



Sept / October 2009 :

A word From Mike:

I have a dream..... famous remarks uttered by Martin Luther King Junior. We do to and it seems that dream took a huge leap forward this past month with the opening of evolution Rushcutters Bay, Balmain and Brisbane on Monday past. They are to be followed by Tamarama, Maroubra and the North Shore over the coming weeks. It has been a long time coming and support from the evolution team and our clients and friends has been amazing. Our goal now is to maintain the integrity of evolution so that all who come into contact with us have an experience that leaves them buzzing. To do that we request your constant feedback. We try new stuff all the time to see what works and what does not from session content right through to admin emails and website updates. So keep telling us as you enjoy this amazing start to an awesome Sydney / Brisbane Summer. And of course welcome to all our new evolutionites from Rushy, Balmain and Brissy.

Onwards and upwards, ***Mike and team evo***

What is Nutrition Coaching?

Think of it as personal training in eating.

Nutrition coaching helps you improve health and vitality by *retraining* you to eat healthier foods. We all know that food (and especially eating it!) can be one of life's little pleasures. Eating for good health doesn't mean having to give up the fun stuff. But when your eating habits could use a little nip and tuck-in, a Nutrition coach gets you back on track.

Ever notice the 4pm slump that has you reaching for the coffee-pot and a chocolate bar? The food you choose to eat can have a dramatic effect on your health, attitude, motivation and ability to handle stress. Not to mention your energy levels.

Whilst certain foods improve performance, many others can slow down and impair the body's ability to do its job properly, and that affects your health.

Evolution Nutrition Coaching is a mentoring service that helps you learn what you should eat and why, training you in life-changing eating habits by helping you understand what foods you respond positively to, and conversely, what foods you need to avoid.

Amy—amy@upclose.com.au

Heel Toe, Heel Toe, Or maybe no?

There is a longstanding debate within the running world regarding the different type of running styles and following on from this, the need for specialised running shoes and orthotics. The classic (entrenched) style of running involves the heel striking the ground surface first and then the foot rolling till the toe-off position. The second, controversial position is that the heel does not strike first and that initial contact is made with the ball of the foot, with limited rolling of the foot to toe-off position. Without the need for heel strike the running shoes don't need to be cushioned at the heel, and without the natural rolling of the foot, orthotics are unnecessary as well. The debate is further fuelled when some people say that the modern (cushioned and controlling) running shoes are causing injury by allowing an abnormal running style. Which is correct? It's difficult to say but be cautious if changing running styles and be sure to discuss it with your trainer first.

**Larry Cohen, M.Sc. Exercise Physiology,
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Dear Agony Uncle

I love doing yoga and pilates but I'm not very flexible, can you recommend anything to loosen me up?

HHMMMMMMM... uncle could definitely recommend a few "positions" to loosen up tight little muscles, especially while agony aunty is away...But I'm sure she would recommend some dynamic stretches just before the class begins. Swinging the arms in a circular motion, kicking the legs straight up in front and then back behind, anything that gets your body warmed up as well as lengthening your muscles at the same time. Uncle would be more than happy to help with some "partner stretching" if you thought that was needed??

Yours, Agony Uncle.

Please email Qs to agonyaunt@etwgroup.com, and we'll feature them next time!

Off Balance

Name: Roberto Francisco Meneses (aka Rob)

I am from: Born in Paddington, raised in the southern suburbs of Sydney, living in Kirribilli and now looking for a place to live in Paddington.

I found out about ETW by: Mike's first words to me were very rude and blunt... how could I resist working with him!?

I started in: October 2007 in Bronte. **My favourite session is:** BodyBlast at Rushcutters

My wake up / get it together routine on days that I train is: Wake up 20 seconds before alarm goes off "damn it!!!"

Press snooze on alarm knowing I have lots of time up my sleeve, slowly make my way to shower with plenty of time to get ready, shampoo, condition, shampoo again... take too long in the shower and panic realising I am late.. jump in the car and race to session

My after training routine is: Race home, another shower this time with no shampoo... then 5 minute walk to work..

What I do when I am not training (for work that is): Wish I could say Evolution was my only job, by unfortunately not. I put my "I'm an Architect" mask on from 9-6pm and pretend to do some bar work on Saturday nights. **What mom and dad always told me was:** "see, we told you so...."

Friends say that I am ...funny, genuine, caring and considerate



as well as annoying and frustrating. A mixed bag!!

My recommendations are:

Great Cafe: Chocolateria San Churro in Bondi for a Hot Chocolate **Movie:** Godfather Trilogy and Star Wars Saga **Music:** Flight of the Concorde

Day Out: Wake up after 8am for once... then get myself to a golf course anywhere!!!! And just hack away for the whole day.

Anything else to tell about, hobbies, hangouts, habits, heroes etc ... I take my motorbike out for a ride when I can but with my new white ute it seems I'm doing that less and less now

If I was an evolution trainer I would ... Wake up everyday knowing that I have a great bunch of people to train with every morning and from 6 til 7am, I'll be all smiles.

Sporting Events Calendar

Some sport event ideas to get the motivation flowing...

- City of Sydney Spring Cycle—27th September— Visit the www.springcycle.com.au to register and for more information.
- Walk to work Day 2009—2nd October - Individuals can also pledge their willingness to walk by registering as a Walking Class Hero at www.walk.com.au.
- **SYDNEY STRIDERS 10KM SERIES**, 10km race at Sydney Olympic Park. Over 18 welcome, just register on the day from 6.00am. Race starts 7.00am, 60 minute limit. <http://www.sydneystriders.org.au/10k>
- Ocean Swim, Cronulla, Nov 1st, www.cookcommunityclassic.com.au

• **Amanda**

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Evo Social Calendar

The first event on the social calendar for spring is the Evo Spring BBQ, down at the grassy knoll at North Bondi beach tomorrow. It will be a nice relaxing afternoon in the sun...an opportunity to get to know your fellow evolutionites and new KLIK members out of your 6am training gear! We'll be there from 1pm onwards, armed with sausage sandwiches and a few yummy salads, so feel free to pop down any time for a drink and a bit of fun. If you can't make it to the BBQ we'll be heading to North Bondi RSL at around 4pm – look forward to seeing you there!

xxevosocial

• **Amanda**

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Refer a friend offer: cut out, fill in and hand out to your friends and family...