



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

I found out about ETW by: I moved down to Sydney just over 3 months ago and stayed with a mate, Elan, for the first three weeks in Bondi. He's a member of the Bronte KLIK and thought I'd enjoy the 6am start!! After I moved to Darlinghurst Mike put me in touch with Rob when he was starting up the Rushy KLIK and as they say "the rest is history..." **I started in:** September 2009

My favourite session is: Friday morning boxing, of course!! J Though I do love the Tuesday morning yoga session too at Trumper Park. Thanks "Yogi" Kate

My wake up / get it together routine on days that I train is:

Alarm set for 5:25. Trundle down stairs as quietly as possible (my room is in the attic and I've got a long way down. I sound like an elephant at that time in the morning!), get bike out of the laundry and cruise down to Rushy Park. Getting to the session is a lot easier than getting home – it's all uphill. GROAN!!

My after training routine is: After sweating it out up Liverpool Street - I literally power into the kitchen to scoff some brekkie (normally weetbix and a cup of tea). Shower. Change. Then depending on my mood I'll either walk to work or take the lazy option and catch the bus.

What I do when I am not training (for work that is): People Consultant for a bunch of Auditors at an Accounting firm in the city.

What mom and dad always told me was: Well, in reference to exercise my dad's motto has kind of stuck with me... "You're not here to fart arse around, Zoe!" and mum's has always been to "Just be Happy". I always try to live by both..

Friends say that I am ...Always happy and positive but awful at answering my phone

My recommendations are: **Great Cafe:** Forbes in Darlinghurst (also happens to be only a couple of doors up from my house!). **Movie:** All the "Lord of the Rings" movies; "Twilight" more recently, "Lock, Stock and Two Smoking Barrels" "The Sound of Music" **Music:** Hand Built By Robots, Newton Faulkner **Day Out** Beach

If I was an evolution trainer I would ... Cry – it'd mean I'd have to get up even earlier!!

Word from your Evo—A Compelling Reason

I'll let you in on a little secret here..... when my alarm goes off at 5am, I press the snooze button.... Yes that's right, the guy who is always on your back saying "don't press the snooze button!!!" happens to be the worst culprit of them all.... And for about 30 seconds while I lie in bed half awake, I think "geez, it would be nice to have a sleep in...."

But then my thoughts often drift "hmmm...I wonder who's coming to session today?" and as soon as I am reminded of the fun, inspiring and great people who I get to train with, and the new exercises that I have thought of earlier in the week, I jump out of bed, into the shower and head down to the park. Easy!!!

Everyone's *compelling reason* for training with Evolution will be different; weight loss? muscle tone? wanting to fit into that outfit that you haven't worn for years?

Whatever that *compelling reason* may be, don't forget that you are actually a huge part of my compelling reason to train at 6am as well!! If I wasn't surrounded by you guys, then the sessions would be far less enjoyable. Also, you are more than likely a part of what makes the session more enjoyable for a few other people in the group too!

So when your alarm goes off in the morning, you can press the snooze button, but then think about what it is that you are striving to achieve? I also want you to think about the community that you belong to... we are only small now but within our little community each of us is accountable to one another..

The last couple months have been a spectacular journey for me, and I am truly grateful that you show great commitment to your health & wellbeing. Keep up the great work!!!

Rob M -
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