



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 matterwatch this space!!! Please send your questions to agonyuncle@etwgroup.com
Yours, Agony Uncle.

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Off Balance



Name: Kate Schibeci

I am from: Queens Park Group

I found out about ETW by: Friend

I started Evo in: May 2010

My favourite session is: Boxing - Queens Park!!!

My wake up / get it together routine on days that I train is: Grin and bare it until I wake-up properly.

My after training routine is: Coffee & Mad rush to get to work!

What I do when I am not training (for work that is): Pharmaceutical Sales Rep

What mom and dad always told me was: Do what makes you happy

Friends say that I am ... A worry

My recommendations are: **Great Cafe:** Jeds's Café in Bondi Beach **Movie:** Avatar **Music:** Florence & The Machine **Day Out** At the beach- amazing!

Anything else to tell about, hobbies, hangouts, habits, heroes etc ... Going traveling & living overseas next year.

If I was an evolution trainer I would ... Probably sleep in and miss training sessions too often!

Word from your Evo

To my dedicated Queens Park members and current trial ladies, so glad to have you as part of Evolution's new Queens Park group!

Although we are in the beginning stages of our group, I feel a great vibe amongst us, and am so excited by the prospects of building our evolution community at Queens Park with you guys as the original musketeers! Thanks so much for your commitment and dedication for the month of May. As we get deeper into the winter months it will be a bit tougher to get yourself out of a warm bed, but lets focus on the positives and remind ourselves of the physical and mental rewards and the sense of achievement after having completed a 6am session out there in the elements. Winter will be over before we know it, and you will be giving yourself a pat on the back for having survived the challenge and as a result we will be right on track with our goals and fit and healthy ready to tackle spring head on!

This is only the beginning guys, as Gandhi said "The future depends on what we do in the present", lets apply this to our training and stay focused on our goals!

See you @ 6am,

Sam - samanthapt@live.com



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