



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.

**phone 0438 13 15 17 : www.evolutiontowellbeing.com.au: Bondi : Bronte : Coogee :
Rushcutters : Balmain : Balmoral : Rozelle: Maroubra: Queens Park:
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Off Balance



Name: ZOE FROST

I am from: Leamington, ENGLAND

I found out about ETW by: Ouffer

I started Evo in: May 2010

My favourite session is: Boxing in Queens Park

My wake up / get it together routine on days that I train is: My only encouragement is that fact that I have to pick up Nona.. so I literally roll out of bed! **My after training routine is:** Shower and work!

What I do when I am not training (for work that is): I work for FOXTEL – and yes I get t for free!

What mom and dad always told me was: You can't leave the

table until you've finished

Friends say that I am ... A typical pom

My recommendations are: **Great Cafe:** Katipo on Bondi road, my French flat mate works there so be sure to say hello! **Movie:** Pay it Forward **Music:** Love Passion Pit at the moment **Day Out** Getting out of Sydney & driving up the coast

Anything else to tell about, hobbies, hangouts, habits, heroes etc ... Love the beach and I'm still trying to swim in the sea.. despite the cold

If I was an evolution trainer I would ... Die!

Word from your Evo

First month of winter down and only two months to go!! Well done for all your efforts for June. Zoe and Nona I hope you have enjoyed your first month being part of Queens Park Evolution, its great to have you both as part of the team!

We recently have had two new trial ladies starting with Queens, so a big welcome to Dannika and Marija. Its not easy to start a new exercise regime especially when its in the middle of winter so hats off to you both for taking the initiative and by the time spring is upon us I promise you will be so pleased that you did.

The Evolution Oscars which is a big night on the social calendar went off with a bang, we only had a couple of us representing from Queens but we truly had an enjoyable night and I really do encourage everyone in the future to make the effort to attend these social events. They are always good fun and a great way to meet some fellow evolutionites but even more importantly to show the other groups that Queens although still a relatively new group is just as strong and has the potential to be just as big!

So Queens park members lets all have a think about what we want out of the month of July? If you stay focused, positive and are determined than you can make it happen.

See you @ 6am,

Sam - samanthapt@live.com

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