



February 2010:

A word From Mike:

My first email of 2010 and the start of an exciting decade. A lot of great stuff has already happened this year at evo and in the world at large. The release of the iPad last week was one of those things. I too was caught in the hype and watched the video's and was really taken by something the head designer said. When describing the machine's functionality he said "I don't have to fit the product. It fits me." That is how I have described evo outdoors since its inception. So we are the iPad of the fitness industry because you create your evo outdoors program to fit into the way you want your fitness week to look. Choose your days, choose your activities, choose your locations...

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

How to.. Eat Fit Food

"February is here already, where did that time go?". Often, we feel we are at the mercy of the speed of life, and have little choice but to simply hold on. However we do have choices, we can either let time rule, or make decisions allowing time to flow rather than fly.

Is it realistic to have a 50:50 work life balance? Balance is not a fixed state. It constantly demands the assessing, reassessing and juggling of priorities.

Quite often the first casualty is our health. We stretch it beyond its elasticity.

Disease prevention cannot be remedied by a healthy balanced diet alone. Health restoration requires a multifaceted approach. However a diet rich in fresh vegetables, high-quality protein and low GI carbohydrates, enables our bodies and minds to cope better with the barrage of daily stresses.

Eating fresh wholefoods, free from preservatives and chemicals helps protect our bodies against illness. Despite our best efforts, lack of time and fatigue frequently win out over healthy food choices. 'Eat Fit Food' was set up in 2002 for this very reason.

'Eat Fit Food' delivers delicious, fresh daily, preservative and chemical-free wholefood meals to your home or office door. Helping busy people prioritise a healthy balanced diet.

Caroline George – Eat Fit Food Dietician

Barefoot... Baby Steps

Deviations away from the design posture will cause the A few newsletters ago I wrote that there is a controversial move away from running shoes in runners. A study led by a Harvard University biologist and runner, published last week in the journal Nature, suggested that running barefoot is better for the feet.

The researchers led by a team from Harvard found that most runners in shoes land heavily on their heels with every stride, whereas barefoot runners, by contrast, generally land on the sides or balls of their feet and let their heels down afterwards. Thus the shoe-wearing runners strike the ground with about three times the impact of barefoot runners, potentially increasing the risk of stress injuries.

Daniel Lieberman, the lead author, told Nature: **"A shoe that has got a big heel will make it very comfortable to land on your heel. When you land on your heel, your body comes to a dead stop. It's like someone hitting you on the heel with a hammer about two to three times your bodyweight."**

Changing your running style requires serious consideration. Please discuss it with your trainer before doing so - however, the authors stress that transitioning away from heel strike running should be very very slow. Try running for a few meters or seconds every alternate day until your calves can deal with the load and then very gradually raise the time or distance run.

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Dear Agony Uncle

Well it's a sad and slightly agitated agony uncle back on board for the first newsletter of 2010. Not only has agony aunty decided to extend her "time away from me" (or holiday as I like to think of it) but also no questions from you lot for me to put my expertise and endless experience to use by helping you through any challenges thrown at you during your time at evolution. Looking in the mirror uncle sees an ailing body ...no longer showing the signs of an awarded and highly accredited athletic youth but a mind that is still as sharp and intuitive as any of you fit, strong young lads and of course you pretty and agile young girls...mmmm! Being a bit of a self confessed "ladies man" back in the day and having always been at the top of my game in the health and fitness field ensures uncle is there for you in any circumstances so feel free to drop me a line and ask me anything. I'm sure by now most of you realise that uncle has no boundaries, no problem too big or question too X-rated so make good use of the skills and understanding of your adopted uncle.... I'm sure auntie will be back soon, I think she may be out of phone reception as I haven't heard from her for a while? Please send your questions to agonyuncle@etwgroup.com
Yours, Agony Uncle.

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

Off Balance



Name: Pip Davis (but known as 'The Pipster' or 'Uppii')

I am from: Sydney – born in the north and now live in the east (Randwick)

I found out about ETW by: Through my friend Lisa Binetta. She loved it and thought I would too.

I started in: The first time was in 2004, had a break for 2 years and have just rejoined this year. Yep, I came back for more morning punishment.

My favourite session is: Boxing at Bronte on a Monday morning (thanks to Grace)

My wake up / get it together routine on days that I train is: Alarm off at 5:30am (but I am awake anyway), peel clothes on (I always leave them out the night before), grab my water and go.

My after training routine is: Meet friends for a coffee – it always makes me feel like I have had a day off before I even get to work.

What I do when I am not training (for work that is): I am a marketing consultant specialising in Business Development. **What mom and dad always told me was:** 'Never go to bed bad friends' and 'if winning is so important, it's not

worth playing' **Friends say that I am** ...Good fun to be with, and a very loyal friend

My recommendations are: **Great Cafe:** Nancy's Café in Clovelly Road **Movie:** Shawshank Redemption (but Invictus is way up there for me – must be the Morgan Freeman thing) **Music:** Anything that is pre 1985...Abba 'Gold' as that is always on my iPod. **Day Out:** A day at the beach or a long lunch that moves into dinner

Anything else to tell about, hobbies, hangouts, habits, heroes etc... I do a pretty good South African and New York accent... I am about to start my MBA at AGSM so there goes my social life! Heroes – definitely Howie and Mike for helping lose 30kgs, quit smoking and totally changing my life

If I was an evolution trainer I would ... Teach the non-existent 8:30am sessions – far more civilized!!

Word from your Evo

Our first 4 weeks of 2010 is behind us and i think we have got off to a great start. A few rusty not so eager beavers in the first couple of weeks but now everyone is on track. Awesome to see that pretty much everybody who completed 2009 has stayed with us in 2010. Also wanted to welcome some new faces Andrew, Bi and Kathy specifically. I have also been really pleased with the feedback i have received from Darren's increased involvement in the Bronte KLIK. Clearly I was not the only one who thought he would make an awesome trainer. Sweet 16 kicks off this track and we have the interklik challenge coming in march so lets kick some butt Bronte. Onward and upward,

Mike Britton - mike@etwgroup.com

