



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: David Ey

I am from: Li'l old Adelaide **I found out about ETW by:** Spending eight hours a day with José just wasn't enough. **I started in:** 3.5 billion years ago. (Or 4000 BC if you're a creationist)

My favourite session is: Friday, 5pm at the Coro

My wake up / get it together routine on days that I train is: Friday, 5pm at the Coro

My after training routine is: Jump on the bike and hope I have enough energy to make it to work.

What I do when I am not training (for work that is): Financial Analysis and the odd dabble in Engineering

What mom and dad always told me was: Never let the truth get in the way of a good story.

Friends say that I ...Slightly mad.

My recommendations are:

Great Cafe: Comfort, of course. **Movie:** It's a Wonderful Life **Music:** Stay Human (Spearhead) **Day Out** Good food & good wine (or beer) in the McLaren Vale

Anything else to tell about, hobbies, hangouts, habits, heroes etc I once played a test match for Australia.

If I was an evolution trainer I would ... Supply beer for training.

Word from your Evo

Congratulations to you all for such an awesome February and being the Fantastic February Winners. I am really proud of the extra effort that you have all put in, especially considering how wet the last couple of weeks have been. One of my favourite quotes is 'if you want something you've never had you will need to do something that you have never done'. And I truly believe you are all stepping outside your comfort zone and trying that little bit harder at the moment. It certainly makes my day to see you all trying so hard but still have a good time with all your training buddies.

Speaking of training buddies – I think the level of encouragement and support that you are all giving each other is awesome. Boxing would have to highlight this the best, (that is in between chin wagging with our partners)! But honestly you are all a great support to each other and this is what we are all there for. So just remember when you are doing it easy up that dreaded hill, the person next to you might be really struggling, so a little encouragement (whatever breath you have to spare) is a great way to get each other across the line. And is what will get us all through winter and back out the other side to sunny Brisbane summer!

Aim—amyb@etwgroup.com



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