



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: Tim Plunkett

I am from: Coogee

I found out about ETW by: The Beast

I started in: Skins, shorts and t-shirt

My favourite session is: Stretching---Coogee Beach

My wake up / get it together routine on days that

I train is: Alarm 5.50am ---some form of curse (I like to mix it up). Bike to beach 6.01am.

My after training routine is: Quick swim

What I do when I am not training (for work that is) Financial markets

What mom and dad always told me was: Dad---Never lend your wife, gun or car---he was old school. Mum---your so gorgeous!---she was always right.

Friends say that I am ...Getting better

My recommendations are: Work hard—play hard---spend it you cant take it with you. Look after today and tomorrow will be okay.

Great Cafe: Barzura **Movie:** Deadwood(series) **Music:** Dark side of the Moon **Day Out** Anywhere outdoors with my Kids

Anything else to tell about, hobbies, hangouts, habits, heroes etc... Relaxing, the couch, snoring. Kevin Hastings

If I was an evolution trainer I would ... Get an accurate stop watch---Jayne's is very slow in the last 10seconds.

Word from your Evo

Well another four weeks has flown by and Christmas is approaching at breakneck speed!! The Coogee Klik has thundered through the last four week timetable with near full turnouts at every session including a near record turnout (much to both Andrews and my surprise!!) the morning after Melbourne Cup AND a new all time attendance record set at our Wednesday boxing session last week... Go Coogee!!! It was, I have to say, a very proud moment!!

I've said it before and I'll say it again guys, its team spirit and commitment like that, that makes Andrew and my job so rewarding. So keep it coming on the home straight up to Xmas and you'll continue to have two very impressed and happy trainers!! (I'll go easi(er) on the squat jumps, [I promise!] and Andrew said he will only put you on the stairs of death if it looks like the attendance is dropping!! AND we'll name and shame the hangover culprits who don't actually manage to make it!!) There's nothing like a early morning training session to shake those cob-webs!!

A special mention this month goes to Tim Plunkett for our Coogee Klik Member of the Month who rarely ever misses a session and brings that wicked sense of humour with him every time and also to all my other die hards who are clocking up their sessions in the fight for the best attendance (far too many to mention on one hand!!)

Lets finish this year as we mean to go on with that true Coogee, fun loving, hard working spirit and see if we can hit the big 30 at least once before we break up!!

Jayne -

Jayne@etwgroup.com

