



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

Yours, Agony Uncle.

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Off Balance



Name: Ros Anderson

I am from: Mosman via Melbourne

I found out about ETW by: My sister gave me the intro card and I thought it sounded good.

I started Evo in: Early May

My favourite session is: Yoga, 'cos I'm very inflexible and need to be better. Also love the sessions with Rod at Balmoral (it pays to be nice to your trainer, right?)

My wake up / get it together routine on days that I train is: The alarm on my mobile

My after training routine is: Groaning... then rushing home to get ready for work.

What I do when I am not training (for work that is): Product marketing manager at Sunbeam

What mom and dad always told me was: A healthy body is a healthy mind; they did really!

Friends say that I am ...Trying to be fit!

My recommendations are: **Great Cafe:** Penny Royal-best coffee in Mosman **Movie:** The most recent that I enjoyed was a doco "September Issue" about Anna Wintour and US Vogue. **Music:** Anything from Nick Cave **Day Out** Spring Racing in Melbourne or just a really nice lunch somewhere in the sun. **Anything else to tell about, hobbies, hangouts, habits, heroes etc ...** Skiing, travelling or both together also add shopping + travelling. ...?

If I was an evolution trainer I wouldTake delight in working the group hard whilst relaxing on the side...lol

Word from your Evo

It is funny how things turn out. This past month, despite the growing darkness, lashings of rain and biting cold, we have seen record numbers turn out for our group. Newbies Nicky, Mariko, Dave, Katho, Thea and Victoria have meshed well with our seasoned campaigners and have added some good chat to our morning warmups as well as show themselves to be committed to the training.

The shortest day has come and gone so we are running towards the light of spring. Once we are through this next 4 weeks it is happy days until next April. For some reason I have found it easier to get up, get motivated and stay committed to being your trainer in the past 4 weeks than ever before. I think that it is down to how much effort and guts everyone has been putting into the sessions.

A little bit of socialising never hurts and I want to say thank you again to Jo and David for inviting us all round to their house late last month for some cake and champagne. I think we should turn it into an annual event :) Speaking of annual events, the Evo Awards Night was well attended last Friday. Congrats to Alex for winning the Balmoral Super-star award. Alex has been training with us the longest and always puts his hand up to help us out, whether it be offering lifts, loaning us his camping lantern for the dark mornings, or taking some awesome pictures. And congrats to The Freckers for winning the Fellowship Award, which is the highest form of recognition we have each year for someone who has summed up the Evo spirit. I think you will agree that David and Jo are the heart and soul of our group, never miss their training, give 100% and do it with a kind word and friendly support for the rest of us. Not to mention P-Frecker's matching blue tights and top combo!!!! So it is with a heavy heart that I leave you for 3 weeks to embrace the long english days and the local beer garden. Be kind to Mikey and enjoy the sound of a different South African accent droning in your ear for an hour each morning.

Rod - rod@etwgroup.com