



May 2010:

A word From Mike:

Duty of care: - On SBS this week there was a program on Television about the personal training industry and specifically trainer incompetency. So who is your evolution trainer and what is it that you can expect from them. As our trainers go through the evolutionary induction we make a very simple point. We explain to them that each Evolutionite (client) is saying the following during every interaction that they have with evolution and its representatives "Do I like, do I trust you and will you take care of me". Another way of saying "Do I feel safe with you".

Our role is to create the experience for every client such that they answer a Big fat YES at all times to the above statement. As Evolution expands we now have 26 instructors and with the intention of opening 5 more groups in September that number will soon reach 40. We have reached a new stage of the business thanks to our team and our clients. So all feels very awesome going into winter. onward and upward,

Mike and team evo

Amy's Healthy Banana, Blueberry & Walnut Bread

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Makes: 1 loaf

Ingredients

- * 300g (2 cups) self-raising flour
- * 70g (1/3 cup, firmly packed) brown sugar or 50ml agave nectar
- * 100g walnuts, coarsely chopped
- * 1 tsp bicarbonate of soda
- * 2 eggs, lightly whisked
- * 250ml (1 cup) organic un-homogenised milk
- * 2 large very ripe mashed bananas
- * 1 punnet of blueberries
- * 2 teaspoons Pure vanilla essence

Method

1. Preheat oven to 180°C. Line the base and sides of a 6cm-deep, 20 x 10cm loaf pan with non-stick baking paper.
2. Sift the flour into a large bowl. Add the sugar, walnuts and bicarbonate of soda, and stir to combine.
3. Add the egg, milk, blueberries, vanilla essence and banana, and gently fold until well combined. Spoon the mixture into the lined pan. Bake in oven for 45 minutes or until a skewer inserted into the centre comes out clean. Set aside to cool completely. Cut into slices to serve.

Notes

- * Time plan/freezing tip: Make this recipe 1 day ahead. Store in an airtight container. To freeze, wrap slices in plastic wrap and freeze for up to 3 months.

Amy McKendrick, Nutrition Coach, M: 0402 027 434,
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Evolutionary progress towards back pain...

The human body is designed to move and that movement is essential in keeping it's structures in position. As mankind has "progressed" from hunter gatherer, through the agricultural and industrial age towards the information age our need for movement has declined considerably. This is further compounded by passive modes of travel (car, bus and train) and passive modes of entertainment (TV, computer). The singular constant position of our modern era is the seated position. This often results in a flexed lumbar spine, shortened hip flexors and weak abdominal core musculature which is a primary reason for lumbar disc injury. If the sitting posture results in asymmetrical shortening and weakening, the resultant twisted posture can lead to a wide variety of musculoskeletal areas becoming irritated. So... try sit as little as possible, keep moving and read the next instalment where we will discuss THE CORRECT SEATING POSITION

Larry Cohen, M.Sc. Exercise Physiology, B.Sc. Physiotherapy larry.cohen@technotherapy.com.au

Dear Agony Uncle

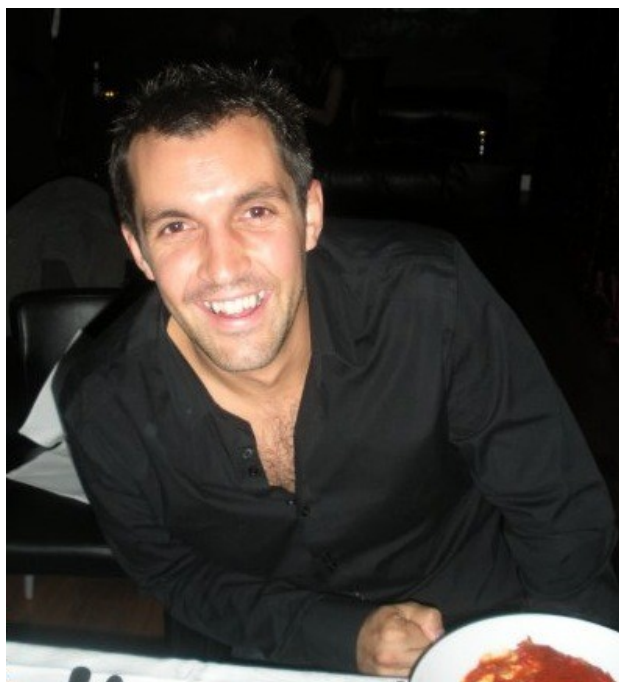
I have a client in my group who's a bit of a lady's man and tries to pick up all the girls during training sessions. How do I reign this behaviour in?

Ah yes , the age old problem of exercising increasing endorphins and testosterone levels. All good when in the gym with your buddy but not so when in a group surrounded by young, fit, adorable females!! Uncle suggests partnering the culprit up with the fittest young filly in the group and structuring the session to allow everyone to see the suave-talking gent getting left behind in the running and dominated in the strength work by the fairer sex. This should knock the stuffing out of his confidence and help him realise he has to develop his fitness to impress the girls at 6am and save the verbal dribble for after 6pm with the assistance of a couple of coldies .. it worked for me on auntie !!!!

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 : Rozelle: Waverton: Maroubra: Queens Park:
Paddington (Brisbane)**

Off Balance



Name: Matt Buckland

I am from: England!

I found out about ETW by: On the internet

I started in: In January 2010 and am now your Evo

My favourite session / location is: BRONTE!

My wake up / get it together routine on days that I train is: Get woken up by my mobile alarm clock.... My dog!

My after training routine is: Walk the dog and then the gym

What I do when I am not training (for work that is): Personal trainer and nightclub shareholder (ruby rabbit)

What mom and dad always told me was: To stop being a cheeky little bugger

Friends say that I am ...always up to mischief

My recommendations are:

Great Cafe: Brave in Bondi

Movie: Ferris buellers day off

Music: Anything by ACDC or stereophonics

Day Out: Boat on the harbour (or the pub!!)

Anything else to tell about, hobbies, hangouts, habits, heroes etc... I love to travel...

If I was an evolution trainer I would ... Be so much fun!

Word from your Evo

To my favourite early morning crew,

This is definitely both a nostalgic and proud moment as i compose my final word to you as the Bronte Evolutionary. I feel proud and secure knowing that i have left you in the safe and dedicated hands of Matt and Darren. They are both super committed and super passionate about the whole evolutionary thing. My role will be more like a regional manager now as I circulate through the various groups and make sure that we are delivering to the same standard. I also think it will be a great chance to share between the groups what different trainers are doing and thus lift our whole game. So I will still be coming down to Bronte on a regular basis and I will also be making sure that all of you have the support you need to create the winter and long term exercise habit. As the light begins to fade and the temperature starts to drop we face a challenging but ultimately very rewarding period as those who have survived the winter will attest to. It is in the winter months that the true experience of supporting each other comes out as well as the personal victory of knowing that you were not stopped by the weather.

Your very proud (ex) Bronte evolutionary,

Mike - mike@etwgroup.com



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