



**June 2010:**

## A word From Mike:

What I learned in the trenches today...

Its taking time for me to understand and define my new role at evolution. Last night, a group of men with whom I meet regularly told me to put on my civvies '.....and go down there like any other evolution client and just train'. I did that today and it was awesome. What made it even better was that at about 2 minutes past six the heavens opened and for an hour we trained and trained hard in the pouring rain. The trainers stayed totally focused and absolutely maximised every minute. Having been in their shoes I know first hand how challenging that can be. They made it appear seamless. I learned that the session is about getting the most out of yourself and using your trainers and fellow clients to achieve that. Chasing after clients, while humbling (I am clearly not as fit as they are) also felt great. We had fun and i knew that what we did was effective. At 7am dripping wet and exhilarated I left the session a very proud ex-evolutionary looking forward to a well deserved warm shower and hot coffee.

onward and upward, **Mike**

### Fast Winter Soup

**Stay warm and health this winter**

Ingredients (serves 2)

- 1 tbs olive oil
- 1 onion, chopped
- 1 long red chilli, seeds removed, finely chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 cup red lentils, rinsed, drained
- 1L (4 cups) chicken or vegetable stock
- Low-fat natural yoghurt, to serve



### Method

1.Heat the olive oil in a large saucepan over medium heat (don't burn), add the onion, chilli, celery and carrot and cook for 2-3 minutes.

2.Add cumin and coriander and cook, stirring, for a further minute.

3.Add the red lentils and chicken or vegetable stock, bring to boil and simmer for 8-10 minutes or until lentils are tender.

4.Season with sea salt and pepper. Serve in bowls with a dollop of yoghurt. Garnish with fresh coriander

### Dear Agony Uncle

***My car leaks and in this wet weather I'm finding it very hard to get to training dry, so I'm opting for staying in bed. Any tips for getting myself going in the wet weather?***

If you were trying to make an X- hardman fitness buff like myself mad then you have succeeded. You would be better served playing hide the sausage with a hungry lion than talking to me about missing a training session because of a little bit of rain. I recall the days when a young chisled uncle would man up to training in a netting singlet and my 2 stripe running shorts. Admitted i was wearing knee high footy socks but that was for the look , nothing to do with protection from the rain!!...ahhh the looks i would get from the young ladies, it takes me back. No... i say if anyone out there in today's day and age of outdoor training attire is using the rain as an excuse to stay in bed and not turn up to their intended training sessions then they need to wake up...no pun intended. Get a good rain jacket and grow some.... brains!! The rain is a natural coolant, if your trainer is delivering the right sort of training sessions you will be begging him to let you train in the rain just to prevent overheating. Alas what I see happening a lot these days are groups of people cowering undercover to get their sessions done, mind you i think that's because the trainers these days are a lot softer than the days when uncle was at the head of the training game, they like to stay warm and dry where possible!! At this rate uncle is contemplating coming out of retirement so young trainers beware, and clients for that matter .....watch this space!!! Please send your questions to [agonyuncle@etwgroup.com](mailto:agonyuncle@etwgroup.com)  
***Yours, Agony Uncle.***

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## Off Balance



**Name:** Sam Hewlett

**I am from:** Originally a Yass Country Bumpkin, Now a Balmain City Chick **I found out about ETW by:** An unfortunate encounter during our studies to become Personal Trainers with Rushy Rob **I started Evo in:** Happy and proud to say I was the first Rushy Recruit

**My favourite session is:** Friday boxing, all the pent up anger from the week just disappears

**My wake up / get it together routine on days that I train is:** Angel on right shoulder, 'Get out of bed!', Devil on left shoulder, 'This doona is so comfy', Angel, 'That pizza from last night is not going to get rid of itself' Devil, 'Hit the snooze button, hit the

snooze button'. Then I reluctantly get up! **My after training routine is:** Food!!!! Always hungry.

**What I do when I am not training (for work that is):** Personal Trainer & Nanny to 3 families. On the side I cook cakes for a café in Bondi Beach 'Porch & Parlour' **What mom and dad always told me was:** Never grow up, just learn to behave in public, and more importantly always eat the ice in your rum and coke, it will stop hangovers!

**Friends say that I am** ...Loyal. Busy, Energetic, Crazy because I get up & exercise at 6am!!

**My recommendations are:** **Great Cafe:** 'Porch & Parlour' for their yummy cakes!. Otherwise Rosso Pomodoro for their Nutella Calzone

**Movie:** Top Gun, such a classic! **Music:** The Script **Day Out** Farm all the way, love getting out of Sydney **Anything else to tell about, hobbies, hangouts, habits, heroes etc...** Saturday morning breakfasts for the best bircher and coffee in Balmain at Little Marionette

**If I was an evolution trainer I would ...** Provide after workout snacks and warm teas when we arrive and it is freezing cold...hint, hint, nudge, nudge.

**Word from your Evo—** Well it poured down rain this morning, and normally that doesn't mean much. It usually just means a text message on your phone "let's use the undercover spot, see you there. Rob M." But today the rain started at 6.15am, and it pretty much bucketed down. As an outdoor trainer you dread these mornings but also relish the challenge of giving everyone a great session despite the rain.

As I'm writing this, I'm actually smiling because I was just thinking about how great the turnout was and how you all just got on with the task at hand – getting a great start to your day by burning off some energy.

It would be a much different scenario if the group was full of people who didn't "fit-in" with the culture that we together have created. The best part of my day is always my mornings... because I know, without fail, that I'll come away from each session, knowing a little bit more about each of you

I'm reminded by some advice that a wise Evolution trainer from Brisbane gave to her members recently. She said

*"How often do you stop and think about all the things you are grateful for? Or do you spend more time and energy complaining about the things that are going wrong in your life, or could be better?"*

*The more you focus on things, the bigger they get. So if you spend all your time focusing on the negative, then chances are more negative will come into your life.*

*Try focusing on all the positives in your life, and it will certainly put a smile on your face and make you realise how lucky we all are"*

Maybe it helps to write down the things you are grateful for, or at least spend a minute to think about them and see how much brighter your day will be?

..... Smiling yet? See you @ 6am,

**Rob M - [rob@etwgroup.com](mailto:rob@etwgroup.com)**



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