



**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.**

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

## Off Balance



**Name: Marcus Hughes**

**I am from:** Born in North Sydney, grew up on the leafy upper North Shore but have since proudly emigrated to the Eastern Suburbs (via London)

**I found out about ETW by:** Postcard Through my good friends Stoney and Eli of the Bondi KLIK **I started in:** Winter 2008 at the Bondi KLIK. I did 3 sessions then felt like I needed a break. So I took the next year off. Started up at Rushcutters KLIK in week 1, September 2009 – everyone loves a come-back !

**My favourite session is:** Boxing by the Bay on a lazy Friday morning **My wake up / get it together routine on days that I train is:** Try to wake up ... try to get changed ... try to make it to training on time ...

**My after training routine is:** Drive to work, hit the showers, coffee cart, then the office

**What I do when I am not training (for work that is):** Fund manager – I invest people's money into the stock market (very

carefully!) **What mom and dad always told me was:** Be happy and make the most out of life **Friends say that I am ...**Always smiling, a little bit cheeky, loves a chat and doesn't mind a beer or two **My recommendations are:** **Great Cafe:** Café Sopra in Fratelli Fresh, Bills in Darlo or Concrete in Pyrmont for Italian fried eggs! **Movie:** The Departed, The Empire Strikes Back, Wall Street, Happy Gilmore, or any Will Ferrell movie **Music:** Kasabian, Powderfinger and Mark Ronson are battling it out for pole position in my car CD player at the moment **Day Out** Beach, park, café, pub – anywhere with good company ! **If I was an evolution trainer I would ...** Wear more lycra

## Word from your Evo

The Rushcutters Bay KLIK launched 6 months ago in September, and as each of those months has gone by, we've really gone from strength to strength.

Last month's Sweet 16 challenge spurred on a few people and although we only had one person complete the challenge, everyone's intensity at sessions has seriously picked up.

Congratulations to Tori for making it to 16 sessions last month. It was a top effort!!!

As some of you may know the Rushy KLIK is in a bit of a transition phase at the moment. With numbers at sessions constantly getting bigger, I've brought in Kat, who will be helping me out at sessions to make sure that everyone gets the most out of their 6am training.

I'm super excited to have her with us as it means the KLIK is going to get some new surprises coming in the next few weeks...

Kat brings a lot of fitness training experience to Rushy but even better than that, she brings a lot of energy at 6am... (and that's something that we all need a bit more of every now and again.. LOL)

As we find ourselves now at the start of Autumn, the days are getting shorter and the 6am starts are a dark prospect.

It's now getting more important than ever to focus on your goals, and not make excuses for absent sessions. Social & Work commitments can't be avoided sometimes, I realise that. But what can be avoided is that guilty feeling later that day for not waking up a little earlier and making it down to training.

One of my favourite catch phrases is "if that is the worst thing that happens today, then I've had a pretty awesome day!!!"

So, with that in mind, if waking up a little early is the hardest thing you have to do in that day, then I reckon you're going to be having a pretty awesome day yourself...

Use the energy kick that you get from waking up early and training hard at 6am to just power you through the rest of the day. That way when it gets time to clock-off from work, no guilt, no need for late night fitness.... just that great feeling, knowing that you worked hard in the morning and you can relax or party however you like at night.

Keep up the good work everyone. **Rob M - [rob@etwgroup.com](mailto:rob@etwgroup.com)**