



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 machines 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.

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Off Balance



Name: Suzie Wiley

I am from: Highgate Hill, Brisbane **I found out about ETW by:** Through a friend Celia Davis **I started in:** 2009

My favourite session is: Boxing at Bardon

My wake up / get it together routine on days that I train is: Snooze button x 2, sunscreen straight on, green tea then out the door.

My after training routine is: Muesli, procrastination over a bit of the today show then work

What I do when I am not training (for work that is): I run my own architecture practice called Surroundings

What mom and dad always told me was: Finish what you start, and approach everything with integrity and commitment.

Friends say that I ...Organized and social

My recommendations are: **Great Cafe:** The crosstown eating house, new to woolloongabba, amazing food and atmosphere and run by great people. **Movie:** 'Then she found me' starring Helen Hunt and Colin Firth, very genuine understated and surprising. **Music:** Stealing Beauty

Soundtrack, great for a Sunday at home. **Day Out** Anything involving the beach or boats, if I'm in the city I love bare foot bowls with barbeque and beers

Anything else to tell about, hobbies, hangouts, habits, heroes etc My heroes are my family and friends, I am surrounded by some great and genuine people. I also love 99 from Get Smart, Smart sassy understated and elegant.

If I was an evolution trainer I would ... Be much fitter than I am, and remove all hills from the timetable

Word from your Evo

What a month, the grass was like a jungle to train in during our first few weeks, it's been super hot, we are all (well most of us) carrying a few extra Christmas puds around, and then they go and throw in Australia Day just to remind us how much will power we really need to keep ahead of this game. But it's been an awesome start to 2010 for most of you and a big thanks to those that continue to enrich my 6am starts by turning up to training with a 'can-do' attitude and with goals you want to kick in your mind.

The biggest focus for me over the next few months is that you guys are having fun, learning more and more about your exercise and how great it makes you feel, kicking your health and fitness goals, feeling confident about yourself in everything you do, and just loving getting up to join our little community every morning. None of this can be done without all my little super stars, so keep focused, don't press that snooze button and thank yourself every day that you get up and start your day with the best drug in the world - 'endorphins'.

Until next time, stay fit and healthy and don't forget to plan your week on Sunday when I send that text through.

Amy—amyb@etwgroup.com



nims xx

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