



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.

phone 0438 13 15 17 : www.evolutiontowellbeing.com.au: Bondi : Bronte : Coogee : Rushcutters : Balmain : Balmoral ; Paddington (Brisbane)

Off Balance



Name: Nikki Ross

I am from: NZ land originally – Bondi now

I found out about ETW by: Receptionist from work a couple of years back who was part of the Bronte click – I signed up for the 1 week trial a couple of times and never made it – then finally braved it last year with Reena (our new rookie trainer) who had been part of the Bondi Click – haven't looked back

I started in: October 2008

My favourite session is: No favourite, enjoy the variety

My wake up / get it together routine on days that I train is: Alarm 5.45, chuck some water on my face to wake up, clothes on - water out of fridge and out the door at 5.51

My after training routine is: Home, (stretch on my way of course) shower, get dressed, blowdry hair, and out the door at 7.35, don't even have time for makeup these days.

What I do when I am not training (for work that is): Project Co- Ordinator @ RBC Dexia - Canadian bank in the city.

What mom and dad always told me was: Do your best

Friends say that I am ...Depends which friends you ask and when you ask them – I have different sides to me (Gemini)

My recommendations are: Great Cafe: I'm loyal to my cafe across the road "The shop & wine bar" for my coffee. Good food - Trio. **Movie:** Top Gun (old favourite) **Music:** Obsessed with Ray Lamontagne at the mo **Day Out** Beach and then drinks in the sun !! **Anything else to tell about, hobbies, hangouts, habits, heroes etc...** Beach beach beach, sunbathing sunbathing sunbathing, wines, vodkas – oh and I like dying my hair

If I was an evolution trainer I would ... Shave my head

Word from your Evo

Well its goodbye to another 4 week cycle of the 2009 timetable , time to look back on what should have been a great period of training. I witnessed a big step up in intensity accompanied by a lot less complaining and the combination made that 4 weeks extremely rewarding for me. The girls led the way in attendance as per usual .**Lisa mintz** is probably the longest serving evolutionite across all groups and still manages to top the attendance list week after week with the likes of **nicky ross**, **Elizabeth fahey**, **kiri lepper**, the **carlys**, **DJ** and **Lillian** all right on her tail. Mr consistency **Lincoln booth** is always near the top for the boys and **steve bracken** another long serving evo-lite has joined the bondi group for a while from bronte and is right up there as well. Old hand **baz** "wee man" **hughes** and new kid on the block **deny** are flying the flag for the boys too but as always the girls are miles ahead in consistant attendance. **Boxing** is still the most popular session each week but at last everyone is realising the benefits of starting and finshing the week off strong so Monday and Fridays **strength** and **running** sessions are also well attended these days. With the perfect weather and the last chance to tone and sculpt the perfect summer body im expecting even better things for the last 4 week cycle so no excuses, if it has to be done then combine your socialising and training and go out on a high note. We start again in jan and the focuss will be on a full year of training....!!!!



Az..(and ratty)



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