



**March 2010:**

## A word From Mike:

I started my professional life as a personal trainer. The primary lesson that I learned was that every one of my clients wanted someone who would hold them accountable to their training and someone who authentically cared. That is who your evolutionary is. They are your partner and guide in creating an exercise habit. They are the person who will support you in creating a consistent exercise habit that becomes a part of your life. Allow them to do that with you and you will join the tiny proportion of the population who creates the exercise habit. it all starts with the Sunday text as that creates the context for your week and for your training. So as I said to the Bronte group this week: "please please please from the bottom of my very little heart show me the love every Sunday and let me know when you are training. That little message is worth its weight in gold to you and me and sets up the context for your whole approach to your wellbeing. From it I can gauge how committed you are, what your week is looking like on every front and how I can support you. Partner with me, text me and spread the love (not the midriff)", Have a great March, **Mike and team**

## Amy's Delicious and Nutritious Salad Dressing

- Equal amounts of apple cider vinegar and flaxseed oil
- Lemon juice (1/2 a lemon squeezed)
- Seeded mustard – 1 teaspoon
- 1 clove garlic crushed
- Honey – 1 teaspoon
- Cracked pepper
- Pinch Celtic sea salt or another good quality sea salt

## Why use Flaxseed oil?

Flaxseed oil is rich in omega 3 acids, fatty acids (EFAs) and is touted to be useful in treating cardiac ailments and even lupus. The EFAs are the key components present in flaxseed oil because similar acids are required to protect cell membranes. The omega 3 acids are good for the heart and the omega 6 are similar to the ones found in vegetable oils. It is also useful for hormonal imbalances, digestive disorders, bacterial and fungal disorders, constipation, inflammation, joint pain and joint swelling and also beneficial for lowering cholesterol.

## Apple Cider Vinegar has many health benefits:

- Reduce sinus infections and sore throats
- Balance high cholesterol
- Cure skin conditions such as acne
- Protect against food poisoning
- Fight allergies in both humans and animals
- Prevent muscle fatigue after exercise

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## Sciatica: a pain in the bum.

The sciatic nerve is a nerve which relays sensory information from and motor activity to the leg. Its area of distribution extends from the buttock region along the outside back region of the leg down to the foot and toes. Any irritation of the sciatic nerve can cause changes in sensation and less frequently muscular activity of this area. These sensory changes include the feeling of pain down the leg, pins and needles or numbness. The reduced muscular activity can include weakness and / or reduced reflexes.

It is important to recognise that sciatica is a symptom of irritation of the sciatic nerve and is not an actual diagnosis. There are many causes of sciatica, of which a disc bulge is one of the most frequent. Other causes can be inflammation of a lumbar region facet joint or spasm and inflammation of the muscles through which and close to which the sciatic nerve travels. Occasionally the sciatic nerve itself becomes irritated from being too tight.

Treatment should be aimed at establishing the cause of the sciatica and treating the cause. If you feel that you are experiencing sciatica then please discuss this with your trainer.

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## Dear Agony Uncle

*This month we decided to allow our evolutionaries to benefit from dear old uncle's advice, so if you'd like to hear what burning questions your trainers have asked of uncle then read on!*

I have a client in my group who keeps putting their dirty sneakers on my nice clean mats, no matter how many times I say 'feet off the mats!' how do I discourage this behaviour?

Mmmhh a subject very close to uncles heart!! I can only assume that as a good evolutionary you have tried using the threat of birpees!!! If this extremely inconsiderate so-and-so continues to abuse the privilege of having a mat then its time to up the ante!!!! (forgive me while i take my blood pressure pills..grrrr !!)

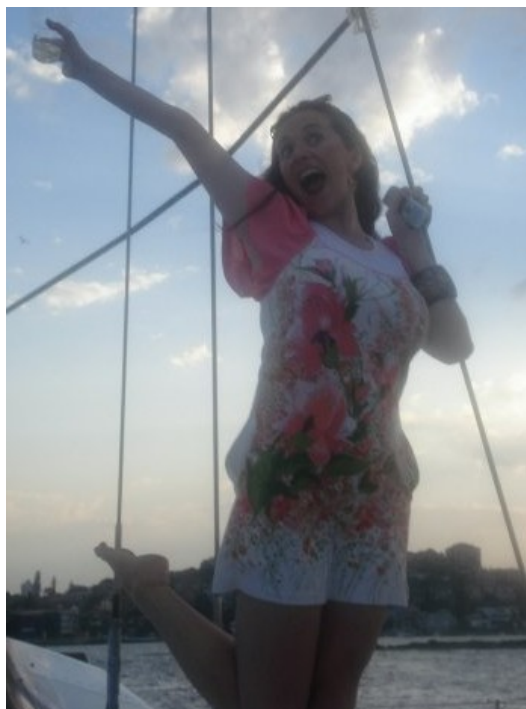
"MATBOY" (as he will now be known until he learns to show the respect towards the mats that everyone else does) will now have his own mat with his newly acquired name printed boldly on the front. He will be allowed to wipe his grubby little feet on his mat as much as he likes. Before long his mat will resemble a muddy, stinky door mat and other members of the group will distance themselves from him while doing any core and strength work. I'm sure the label of grubby little matboy will quickly teach the culprit how to keep "FEET OFF THE MATS" !!!

Please send your questions to [agonyuncle@etwgroup.com](mailto:agonyuncle@etwgroup.com)

**Yours, Agony Uncle.**

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## Off Balance



**Name:** Mariel ("Maz" to Az)

**I am from:** Cardiff, Wales

**I found out about ETW by:** Spotted the blue ute when I first arrived in Sydney **I started in:** November 2009 (After trial in July '08 – It took me a little while to get in the 6am groove!)

**My favourite session is:** Love Wednesday's boxing, and Thursday's 'barefoot bliss' kayak / yoga combo in Rose Bay feels like a real treat **My wake up / get it together routine on days that I train is:** 5.30am Alarm.....Snooze; 5.40am alarm....Snooze; 5.45 Alarm...stumble out of bed using phone as torch, pull on clothes, and run out the door

**My after training routine is:** Quick shower and ready for work, cursing myself every day for leaving home with wet, frizzy hair

**What I do when I am not training (for work that is):** Work at CinemaLive, filming live events and beaming them via satellite to cinemas around the world. **What mom and dad always told me was:** "ask teacher" whenever they didn't have an answer for my many questions **Friends say that I am** ...a member of a

strange morning cult. Although I've managed to brainwash a few of them recently too!

**My recommendations are:** **Great Cafe:** Loving 'Massive' for coffee, 'Skinny Dip' for juice & 'Gusto' for brekkie combo **Movie:** 'Life is beautiful' and 'Little Miss Sunshine' **Music:** I rarely buy / download CD's, but dance & sing along to almost anything **Day Out** Hiring a boat in the harbour with a bunch of mates for sunset BBQ & BYO – unbeatable

**If I was an evolution trainer I would ...** BAN RUNNING

## Word from your Evo

So another 4 week cycle comes and goes only this time it was sweet 16 !!. A lot of you started out with the best of intentions but didn't quite make it, very close though for the likes of georgy boy and lisa mintz just 1 session off. Luckily for bondi , maz was in fine form and made the 16.

Overall though i couldn't be happier with the commitment shown by everyone over the last 4 weeks. The sessions are slowly getting tougher to meet your rising fitness levels and the intensity is great. New members are fitting in well thanks to the support of the more experienced bondi crew, our second trainers have brought in a whole new wave of excitement and energy and I feel like everything is working well as we head deeper into 2010 and a little closer to the end of year celebrations that we will have worked so hard for. Our goal as a group is to see the year out. Pushing each other and offering support and motivation when needed will help us all get through the challenging times and as a lot of the existing bondi members will tell you it is well worth it when summer comes around and you are already in the best shape of your life and not trying to do the last minute 6 sessions a week to try to make up for a lazy winter!!! So looking ahead from here we have interklik challenge around the corner, lets train hard for that and all try to get to centennial park on the 27th march and put in 100% for the bondi klik. Big thanks for bobby, Ingrid, elleana, donna and of course howy for dedicating their mornings to ensuring you all get plenty of variety in your training week. Oh and of course thanks to those who came to the lawn bowls..it was a great day and not only because Petey D and i were undefeated all day in doubles...lol , but mainly due to the likes of Em, Maz, fred, Vez, roberto and the likes coming along and enjoying the time we get to spend together outside of training. **Az -**

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