



**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](http://www.evolutiontowellbeing.com.au): Bondi : Bronte : Coogee : Rushcutters : Balmain : Balmoral ; Paddington (Brisbane)**

## Off Balance



**Name: JB Rousselot (stands for Jean-Baptiste for those who want to know)**

**I am from:** Originally France but "Calling Australia Home" for the last 16 years, and always in Bondi

**I found out about ETW by:** Christmas present from Susan who thought I needed to get into shape the year I reached 45... she was right, as usual.

**I started in:** 14 January 2009 at 6:00 AM!

**My favourite session is:** I'm a sucker for pain so Howey Circuit at Bondi (sorry Mike, don't take it personally).

**My wake up / get it together routine on days that I train is:** In darkness not to wake up Susan... resulting in frequent inside-out sporting gear incidents.

**My after training routine is:** Shower at the office and straight into work before the rest of the team arrives.

**What I do when I am not training (for work that is):** Looking after the New Media side of Telstra and BigPond in Australia and Asia (and on occasion fixing Mike's Broadband problems with Telstra).

**What mom and dad always told me was:** "Go experience the world"... they didn't know I'd take it that literally.

**Friends say that I am** ...French (some even use it as a compliment).

**My recommendations are:** **Great Cafe:** La Cantina on Kent Street in the city, Speedos in Bondi, Café de Flore in Paris **Movie:** Diva by Jean-Jacques Beineix... Yes, it is a French movie. **Music:** In case of a divorce I get all the CD's pre-1970's and Susan gets the rest. **Day Out:** Bondi Beach with the family

**Anything else to tell about, hobbies, hangouts, habits, heroes etc...** Love racing my old Couta boat which is kept in Rose Bay. Look for it next time you do a kayaking session; the name is Rob Roy.

**If I was an evolution trainer I would ...** Give time calls every 15mn... I hate not knowing how long we still have to go ;-))

## Word from your Evo

Daylight saving, dust storms, perfect mornings and a great bunch of people have accompanied us this last month. So there have been a lot of changes this last month. Bobby and Rod have both been given their wings to fly from bronte and grow their own KLIKS. Now its Dixie's turn to step up to the plate. With her first session under her belt and awesome feedback she is well up to the task. Lots of welcomes this months to the newbies and the returning veterans – Neville,

The sisters jane and emma, jala and kate have joined us as newbies and Nicole, Nick and Emma have returned from their journeying across the world. So its almost a full house at bronte right now. And we are up for another awesome month of training

**Mike Britton - [mike@etwgroup.com](mailto:mike@etwgroup.com)**

