



**November / December 2009 :**

## A word From Mike:

Everyone has heard me say that how you are in training is how you are in life. No need to get all esoteric about it. Its just a simple fact. Consistency, commitment, consideration, adventure, angst, focus, lethargy, friendliness, generosity, whatever the attributes exhibited in the session will be exhibited in life. That is because we take ourselves wherever we go. That is an amazing idea to consider as we head into the final 4 weeks of training for 2009 and the beginning of the silly season. A little bit of poison is good for you is another thing that i always say. so as you enter into the party season create accountability for yourself and a commitment to 6am that exists as a core priority in your life. See you at the evo Chrissie party on 21 Nov

Onwards and upwards, ***Mike and team evo***

## Healthy Take-Away Options

As a rule, most fast foods are not healthy choices. Portions tend to be over generous, even more so with the trend to 'another 20% free' offers and 'jumbo' sizes for very little extra money. It is generally high in fat and calories and is excessively salty. These two factors alone make fast food a fat inducing way of eating. Fast food promotes over eating, too much food too quickly, and you are often unable to digest your food correctly with this way of eating; it is a real trap for anyone with a weight problem.

Here are the choices that your heart and waistline will thank you for:

**SALAD BAR**—Salad bars are springing up everywhere, and are by far the healthiest and most versatile fast food option. You can still make bad choices so go for a high protein salad with lots of vegetables and choose the low-fat dressing options.

**JAPANESE**—Sushi, Sashimi or California rolls are almost fat-free. These seaweed-wrapped rice rolls filled with tuna, salmon, cucumber or avocado are a godsend in the world of fast food. Just go easy with the mayonnaise and salty soy sauce. Sashimi with miso soup and some salad is also a great take-away food option.

**NOODLE SOUPS**—Some stir-fried noodles with meat and vegetables can be greasy, but the clear soup with noodles from Japanese or Asian food bars are generally a great choice. **Amy—amy@upclose.com.au**

## Get it Straight

Deviations away from the design posture will cause the joints to work in positions they were not designed for and can cause damage at that particular joint or other joints who need to load up with extra weight. The spine should also line up vertically when viewed from the back, and show a long 'S' curve when viewed from the sides. Each vertabrae should face in the same direction. The most common spinal shape deviation is called Scoliosis, where the spine loses its vertical orientation when viewed from the back. However this also causes the vertabrae to rotate and makes the ribs prominent on one side as well as side shifting and rotating the shoulder, hips and pelvis. Although very mild scoliosis is very common severe scoliosis is rare. Unfortunately the most common treatment in English speaking countries for severe scoliosis usually involves the surgical insertion of rods into the spine to keep it straight. I am presently in Wisconsin USA at the top american conservative scoliosis treatment facility training with Dr Manuel Rigo of Barcelona Spain who is one of the world's experts in Scoliosis treatment. In the next few weeks you should hopefully be seeing some strange new exercises creeping into your sessions. **Larry Cohen, M.Sc. Exercise Physiology, B.Sc. Physiotherapy**

## Dear Agony Uncle

***Sometimes during a boxing session I end up partnered with someone not adept at proper pad etiquette. It feels like I'm boxing against a damp sponge, all soft & squishy, when what I really need is to feel some robust resistance & hear that exhilarating slapping sound. Should I just tell my partner to do it right & risk offending him/her or, say nothing & just partner with someone else next time?***

Ah yes, ye olde boxing pad equivalent of the limp handshake and an issue that must be handled with the utmost sensitivity. So rather than risk alienating yourself for life from said training partner I'd suggest a better & less confronting approach...have a quiet word in your trainer's ear & let him/her deal with the problem! It's a classic win-win-win scenario i.e. the offending party improves their pad work from one-on-one coaching, your trainer feels even more needed & useful (always a good thing) & the overall pad slapping quotient of the entire group gets a much-needed decibel boost.

***Yours, Agony Uncle.***

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## Off Balance



**Name:** Melissa Ironside

**I am from:** Balmoral

**I found out about ETW by:** A friend of mine trains with the Bondi group and recommended it.

**I started in:** October 2009

**My favourite session is:** Yoga at Balmoral – you can't beat the view.

**My wake up / get it together routine on days that I train is:** I get my gear ready the night before so I literally jump up, put my clothes on and bolt out the door.

**My after training routine is:** A warm shower followed by egg on toast. The beauty of being a freelancer and working from home!

**What I do when I am not training (for work that is):** I'm a journalist. I edit a women's website, [www.shesaid.com.au](http://www.shesaid.com.au), three days a week and write for magazines, radio and television websites such as The Lifestyle Channel, CLEO, Cosmopolitan, OK!, Weight Watchers, Foxtel and a few others.

**What mom and dad always told me was:** Life is about the journey, not the destination.

**Friends say that I am ...**Loud and a terrible singer – not a good combination!

**My recommendations are:** **Great Cafe:** Avenue Rd, Mosman **Movie:** Well it's almost Christmas time so watch Love Actually and get in the spirit! **Music:** I listen to Creedence Clearwater Revival while I'm working. **Day Out** Spit to Manly walk or head to Balmoral beach for a swim and fish and chips.

**Anything else to tell about, hobbies, hangouts, habits, heroes etc** I just got given a tennis racket for my birthday by my fiancé so I'll be keen to play a few rounds of tennis this summer. I'm also getting married in December and hope to write a book one day.

**If I was an evolution trainer I would ...** Ban kettle bells!

## Word from your Evo

What a fantastic 4 weeks of training! The intensity of the sessions has jumped up and everyone is hanging tough and working hard. We had our first kayak session, which was a great way to finish the week taking in the views of Balmoral Beach from the sea. and also had our biggest turnout ever, 12 people at Tunks Park on Wednesday.

Kudos go to the whole group for resisting the urge to pull the covers over their head and instead getting up and putting the effort in, especially to Anne and Nicole, who both had a perfect attendance record. In addition Nicole did the most sessions - 12!!!

Only four weeks to go before we close for Christmas so here is to putting in the little bit of extra effort before the Christmas break.

**Rod - [rod@etwgroup.com](mailto:rod@etwgroup.com)**

