



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

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 slurrrrr, 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.

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: North Sydney
Paddington (Brisbane) and now Tamarama!!**

Off Balance



Name: Emma Maxwell

I am from: Born and bred in Bronte, and now back in beautiful Bronte!

I found out about ETW by: Well I found evolution on the net. There are some scary websites out there for bootcamps, and evolution looked the most humane! **I started in:** 4 months ago, though if you look at my attendance record, and my tummy, better to say I started last week. (It's hard getting up in winter!) **My favourite session / location is:** I always do them at Bronte: Monday and Wednesday. My favourite will be sprinting when I'm over my little injury. **My wake up / get it together routine on days that I train is:** Wake up 5.30, snooze 10 mins then hurry right up to get to the warm up.

My after training routine is: Few more stretches at home, cup of tea, and take it easy til my late work start on those days.

What I do when I am not training (for work that is): Physiotherapy and my masters in sports physiotherapy

What mom and dad always told me was: Dad always says: "the lion retires before it makes its charge". I like that, it's a helpful statement.

Friends say that I am ...Vague. Nothing I can do about that one.

My recommendations are: **Great Cafe:** Choose any in Bronte where there is a seat free! I'm yet to try Three Blue Ducks on Macpherson, but it looks great. **Movie:** Oh I never remember the names of movies - I did like Inception though **Music:** Hmmm tough one, my latest find is the album Tonight Josephine by Tape Five

Day Out: Swimming at the beach definitely, going to the markets, exploring around....

Anything else to tell about, hobbies, hangouts, habits, heroes etc Ahh I used to bite my nails - stopped that one. I just bought a new bike and I'm having fun riding it around.

If I was an evolution trainer I would ... Maybe start up an evening session?? Apart from that, the support you guys give is fantastic.

Word from your Evo

Well that was a very quick month - we saw the brief return of Mike to Bronte, the bright mornings which came and went (soon to return!) as well as some amazing moments such as the whales off the coast one Monday morning, fabulous sunrises and of course fantastic sessions!

The sunshine is definitely here to stay now so we can all ditch the snooze button for good and plan for a huge summer of training and really get some fantastic results mentally and physically and bring the season in with a bang!

I am looking forward to this next month with great excitement, we have a brilliant bunch of people here at Bronte and with more people entering the group each week it can only improve each and every one of us and push us harder every session - it is awesome to see new friendships being created with each passing week.

I hope to see you as much as possible over the next month

Cheers,

Matt - matt@etwgroup.com



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