at every meal so that you are sufficiently satisfied not to overeat throughout the day.

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The underlying reason of all ^{*} musculoskeletal pain

Your body is **designed** to be balanced, with all the load joints in-line with each other on the vertical and horizontal scale. If they are not correctly positioned, the joints and muscles cannot work in the position they are designed to work and are susceptible to damage. Using the diagrams alongside, have a look at yourself in the mirror and identify asymmetries. Discuss these with your trainer.



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Name: Dave Grunstein

I am from: Bondi Group

I found out about ETW by: Asking Eli and Stoney how come their respective cores were so activated.

I started in: July 2008. I lasted 2 sessions. I re-started in November 2008.

My favourite session is: As a session, boxing (especially on the sand). As a location, tough to pick – so many of my favourite places (Bondi, Tama, Bronte, Centennial park) now all ruined by memories of burpies at 6am

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

alarm goes off and is immediately switched to snooze, decide I'm not getting back to sleep and get out of bed, trip over a pair of heels, do my hair to make it look like I've just gotten out of bed, put together workout clothes that match, abandon matching clothes and look for my green soccer shorts, leave the house to drive 300m to the beach.

My after training routine is:

Extract myself from my t-shirt (sometimes takes minutes, due to sweat buildup). Bit of brekky (yoghurt, berries, banana, muesli), then into the shower, into a suit and off to the city.

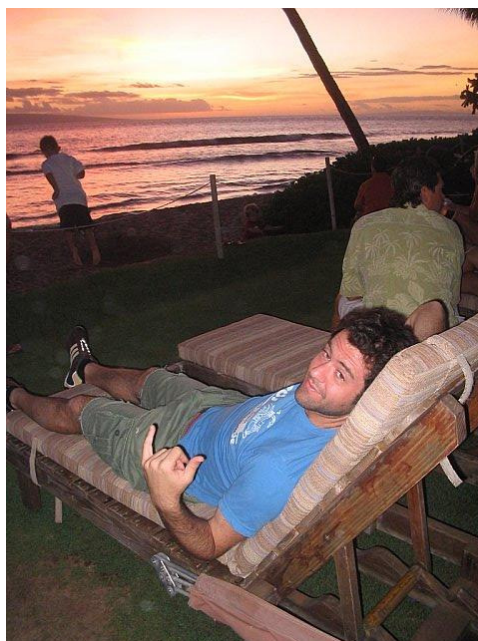
What I do when I am not training (for work that is):

I work in the strategy team at CommInsure.

Mum and dad always told me:

"We're not angry, we're just disappointed"

Friends say that I am: ... in need of new friends. I wasn't



sure of the answer to this, so I sent out an email asking them what they thought and got the following answers: hairy, trouble, overrated, cordial (as in Cottees), a wife beater, in need of assistance when filling out questionnaires

My recommendations are:

Great Cafe: Katipo (on Bondi Rd) – great vibe, comfy couches, awesome coffee, great brekky

Movie: Fear and Loathing in Las Vegas **Music:** Pink Floyd's Dark Side of the Moon is genius **Day Out:** It all starts with a hearty brekky and quality coffee, followed by something done outdoors – hiking, running, biking, soccer finished off with a Gelbison pizza and a glass of red. Park.

If I was an evolution

trainer I would ... Run 400 metres, followed by 20 burpees, followed by a 250 metre run, followed by 15 burpees, followed by a 200 metre run, followed by 10 burpees, followed by...

AGONY UNCLE

I'm new to evolution and not quite sure what to wear to training in the morning's? Can you give me any outfit advice?

Ah yes my dear, this is an area in which uncle considers himself a bit of an expert. To get the full invigorating benefits of outdoor morning training uncle recommends going with the "less is more" approach when it comes to clothing. Very tight shorts and a body hugging singlet that can be rolled up to reveal your cute, young midriff would be uncle's recommendation for ideal morning attire for the lovely young ladies.

I have a bit of a flatulence problem but I love the indoor classes during winter. Should I still come and just hope for the best?

One of old uncles favourite sayings is "it's better out than in" and I tend to abide by this however as agony aunt will tell you it can put quite a strain (so to speak) on any attempt to befriend or impress people around you. "Letting rip", as enjoyable as it can be for the culprit can be rather disturbing to others, especially if they are trying to concentrate on their breathing during an intense indoor class. Uncle would advise a very light meal the night before and plenty of "horn blowing" on the drive to the indoor session, if that fails stick with the outdoor option but dropping to the back of the running pack when you feel the urge to break wind is more important than the urge to break your time for the run.

Yours, Agony Uncle.

Trivia Nights!! - Reminder that the evo trivia team will be having a crack at first place following our heroic 2nd place effort the last time. This is at 7pm on Tuesday 1st September, at the North Bondi RSL. Hope to see you there, please email amanda@etwgroup.com if you think you'll be able to make it.

xxxteamevosocial