



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: Annette Farnsworth

I am from: Darlinghurst via New Zealand (but don't hold that against me)

I found out about ETW by: One of Mike's postcards advertising the week's free trial...who can resist something for nothing?

I started in: Late 2004 by turning up rain, hail or hangover at Centennial Park on Saturday mornings.

My favourite session is: The only one I go to...Monday morning at Rushcutters Bay Park.

My wake up / get it together routine on days that I train is: Wondering what possessed me to think about exercising at 6am. Then, remember it's not pretty being out of breath thanks to running a few metres

to catch the bus...

My after training routine is: Hoping I won't see anyone I know on the 10-minute walk home as I tend to turn into a scarlet (faced) woman after an hour of exercising.

What I do when I am not training (for work that is): In real life, copywriter at News Magazines. In my dreams, world traveller.

What mom and dad always told me was: "It's not whether you win or lose, it's how you play the game." What else could they say when I was in the netball D team at primary school?

Friends say that I am ...Adorable, hilarious, fantastic...but that's after a few drinks. I think they'd usually say I'm fun (except that I keep nana hours and love nothing better than an early night).

My recommendations are: **Great Cafe:** Café Sopra at Fratelli Fresh, Potts Point, for the campari and blood orange juice and the array of desserts. Surely, that one session of training a week means I can indulge. **Movie:** Am an arthouse fan but also love a bit of action with Jason Bourne in the Bourne series or craziness with Austin Powers.

Music: Can I recommend a book instead? The Luxe City Guides series is a must-read for anyone looking for travel inspiration. **Day Out** Am very happy heading to Wylies Baths, Coogee, with friends for a day of chatting, reading, eating, swimming, relaxing.

If I was an evolution trainer I would ... have to find a new career, fast!

Word from your Evo

The idea of opening the Evolution Rushcutters KLIK had been in the works for a couple years. Infact, Mike and I had intentions of launching back in September 2008, but the timing just wasn't right and so I guess you could say I was pretty anxious to get it up and running this time around!!!

Having spent the last 2 years working with Evolution, originally with the Bronte KLIK and also with Bondi, I could see how the whole "community at 6am" idea worked so beautifully. To be able to lead a group of like minded people who lived close to each other was a great concept and I couldn't wait to take on my very own group.

Now that we are one month young, I can honestly say that the experience has far exceeded all my expectations.

Each training session I find I learn something new, so for me each day of this first month has been really fun & exciting (yes, including that crazy dust-storm day!!!)

I'll admit when my alarm goes off, there is a part of me that just wants to press snooze and roll-over for more sleep but as soon as I'm reminded of the people I get to train with every day, its not hard to bounce into my Evo uniform, get into the ute, and make my way down to the park to train with the best group of 'strangers' I've ever met!!!

Also special mention to Pip Lampe who's birthday is on 10th November—HAPPY BIRTHDAY PIP

Rob M -
rob@etwgroup.com

