



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 vertebrae 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 vertebrae 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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Balmain Klik Member of the Month—Julie

I love training in the outdoors and enjoy watching the changing seasons and nature. It really makes me happy. As my job is fairly sedentary it is great to get outdoors and shake it. Training is the best form of stress management I know and the variety we get each day keeps the exercise interesting and challenging. Seeing my friends at 6am is a complete bonus.

Word from your Evo

When it came to choosing favourite drills on the Balmain Klik timetable, running definitely scored a dismal last..... well, until last week! Maybe it's something in the water, maybe it's the thought of Tricia or Bobby coming up behind – whatever, it is clear that everyone in the Balmain Klik has stepped up and is stepping out!

Every member of the team has improved in both short sprints and endurance, and some people even look like they're enjoying the experience. It's hard not to when the running route is through beautiful Callan Park, so rich in history, so beautiful and so hilly! With only four weeks to go before the Christmas break there is no time to spare in getting to those fitness goals by Christmas. The pressure is on.

It has been a month of consistency, discipline and a spontaneous opportunity to catch up over coffee one Saturday morning. Hopefully we will get time to have a brekkie before we break for the holidays.

Some milestones were reached by members of the team this month – Rhian got married and Fleur graduated as a yoga instructor. Congratulations to both of you!

Someone who won't be joining us again is dear old Bosun, member Brian's beloved dog and a frequent observer of our early morning antics. He will be missed and we send Brian our condolences.

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