



October / November 2009 :

A word From Mike:

What stands out most for me in the past 4 weeks was the amazing dust storm. I woke up one Wednesday morning to an eerie pinkness in the sky. The world was quiet. When I got down to Bronte it seemed almost apocalyptic and it was absolutely beautiful. I also had about 20 people attend the Bronte group that day. We had a totally unique and life enriching experience. We got to see the world wake up in a way that we never had before. Times like that endorse why 6am training (rain, shine or dust!) are food for the soul and why the evolution way totally works. Stay focused leading into the silly season....

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

Quinoa Crunch and Beetroot Salad

Dairy free, Gluten free, Low GI, Wheat Free

A nutty, crunchy salad with the goodness of antioxidant-rich beetroot and parsley. For extra protein, serve alongside grilled chicken or fish or add a can of tuna for a delicious easy lunch.

Ingredients:

500 ml rice milk (you can substitute rice milk for organic milk if you prefer), 150 grams quinoa, 1 tbsp ginger, freshly grated, ground black pepper and salt, to taste, 500 grams whole fresh beetroot, trimmed and grated, 5 spring onions chopped, 2 cups parsley, roughly chopped, 1 cup mint leaves, roughly chopped, 50 grams almonds, lightly toasted and chopped, 45 grams hazel-nuts, roughly chopped, 1 lemon rind and juice only, 1 tbsp olive oil, 2 cups rocket or baby spinach leaves

Preparation: Place the quinoa, rice milk, ginger, salt and pepper into a heavy based saucepan. Bring to the boil and simmer, while partially covered, over a low heat for 15 minutes or until just tender and the rice milk is absorbed. Set aside to cool.

Method: Combine the cooked quinoa with beetroot, spring onions, herbs, nuts, lemon rind and juice, olive oil and rocket or spinach leaves and toss well. Check seasoning and add salt and pepper, if required. Vegetarians may benefit from buying protein-enriched rice milk to boost their daily intake of protein. **Makes 6 servings.**

Amy—amy@upclose.com.au

Shouldering a burden...

I recently received a call from a trainer, who shall remain nameless, complaining of severe left shoulder pain. A few months ago, this same trainer, who is intimately involved with the Bondi click, wrote that his most important shoulder exercise consisted of multiple lifts of a glass of amber-coloured liquid. When we met up at my clinic, he recalled a left shoulder dislocation many years ago, but testing these structures did not reproduce any discomfort. He did however report pain with resisted internal and external rotation, especially with his elbow away from his body. I mentioned in an earlier article that pain on the contraction of a muscle is commonly associated with injury to the muscle or the tendon or both. Therefore, X's shoulder pain is consistent with an injury to the rotator muscles of his shoulder; called a rotator cuff strain / tendonopathy, one of the most common forms of shoulder injury. Treatment consists of massage, mobilisation of the shoulder and stretching of the capsule as well as specific strengthening. X was surprised that only 4% of body weight is the strengthening load for rotator cuff muscles...which is probably the weight of a glass of amber ale!!!

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Dear Agony Uncle

I love doing the boxing classes but I am really uncoordinated and often confuse my left from my right. Am I still welcome/any tips you can offer me?

Yes it's not uncommon for some people to be a lot more adept with one arm than the other. Uncle can think of a few reasons for this but probably best left alone for now and finding the solution is more important. Try to use both arms /hands in everyday things like.....umm ...umm, let's just say eating for example, use your left instead of your right every now and then, it might take longer to finish what you are doing (eating in this case) but your brain will get more used to sending messages to that side of your body. Practice makes perfect at the end of the day though so keep with the boxing no matter how unco you feel, you will improve...especially with the fact that I hear you have some great boxing trainers at evo at the moment, one in particular..I can't think of HIS name at the moment.

Yours, Agony Uncle.

phone 0438 13 15 17 : www.evolutiontowellbeing.com.au: Bondi : Bronte : Coogee : Rushcutters : Balmain : Balmoral ; Paddington (Brisbane)

Off Balance



Name: Lillian (Lill)

I am from: Seaforth/Manly area, but lived in Florida, USA for 18 years (hence the accent)

I found out about ETW by: When I went for a morning walk on and saw the parked blue ute with the contact details.. Got me motivated!

I started in: November 2008

My favourite session is: My favourite session is probably Wednesday punch out sessions. Howie's Tuesday is also growing on me.

My wake up / get it together routine on days that I train is: Abuse the alarm clock for 10 minutes hitting snooze, then realise I have 5 minutes to get ready and ride my bright orange bike to the beach

My after training routine is: Ride my cheapy bike back home, manage to shower, blow-dry/straighten my hair, get dressed and have breakfast

and cup of tea...all within 45 minutes.(pretty good for a girl)

What I do when I am not training (for work that is): I am a Sales/Event Manager at Business Events Sydney.

What mom and dad always told me was: You have only one life, better enjoy it.

Friends say that I am ...Too honest, chatty, wine lover, restless, loyal, dog lover, and beach bum

My recommendations are: **Great Cafe:** As non-trendy as it sounds, I am not one for sitting in a café and drinking coffee. I prefer to sit around at a wine bar, and the Wine Bar and Shop on Curlewis street is a good recommendation **Movie:** 7 Pounds with Will Smith. Very powerful.

Music: I am a HUGE Beyonce fan, so anything with Beyonce is my favourite. **Day Out** A day consisting of beach, sun, surf, friends, and drinks!!

Anything else to tell about, hobbies, hangouts, habits, heroes etc... I love anything that has to do with warm weather and outdoors. I am also a sucker for good wine, and love a weekend getaway in Hunter Valley.

If I was an evolution trainer I would ... Never make anyone do burpees. EVER!

Word from your Evo

If you're reading this you are more than likely one of the lucky evolutionites that call Bondi home. Nothing against the other existing and emerging evolution groups but we do have an inter klik trophy clearly indicating that the Bondi klik is superior in fitness and athletic ability and I can officially tell you we are by far the leading group in attendance as well. As always I still stand firm on my belief that we are also the best looking evolution outfit going around too but I guess beauty is in the eye of the beholder... and that's me!!! SEAN has now taking on the role of keeping your cardio fitness up to a level that will ensure we retain that trophy and i will be pushing you as hard as possible in the strength department. With GRUNNERS now focussing on training more than football, MONIQUE , MICHELLE and SOPHIE still going great guns , STONEY, GOERGEIOUS GEORGE AND LINC flying at the mo and newbies like EAMON , WILL and KIRI in our ranks now I'm looking forward to a great representation for BONDY in the next challenge. It's a pleasure to be the evolutionary of the BONDY KLIK... heads down for another 4 weeks of hard training.

AZZA - aaron@etwgroup.com

