



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!!!

Larry Cohen, M.Sc. Exercise Physiology, B.Sc. Physiotherapy larry.cohen@technotherapy.com.au

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)

Balmain Klik Member of the Month—Brian Williams



Brian Williams (53) is our member profile because he demonstrates enthusiasm and commitment to his fitness. At times, that's meant he's had to swallow his pride and step out of his comfort zone.

"I give everything a go – even pilates – and I try and have a laugh as well. You have to laugh when your belly is hanging out for everyone to see in a pilates class!"

Brian's goal is to lose 50 kilos to get to his goal weight of 100kgs. As a former athlete, he knows the only way he'll get there is with maximum effort and discipline. Brian is a former rugby player, represented the state in swimming, athletics and sailing, and was heavily involved in the AUSSI swimming programme for adults, both as a competitor and coach.

He's also excelled in rowing, water polo and golf, and has a passion for the outdoors and four wheel driving. But like many people, injury and work commitments meant Brian's athletic activities came to an end and he started putting on weight. His daughter Amanda came to his rescue. She and Brian started fitness training with Balmain trainer Tricia Duffield, and followed her into the Evolution Klik when it launched in September.

"I knew I was going the wrong way. I want to go into my later years fit and flexible. I was sedentary and I needed to do something.

"I like the variety that Evolution offers and I enjoy the social aspect as well. I give everything the best go I possibly can, and I try and have a laugh at the same time."

Brian rarely misses a session, although like most former rugby players he carries a few old war wounds that sometimes interrupt his training. But despite those setbacks, Brian is usually first on the field every morning, the first to offer a hand to help and always willing to encourage others – or at least make them feel more comfortable. He brings energy and humour to the Balmain Klik and is a great example of commitment, discipline and optimism.

Word from your Evo(s)

Has it really only been a month since the Balmain Klik launched? It seems we have made so many friendships, run so many shuttles, and sent so many texts to each other it must be more than that!

Balmain has seen more than 20 people take the plunge into the Evolution fitness pool and from the feedback we're getting they are certainly enjoying the experience. Julie stands out as a key group member. She has a huge circle of friends and managed to convince most of them to get out of bed at the crack of dawn and join her – and us – in the park.

Diana has been a consistent and helpful new member as well and her company in the morning is greatly appreciated! The Sidoti sisters also deserve mention for their discipline and because – well, they're sisters! Nothing like sibling rivalry to keep the boxing interesting!

We also have some former Evolution members join us and it's great to welcome back Rhian and Christine.

Brian is our only male member and he needs some buddies so having Bobby take on the Evolutionary leader role should hopefully encourage more men to get out in the field and get fit with us.

The Balmain Klik is still in its early days and Bobby and I are enjoying the challenge to make it the obvious fitness choice for the inner west. To top it off, Callan and Ballast Point Parks offer some of the most spectacular scenery around the city – makes those early mornings even more worthwhile!

Tricia –tricia@etwgroup.com / Bobby –bobby@etwgroup.com

