



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: Will Heath

I am from: Beyond the black stump. That is not the Western suburbs of Brisbane although I reside there now. **I found out about ETW by:** Mates. **I started in:** Day 1 of ETW Paddington, Brisbane.

My favourite session is: Boxing, Wednesday, Bardon.

My wake up / get it together routine on days that I train is: Generally I hit the alarm button and then get an extra 5mins sleep before the other person in my house, that also trains, gets so annoying that I have to get up.

My after training routine is: Today show over brekky and then work.

What I do when I am not training (for work that is): Sell Aluminium. Amy please add that to the Sandwich board.

What mom and dad always told me was: My mum is not American!

Friends say that I ...Don't know, normally they whisper it to another friend and then both laugh. I still don't get it?

My recommendations are:

Great Cafe: Sassafras Paddington **Movie:** Braveheart recently surpassed by Avatar **Music:** ACDC Back in Black **Day Out** Abseiling in the Glass House Mountains.

Anything else to tell about, hobbies, hangouts, habits, heroes etc I really enjoy getting out of the city and into the bush.

If I was an evolution trainer I would ... Do what Aims is doing! Smashing it.

Word from your Evo

Firstly, can I just draw attention to 'Heathy' our profiled client above. Most of you know that Evolution Brisbane celebrated our 6 month birthday last month, but did you know that Heathy was 1 of 2 people at my very first session. So congratulations and thank you for your commitment and dedication and for not leaving me stranded in that big park on my first morning with only 1 person to train :o)

Now we have finally got over our 4 short weeks in April due to all our public holidays, so its focus time again. Lets start really committing on Sunday night when we send through that text and if you are even slightly thinking about hitting that snooze button, remember how good you feel when you get up and get those endorphins running, and it may just be the only physical exercise you get for the day, so make the most of it. And if you are still struggling, think about the following which Andy recently emailed me 'So was lying in bed thinking up excuses not to go! But then your voice kept saying "You're awake anyway. You know you want to!"

Aim—amyb@etwgroup.com



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