



**Nov 2010:**

**Tamarama Group Now Open!!  
tell your friends**

## **A word From Mike:**

### **My cup is full**

I recently returned from our first ever annual evolution staff retreat. We all got together in Kangaroo valley. A lot was accomplished in those 48 hours. With the assistance of two awesome facilitators, we as team evolution got the opportunity to review the year that was and then recreate and align ourselves with the evolution vision. We ate great food, laughed, learned, shared, got inspired and expanded our own visions of who we are as leaders and what is possible. In the final wrap up we got to see why we are creating something incredible. So thanks to each and every evolutionary, second trainer and support staff. And a massive continuing thank you to you, our clients. Onwards and upwards,

**Mike - [mike@etwgroup.com](mailto:mike@etwgroup.com)**

## **How does Strength Training prevent injury?**

Strength training is essential as part of a healthy balanced wellbeing programme. The benefits are obvious and the immediate crossover of those benefits to all sorts of day to day activities. Injury prevention however, is one benefit that is often overlooked. Strength training is a very effective tool for injury prevention for a variety of reasons.

Strength training improves the strength of the muscles, tendons, and even the ligaments and bones. The stronger muscles and tendons help hold the body in proper alignment and protect the bones and joints when moving or under impact. The bones become stronger due to the overload placed on them during training and the ligaments become more flexible and better at absorbing the shock applied to them during dynamic movements.



Muscle imbalances are one of the most common causes of injuries. When one muscle, or muscle group, becomes stronger than its opposing group, the weaker muscles become fatigued quicker and more susceptible to injury. A forceful contraction, near maximal output from the stronger muscle can also cause damage to the weaker opposing muscle due to the inability to counter the force.

Muscle imbalances also affect the joints and bones due to an abnormal pull causing the joint to move in an unnatural pattern. The stronger muscles will cause the joint to pull in that direction causing a stretching of the opposing ligaments and a tightening of the supporting ones. These can lead to chronic pain and an unnatural wearing of the bones. A balanced strength training program will help to counter these effects by strengthening the weaker muscles to balance them with their counterparts.

For more info talk to your trainer.. **Team Evo**

## **Dear Agony Uncle**

*It seems like an eternity but the evo xmas party is finally almost upon us again. Last year i went in with a game plan to hook up with one of the hotties from my group. It was all going to plan until ..well im not sure when because everything is blank from about 9.30 onwards. I thought beers followed by shots followed by more beers and more shots would have given me the confidence to win her over but after waking up on a park bench and judging by the reaction i got at the following training session i could see that my plan had failed. How did a younger uncle manage to gain such a famous reputation with the ladies while at the same time being a feared man to be going drink for drink with??*

**Signed .. slurrrrrr**

Ah yes young slurrrr, it is true that i was a man to be feared both at the training sessions and at the bar, a rare combination but never the less one that attracted the ladies attention. Unfortunately for you son they are big boots to full and it hasn't been done yet so don't beat yourself up over it. You need to know your limits , Slurring and stumbling to early in the evening is only going to open the door to the opposition when it comes to securing your first pick of the lovely young ladies that frequent the evo xmas parties. You have to think (and drink) smart. Put a straw in you glass of tonic water with a cut of lemon, it will pass as a triple vodka all the while the other boys are drinking themselves out of contention. They say the early bird catches the worm...not at a xmas party my friend..the bird up the latest and still able to string a sentence together will feast on the juiciest worm!! Pick your target, do the groundwork, hold yourself together until you are sure you have sealed the deal....then you can drink to your hearts content.

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**Yours, Agony Uncle.**

**phone 0438 13 15 17 : [www.evolutiontowellbeing.com.au](http://www.evolutiontowellbeing.com.au): Bondi : Bronte : Coogee :  
Rushcutters : Balmain : Balmoral : Rozelle: Maroubra: Queens Park: North Sydney  
Paddington (Brisbane) and now Tamarama!!**

## Off Balance



**Name:** Rupert Townsend

**I am from:** Recently London, but I was raised in Kent, England.

**I found out about ETW by:** A friend, who occasionally trains with Evolution!

**I started in:** September this year

**My favourite session is:** Bondi on a Tuesday and Thursday. Sand running is tough but there's something special about being on the beach at 6am.

**My wake up / get it together routine on days that I train is:** My first thought is being on Bondi beach in summer, not the sort of place you want a belly!

**My after training routine is:** Shower, protein shake and dash to catch the bus to work.

**What I do when I am not training (for work that is):** I'm an Engineer during the week, but I'd much rather be a photographer.

**What mom and dad always told me was:** *"You only get out of life what you put in"*, this is so true in friends, career and fitness!

**Friends say that I am** I dread to think!... they'd probably say: Enthusiastic, Competitive and the last one to leave a party.

**My recommendations are:**

**Great Cafe:** Salina's in Bronte for brunch with a view (try the Egg Stack – yum)

**Movie:** Zoolander and Anchorman are personal faves, but I particularly loved the new movie 'Inception'

**Music:** Incubus – Morning View, Led Zeppelin – Mothership

**Day Out:** A day out kite boarding or wake boarding would be awesome but I never find the time to do either.

**Anything else to tell about, hobbies, hangouts, habits, heroes etc...** I used to play golf very seriously and my x-hero was Tiger Woods. I respected his drive, determination and success but he got a little too self important

**If I was an evolution trainer I would** ..probably be a little sadistic. People can achieve far more than they think.

## Word from your Evo

November Word from evo

OMG..the last block of training for 2010 is about to kick off. Another amazing year will be put to rest and the silly season will start with us all feeling fit and healthy and looking great. Unfortunately 3-4 weeks later we will be feeling the effects of too much fun but luckily training will be starting up and we will do it all over again!!

I could go on forever about the highs of the 2010 bondi klik journey but i hope you don't really need to be reminded of them. Every day is awesome, you all put in so much effort and commitment that training the group is a pleasure. We have had plenty of obstacles to overcome but nothing has stopped us yet and we just keep getting stronger each month/year.

The warm welcome that new members receive and the relationships that are formed between all of you are two things that really stand out to me. There is nothing more rewarding for me than to see to people that have only met during the session walking away at 7am as friends...well maybe seeing the whole group do birpees because someone didn't reply to the Sunday text is equally as rewarding..lol.

Lets make sure we make the most of the last training block, enjoy the warm weather in the mornings and push extra hard at every session, try to eat extra well and curb our social and drinking habits until we break on the 18 december.. or at least until the xmas party!!! **Az - aaron@etwgroup.com**



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Discover a new sense of vitality, balance and wellness at The Golden Door's Health Retreats and Day Spas. Whether it be for a week or just a day, The Golden Door provides the perfect environment to escape the daily stresses of life, giving you time to step off the treadmill of life, simply take a breath and focus on what is important to you.