



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 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.

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: Thea Holman

I am from: Willoughby, Sydney

I found out about ETW by: Through the website jumponit.com – one month of unlimited sessions for \$29! Too easy!

I started Evo: Terribly. For my first session, it was pouring with rain and I couldn't find the location (it was at Cammeray) and I was 15 minutes late. I was already over it before I got there.

My favourite session is: Friday's at Balmoral are so hard but I always feel amazing afterwards. And the location can't be beaten.

My wake up / get it together routine on days that I train is: Brush my teeth, get dressed, have a piece of fruit with a glass of water, then spill my cup of tea all over myself in the car.

My after training routine is: Have breaky with my parents at home, respond to some emails from overseas friends and get a few more hours sleep in before I go to work.

What I do when I am not training (for work that is): I'm a nurse in Neurosurgery at Royal North Shore Hospital. Don't ever get a brain injury on the north side!

What mom and dad always told me was: Whatever you choose to do, always try your hardest and do your best at it. And to be generous.

Friends say that I am ...Awesome! Hopefully a bit of fun, someone to laugh with and at, but a bit of a dork.

My recommendations are: Great Cafe: For coffee, Forsyth's Tea and Coffee at Naremburn shops. For food, either Maggio's at Cammeray or Simmer on the Bay at The Rocks (near the Wharf Theatre). **Movie:** Romeo and Juliet, Step Brothers, Finding Nemo, The Harry Potter Series

Music: Uncovered by Ministry of Sound- an amazing selection of chilled out cover songs. **Day Out** I love a beach day! And seeing my friends over a few wines is always a winner.

Anything else to tell about, hobbies, hangouts, habits, heroes etc ... I love travelling, anywhere in Europe is always wonderful. The next trip may have to be Central America. Heroes would be my family and friends – there's something in each of them I admire.

If I was an evolution trainer I would..not wear a beanie and go to Bathers after a session!

Word from your Evo

Great things are happening on the North! Nick, after cutting his teeth at Balmoral over the winter, is now running his own group in North Sydney. It has been very satisfying for me to see how far he has come in the past few months. With our expansion we are now running the full timetable with both groups meeting up on Tuesdays and Thursdays. Apart from a few people getting lost the Thursday sessions have benefited from being outside again and moving around to different locations. This year has gone by in a flash and I can't believe that it was only 7 months ago that my wife was in labour and we had to cut short our Friday session so I could head to the hospital. The group has dramatically changed for the better over the winter and I would like to welcome all the newbies and thank all the oldies for their continued commitment to their training. We will endeavour to take the sessions, and the program as a whole, another notch up in the New Year, with more socials and the addition of a Saturday class. Let's smash it up for the last 5 weeks and then enjoy a well earned holiday. Cheers Rod. **'Rod - rod@etwgroup.com**



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