



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: Kat Peatey

I am from: Brisvagas

I found out about ETW by: I saw the utes zipping around, who can ignore a ute.

I started Evo in: February 2010

My favourite session is: Agility at Rushy

My wake up / get it together routine on days that I train is: My little gem of a son usually wakes me up at 4am, then I lie

awake waiting for my alarm to go off at 5am, make a cup of tea enjoy 10 minutes to myself then head off.

My after training routine is: Race home feed my son brekky, change his nappy (such a glamorous life I know) then take him for his work out in the park.

What I do when I am not training (for work that is): Sport and Exercise Psychologist, stayed turned to Evo website for some cracking content, and Mother to our 14month old Xavier. **What**

mom and dad always told me was: My Dad said "Stay out of trouble", oh and my Mum's pearl of wisdom "always have clean underwear just incase you are in an accident"...seriously she did.

Friends say that I am ...Way to energetic

My recommendations are: **Great Cafe:** Katipo Bondi Road, although I think I may need some ink to fit in with the crew. **Movie:** Katipo Bondi Road, although I think I may need some ink to fit in with the crew. **Music:** Kings of Leon, although I claimed them in 2004 after seeing them at a big day out. **Day Out** Take my son and husband for a bushwalk in Nelsen national park then back for a swim and lunch at Shark beach.

If I was an evolution trainer I would ... Be way nicer than those trainers at the moment.

Word from your Evo

Daylight savings, Easter weekend, ANZAC Day!!!

They've all come and gone in the past 4 weeks and we now find ourselves at the beginning of May.

Don't know about you, but I've definitely felt like the last 4 weeks have led to a lot of change in the Rushy KLIK. You may have noticed some new faces recently? Some new exercises perhaps... and hopefully a renewed focus on your goals.

One of the goals I've set for the whole group is to really train hard for the next 2 months and see how much we can raise in the "Make a Difference" initiative. Initial reaction to the idea has been really positive so I'm glad many of you can see the value in doing something quite ordinary (exercise) to result in something extraordinary (helping disadvantaged people through a charitable donation).

Also in line with supporting our local community, I just wanted to quickly mention the tennis store, "Strung Out" on Bayswater Road just across from Rushy Park.

I recently met with Phil from Strung Out and he has been very supportive of the Evo program. We're currently running a small promotion in his store, so if you're a tennis buff, and in need of any new equipment then head there, say hi to Phil and mention that you train with Evolution.

My thinking is, a community is only as strong as the people within it.

I hope that by belonging to the Rushy KLIK you feel you are part of something more than just a normal "outdoor fitness group" – and perhaps that sense of belonging will help you get more out of your wellbeing, whether it's at a 6am training session or a 7pm trivia night up at Five Ways.

See you @ 6am,

Rob M - rob@etwgroup.com



The Tennis Specialists

Established 1992

02 9360 9905 / www.strungout.com.au

137 Bayswater Rd, Rushcutters Bay, NSW