



**July 2010:**

## A word From Mike:

We just enjoyed our highlight event of the year the evolution Oscars. The night was a smashing success because of all who were there - an amazing group of clients and trainers. I was not able to be there as i was absolutely floored by the flu. I did get to hear the awards ceremony on speaker phone and i was one very proud old bull.

And I was reminded that the vision truly lives when it is carried by many. Hearing the evolutionaries carry that vision on the night and talk with absolute passion about what we have all created was totally inspiring to me - as was all the cheering, laughing and clapping.

So thanks to all of you

Upward and Onward - **Mike** (aka old bull)

### Back pain... Take a seat.

One of the most common forms of injury or pain in modern society is lower back pain. 80% of the population will at some stage suffer from lower back pain and luckily the majority of these sufferers will not need any treatment apart from a few panadol, patience and reassurance to keep on moving as much as comfortably possible. I was intending to slowly develop the theory behind the causes of lower back pain but for the sake of brevity will simply state "the very common "C shaped" sitting position is one of the most common causes of primary back pain". Last newsletter I wrote about the need to have a correct lumbar curve atop a neutral pelvic position. This position is related to 2 major muscle groups, the hip flexors and the abdominal muscles. C shaped sitting posture can either be caused by an imbalance in these muscles or can cause an imbalance in these muscles. If your body will allow you to sit and maintain sitting in this correct posture then do so. If not, then ensure that your environment (chair) will facilitate this posture whilst you restore your bodies capacity to achieve and hold this position. Your trainer will help you with the training component and speak to mike about a possible seating solution.



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### Dear Agony Uncle

*As i am sure you know, Friday night was a big event on the evolution social calendar. As usual at these sorts of occasions i drank al little to much and vaguely recall making some forward advances on one of my fellow evolutionites. In the cold reality of Monday morning i found myself speechless when she arrived at the session... not a word was spoken. How can i redeem myself???*

Young man, don't be feeling guilty or ashamed of your actions while under the influence of the demon drink. Many a long lasting relationship has been forged over the bubbles and the amber ale, one or two have no doubt been torn apart as well but hey, let's stick to the positives here! Unless there was a slap across the face or worse we can assume that your advances were not too out of line, remember your memory of the event is rather cloudy and with any luck so is that of your victim.... i mean the target of your affection. A special relationship is developed between the committed young girls and guys that train together at 6am, rain, hail or shine. You are a hardened bunch and i think you may be prematurely quaking in your boots. Chances are she admired your newly found confidence and now you are at the forefront of her thoughts...before and after training of course!! She would be far to focussed on the session between 6-7am!! A welcoming hello at 5.55am would be a sufficient start, and then 7.01am is your time to shine. The adrenaline running through your body and the increased endorphins from a tuff session will have you in a semi intoxicated state and you will be beaming with confidence. Start a conversation around how great the session was and how amazing the trainer is... the rest will fall into place. Please send your questions to [agonyuncle@etwgroup.com](mailto:agonyuncle@etwgroup.com)

**Yours, Agony Uncle.**

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Rushcutters : Balmain : Balmoral : Rozelle: Maroubra: Queens Park:  
Paddington (Brisbane)**

## Off Balance



**Name:** Julia Challenor

**I am from:** Perth

**I found out about ETW by:** Internet

**I started Evo in:** 2009

**My favourite session is:** Loads of love Fridays at Ballast point

**My wake up / get it together routine on days that I train is:** Set my alarm early and push the snooze button a few times that way I am awake and ready to get into it.

**My after training routine is:** Big yummy breakfast and coffee

**What I do when I am not training (for work that is):** I am a behavioural therapist and I specialise in autism.

**What mom and dad always told me was:** Look after yourself first and be true to you.  
**that I am** ...Patient

**Friends say**

**My recommendations are:** **Great Cafe:** Rosebud, Book café Paddington **Movie:** Amelie, Lost in translation, Baraka **Music:** Kings of Leon, although I claimed them in 2004 after seeing them at a big day out. **Day Out** I love to shop in curio shops, wander through markets, sit on the beach, laughing with friends, comedy nights.

**Anything else to tell about, hobbies, hangouts, habits, heroes etc ...** I love to cook for my friends on a Sunday and invite them all around and pass the day away eating healthy delish food with fantastic conversation

**If I was an evolution trainer I AM ...** in awe of my clients! Their dedication to their fitness and health inspires constantly.

**Word from your Evo(s) -** Hi everyone, well a great month last month with quite a few new faces in our group.

Daniel, Rebecca, Rachael, Angharad, Linda Sylvia, Sally, Katherine and Peta welcome. You have all brought new energy to the group and it is fantastic for Julia and I to watch our group grow. With these sorts of numbers and the new faces we are still expecting, the energy and sessions can only get better and we will definitely evolve into a fantastic family.

It is still a little cold and dark but lets all stay committed to throwing off that doona (or Duvet as Julia would have me say) and getting to as many sessions as we can. When we get there we will shake off the cold and power through to 7 oclock with dynamic sessions and a laugh or 10 on the way. We can achieve your goals together and Julia and I are more than happy to be your personal fun and fitness Navman.

Finally congratulations to Julie Rae who took out the best woman in Evolution award at the Evo Oscars night. Her charm, wit, commitment, along with her efforts in spruiking the virtues of the evolution ethos and her fantastic ability to welcome our new members is outstanding and she truly deserves the award.

Thanks again everyone lets have a great month. Julia and Cam.

*"Don't be afraid to go out on a limb – it's where the fruit is"*

*Anonymous*

