



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: Tim Dynan

I am from: Mainly from Newcastle, but many other places have been home too.

I found out about ETW by: Allowing my hyperactive (nice) wife to involve me in a session one cold winters morning.

I started in: July 2009? It seems like a lifetime ago. I can't remember what I did before.

My favourite session is: Boxing

My wake up / get it together routine on days that I train is: Get woken up by Cat, find clothes with my eyes closed, grab water bottle, drink as much water as I can, locate keys, try to remember where car is parked. **My after training routine is:** Sometimes a swim but always a shower and orange juice. **What I do when I am not training (for work that is)** Teach my class how to be model citizens. I am teaching a year five class this year and enjoy my job.

What mom and dad always told me was: When in doubt, travel. Keep an open mind. **Friends say that I am ...** reliable, hard partying, forgetful, a chameleon.

My recommendations are: Try to find a healthy balance between work and play then tell me how it's done. **Great Cafe:** Art Cafe **Movie:** Avatar was cool. Pulp Fiction, Boogie Nights. **Music:** Listening to Phoenix at the moment. **Day Out** Many good mates come together in Amsterdam for a few drinks and laughs, watch a good gig then go back to the hotel.

Anything else to tell about, hobbies, hangouts, habits, heroes etc... I like any outdoor stuff from mountain biking to rock climbing and snowboarding. I love camping. No general heroes – Tim Plunkett **If I was an evolution trainer I would ...** Make Andy do the Coogee stairs for 20 minutes barefoot. Cancel on rainy days and dust storms. Have a surprise big breakfast for my clients quite often and never do beach crawling to keep Coogee sand on the beach where it belongs.

Word from your Evo - Well, 2010 go off to a flying start for the Coogee KliK!!

We've had 2 new record turnouts (and one record number of no show's following Australia Day but I'll forgive you all for that considering the hard work and effort you've put in since we kicked off again in January!!) I would like to welcome all our new Evolutionites, each & every one of whom have contributed to the growing "personality" and team spirit of the Coogee KliK, congratulate Tim Dynan for being Coogee KliK Member of the Month not only for this last month but for the whole of the Festive Season since we broke up in December (I hope you're revelling in it Tim.. You deserve it!!) and just say a huge WELL DONE to each and every one of you for the dedication, commitment & determination you have shown already this month. It is so flipping great to have you all back!!

The Coogee team spirit is as high as its ever been, the pre & post chat factor too, is at an all time high (Go figure...How on earth you lot can possibly have so much to talk about is beyond me... Time for the introduction of some new "chat eliminators!!" I think!!)

Lets give the other KLIKs a run for their money over the next 4 weeks team.... Sweet 16 kicks off on Monday. LETS KICK SOME

BUTT & BRING ON
2010!! :)

Jayne@etwgroup.com

