



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)

Off Balance



Name: Rod Cotty

I am from: Cape Town originally, now I'm Northside in Sydney representing the Balmoral KLIK

I found out about ETW by: Ended up in a lift with Mike

I started in: July 2009

My favourite session is: Anything at Tunks Park

My wake up / get it together routine on days that I train is: Up at 5am. Shower. Munch some nuts and smoked salmon. Gather the force. Head down to set up.

My after training routine is: Listen to Kyle and Jackie O on the way home. Eat a big breakfast and then do admin (or get back into

bed!!)

What I do when I am not training (for work that is): PT at Fitness First in the city

What mom and dad always told me was: Always do your best

Friends say that I am ...Black and white, no grey

My recommendations are: Great Cafe: The Avenue on Avenue Rd Mosman

Movie: District 9

Music: Hot Fuzz – The Killers **Day Out** The beach

Anything else to tell about, hobbies, hangouts, habits, heroes etc Mates, sport, traveling and poker. (Life is perfect when I can combine all four.)

If I was an evolution trainer I would ... I already am so I lie awake in bed at night thinking about how to cause people more pain!!!

Word from your Evo

Three weeks under our belts and many more to come. Thanks for making the mornings fly by with hard work and some great banter. It is going to get easier with the weather improving and the sun rising earlier. I have enjoyed training our small group – now dubbed 'The Originals' – and will probably reminisce when the group doubles and triples in size.

I can't wait to bust out some of my poor timekeeping jokes on the newbies. Well done everyone for stepping out of your comfort zones, giving new things a try and encouraging your partners to work hard. Two honourable mentions – Kara for attending the most sessions (just pipping Erin) and Sonya for tirelessly promoting and referring people to the group.

I hope you are all looking forward as much as I am doing some kayaking.

Rod - rod@etwgroup.com

