



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

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Dear Agony Uncle

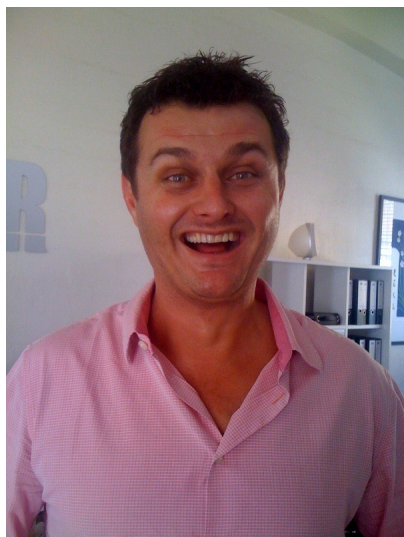
I have a client in my group who's a bit of a lady's man and tries to pick up all the girls during training sessions. How do I reign this behaviour in?

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: Rupert Le Poer Trench

I am from: Coogee but originally England

I found out about ETW by: My friend Jon, who is sadly heading back to the UK

I started in: Jan 2010

My favourite session and location is: Coogee of course!!!

My wake up / get it together routine on days that I train is: Don't understand the question...I don't think I've ever got it together completely. As Jayne says "I worry her". Most mornings I don't feel like doing it but once I am half way through and the sun is coming up over the beach it feels great and you're glad you did. **My after training routine is:** Stagger into the house, hug the kids and then feel how sore I am I lift them up. After a thousand squat thrusts going upstairs

to have a shower feels like Everest. **What I do when I am not training (for work that is)** Produce TV Commercials and Online Videos

What mom and dad always told me was: Be yourself....whatever that is! **Friends say that I am ...** Confident, friendly, honest, generous, trustworthy....different. But not sure what they say when I'm not around.

My recommendations are: Happiness is the journey not the destination. **Cafe:** Coogee Cafe, Kite Cafe, Barzura...spoilt for choice really.. **Movie:** Sound of Music (seriously!) **Music:** I don't want to embarrass myself my taste in music is appalling... **Day Out** day out Up to the Northern Beaches, Newport Arms Hotel, Clareville beach for a swim.

Anything else to tell about, hobbies, hangouts, habits, heroes etc... Trying to play guitar, trying to be a good parent....both extremely frustrating activities but rewarding at the same time

If I was an evolution trainer I would ... spend most of my time trying to stop people from laughing as I demonstrated the techniques...

Word from your Evo - As the days, weeks and months of 2010 thunder by, who can believe with the glorious weather we've been getting recently, that winter is just around the corner. The sun gods have been out in full force and summer just does not want to let go. This, combined with the light beautiful mornings is all the more reason why we should live for the moment and make the most of what our beautiful suburbs and wonderful surroundings have to offer before winter grabs hold and sets in for the next few months.

Firstly congratulations to my beloved friend Cat and her husband Tim, who since our last newsletter went out, have become parents to beautiful baby Grace who is now 6 weeks old (and absolutely *gorgeous*)!! :-)

Spirits are as high as ever in the Coogee Klik with Rupert, Coogee Klik Member of the Month at the helm providing pure, guaranteed entertainment at every training session rain, hail or shine!! Rupert, you are a legend and such a fundamental member of our group!! I would also like to give a special mention to Michael who has lost a spectacular grand total of 13 kilos since he came on board with the Coogee Klik in February!! Now THAT is something!! Michael, I have known you for a very long time and am completely stunned at what you have achieved and the changes you have implemented into your daily life in order to achieve this incredible result. Another immensely proud moment for me.. I hope there will be many more!!

Last but not least, I would like to say a HUGE thank you and WELL DONE to my InterKlik diehards Nancy, Damo, Bennie, Michael, Eric, Wilman and Bryan. You all are amazing in my opinion (Nancy, you were on FIRE!!!) and even though we were handicapped in comparison to the size of our fellow Kliks, there is no doubt that we won on the dress front (and provided everyone with quite a few laughs at that!!). I will never forget Damo in my pink pyjamas (armed with a hang-over from hell!!), Bennie in rabbit ears and a pink bikini, Michael with pink whiskers and pink rabbit ears.... Lets stop there... (I have photographic evidence if anyone would like to see it!!).

Finally, I would like to wish our one and only Coogee mascot Wilman, the best of luck in the up and coming half marathon.. Wilman, we are behind you every step of the way... Do us proud and may you have the race of your life!! Lets kick some butt before winter moves in (and even then, there is absolutely NO excuse!!).

Happy days Team Coogee!! Show me what you're made of!! Your dedicated trainer, **Jayne@etwgroup.com**