



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.**

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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

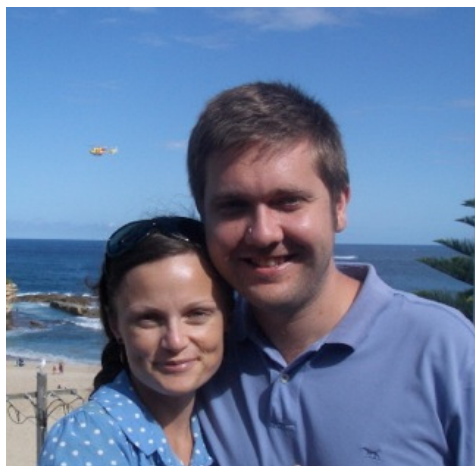
I love doing the boxing classes but I am really uncoordinated and often confuse my left from my right. Am I still welcome/any tips you can offer me?

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.

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Off Balance



Name: Lee Smales

I am from: Middlesbrough (North-East England) – we have a beach nearby but the sand tends to be black - and I've been in Oz for just over 3 years.

I found out about ETW by: A recommendation from Linn the Norwegian Troll....

I started in: Can't remember the exact date, but it was cold, wet and windy...

My favourite session is: Hill sprints at north end of Coogee – doesn't involve weights, or sand, and watching the sun-rise up there is glorious!

My wake up / get it together routine on days that I train is: Get woken by Lucy's alarm which is cunningly set for 5 mins before mine, try to snooze but get turfed out of bed by Lucy. Quick change, loo break, eat half a banana, grab water, try to convince Lucy that she only needs 5 layers of clothing, and then in the car – try not to take out pedestrians along Dolphin Street as I rush to make it for 6am. **My after training routine is:** Another loo break, shower, drag a comb across my mop, prep lunch and then into the car – ensuring I've got a full bottle of water to sustain me, and remembering to take Lucy with me! **What I do when I am not training (for work that is):** Worked in financial markets for 7-years, left to study for an MBA, and now doing some research work whilst sorting something more permanent.

What mom and dad always told me was: Always use protection!?! - I'm pretty sure they weren't talking about sun-cream! Be good, if you can't be good then be careful! Beer before wine, feel fine... wine before beer feel queer!

Friends say that I ...Enjoy a beer, and a bit of a laugh... but don't suffer fools gladly.

My recommendations are: **Great Cafe:** Great breakfasts at Icebergs (Bondi) & Angel (Freshwater). Chilled in Teascapes in Randwick, but won't repeat the recent mistake of eating at the CBH! **Movie:** All time favourites are Pulp Fiction, The Matrix & Shawshank Redemption... recently had my mind bent by Synecdoche, and Lucy is trying to convince me to watch G-Force! Oh, and Up! 3D was good too.

Music: Listen to pretty much anything other than RnB. Seem to be obsessed by the letter K with Killers, Kasabian, Kooks and Kaiser Chiefs among my top plays in recent years. Can't beat classic British music such as Rolling Stones, Beatles, Radiohead, Oasis, Blur or Stone Roses – the list is endless.

Day Out Take the ferry to Taronga Zoo for the bird show, or to Manly and check out some of the awesome beaches around there, enjoy the stunning harbour view on the way – perfect day would have to involve dinner at Pilu.

Anything else to tell about, hobbies, hangouts, habits, heroes etc... Big fan of soccer, NRL & cricket. Love traveling, although Lucy has banned me from NZ since we seem to end up there every-year. And I enjoy sampling the range of beers in The Local Taphouse (Darlinghurst). Thing I miss most about UK: the BBC, Thing I dislike about Australia: TV ads – there are loads of them, and very few are amusing. Most dangerous thing in Australia: attempting to eat a full-portion of Hurricanes ribs in one sitting!

If I was an evolution trainer I would ... Make Andrew do the 'gentle run' up the steps on the way to Maroubra... whilst the rest of us tuck into a sausage sizzle! And finish off the session exercising the right elbow by lifting a pint of best.

