



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

Yours, Agony Uncle.

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

Off Balance



Name: Eric Thomson

I am from: Clovelly (Beach Street since 2006) via the centre of the universe (Melbourne)

I found out about ETW by: I walked passed Burrows park Clovelly one Saturday morning last August 2009 and was given an ETW post card by Cat D

I started in: late August 2009

My favourite session is: Tuesday's or Saturday's @ Clovelly

My wake up / get it together routine on days that I train is: 5.40 get up and rush, get dressed, get my water, used to be get on my bike & roll down the hill to Coogee or Clovelly. Lately I drive down the hill **My after training routine is:** a swim usually in Clovelly then muesli or porridge then rush to work (never not had a swim on a training day since joining ETW) **What I do when I am not training (for work that is)** Education and Advice at a superannuation fund UniSuper

What mom and dad always told me was: keep healthy & fit and have a good breakfast! **Friends say that I am** ... a mixed up revolutionary socialist but always full on and never half hearted when committing to something

My recommendations are: Movie: recently: Charlie Wilson's war, old: Back to the future . **Music:** older stuff like Rolling stones, The Doors, Beatles **Day Out** walking, BBQs, time with family & friends, watching good sporting matches/events

Anything else to tell about, hobbies, hangouts, habits, heroes etc... Melbourne football club, solidarity actions in support of local & international human rights issues **If I was an evolution trainer I would ...** go easy on the oldies and less squat jumps!! .

Word from your Evo - Well, Sweet 16 got off to a flying start for the Coogee Klik...

...with the new additional Coogee based Thursday session giving our Evo's the opportunity too squeeze another training session in on our home turf. There has been consistent turn out's each week from a large number of our dedicated bunch, namely (in alphabetical order) Damo, Eric, Jo, Kath, Lucy, Nancy, Rubert and Wilman, all of whom have thundered through the last 4 weeks in the effort too give both the Bondi and the Bronte Klik a SERIOUS run for their money (and that they did!!) :-)

We've had two new record turnouts in the last 4 weeks one of which fell just short of the 30 mark (GO COOGEE!!!) And the second was for our newly introduced Thursday session which fell just short of 20 this week, (just outnumbering week 1) and what a session it was too!!!

A special mention goes too Eric our Coogee Klik Member of the Month for literally doubling his normal training attendance and showing sheer determination and commitment every week since the challenge began. WELL DONE ERIC - We salute you!! I would also like to mention Pete for his consistency, determination and unrivalled commitment EVERY week (despite the god-awful 6am starts) and Damo for smashing his way through his very first month with the Coogee Klik who is on a high off 19 sessions as this newsletter goes to print!

Last but not least.. our one and only, Cat Dynan, the beautiful wife of Tim, who together with Tim has attended every Monday, Wednesday and Friday throughout her entire pregnancy and who, most importantly, keeps the social aspect of the Coogee Klik in full swing!! (She is actually due next week but I received a text this afternoon to say that she may not be at boxing tomorrow as it looks like Baby D is about to make an early appearance!!). Get that!! (We love you Cat!!) All our thoughts and wishes are with you both at this very special time!! xX :-)

I would also like to give a special mention and say a huge congratulations to our beloved Britt who tied the knot last month!! May your years ahead together be filled with fun, laughter, good health and happiness guys!! Congratulations from us all!! X On that note Team Coogee, lets take on the coming Autumn months with the same dedication, commitment and Coogee team spirit that puts our Coogee Klik in a league of our own. (Come on.. Admit it!! We are pretty special!!!!) You lot make me proud!!!! :-)

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