



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: Damien M Farrell (Damo)

I am from: Pluto **I found out about ETW by:** I was at a conference and I noticed this girl who was always wearing a pink bandana, always smiling and she had a butt like J Lo. I had to talk with her. It was Jayno.....the rest is history

I started in: March 2010 but I was evolving long before then! **My favourite session and location is:** Any session with Jayno at the Cloey Hotel

My wake up / get it together routine on days that I train is: Mostly I roll out of bed at 5.40 get my gear on and drive to training. Occasionally I just roll out of my car which is already in the coogee car park from the night before! **My after training routine is:** Coffee, cigarette and doing the diabolical Sudoku

What I do when I am not training (for work that is. I'm a producer. I used to make all that reality TV drivel but now it's corporate stuff

What mom and dad always told me was: If it's yellow let it mellow, if it's brown throw it around!!

Friends say that I am ... I'm a good egg

My recommendations are: Cafe: Clodeli **Movie:** Pulp Fiction **Music:** Joshua Tree / Achtung Baby / Zooropa – anything by U2 **Day Out** Catching up with friends

Anything else to tell about, hobbies, hangouts, habits, heroes etc... Surfing, hangout—Cloey Hotel. Habits— bad. Heroes Sir Peter Jackson / Cathy Freeman / Lao Tzu / Muhammad Ali / Martin Luther King / Eckhart Tolle / My family

If I was an evolution trainer I would ... Drive a **V8** Ute!!

**Coogee KLIK Christmas
Breaky BBQ**

December 4th @ 9.30am

More details to follow

Any questions

Ask Jayne

Word from your Evo

Well Team Coogee.. With another 4 weeks of intense training and record attendances under our belt, it is now only a matter of weeks until we break for the festive season!! We have powered through the last few months gathering speed and momentum each week, so Team, lets push on and hit the ground running as we power our way through to the much deserved Christmas break!!

You should all be very proud of what you've achieved and how far you've come. I cannot begin to tell you how proud it makes me feel to see and to witness some of the accomplishments that have been gained over the recent months.. It may be Lee with his skipping, Michael and Brett with their incredible weight loss, Kath for running the City To Surf with her family, Laura & Rach for obliterating their times for the Bridge Run earlier in the year ASWELL as the City2Surf, Nancy aka Queen of the Plank for her incredible performance at the InterKlik Challenge, Wilman for running his 1st ever half marathon, Charley for giving the boys a run for their money at EVERY session and Rupert for having the incredible ability of making everyone laugh and for making the daunting prospect of training at 6am really not seem that bad after all!! :-)) The list goes on and on Team and each and every one of you are on it!! Every single one of you are an inspiration not just to me but to others both in and outside the group too and your commitment, enthusiasm and dedication always shines through (in some capacity!!!! It might take a while to see it at 6am but we all know it's in there somewhere!!). :-))

I would like to acknowledge one person in particular for all of the above, for his incredible sense of humour and for his incredible ability to talk more than me and that is none other than our Coogee Klik Member of the Month and my beloved friend and partner in crime, Damo!!! This is long overdue my friend but means you can be reigning Coogee Klik Member of the Month right over the Festive period (and which I'm sure will give you even MORE reason to sneak a cheeky tequila in next time you're down at the Cloey!!! And I'm sure you'll be dragging me down there with a gun to my head like you normally do!!!) :-))

Team Coogee, lets give ourselves a good reason to let our hair down at the Christmas party (not that you lot need a good reason!!) and lets kick some serious butt over the next four weeks!!

Over & Out, Your dedicated trainer, **Jaynee - Jayne@etwgroup.com**



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