



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: Sarah Cargill

I am from: Lorna Jane

I found out about ETW by: Through Belle another evolutionite

I started in: October 2010

My favourite session is: Definitely boxing!

My wake up / get it together routine on days that I train is: I always lay out what I plan to wear the night before so I literally jump out of bed and I'm ready to go! **My after training routine is:** Yummy muesli breakfast and cold shower

What I do when I am not training (for work that is): External Communications Advisor for Lorna Jane

What mom and dad always told me was: To accept the things I cannot change; courage to change the things I can; and wisdom to know the difference

Friends say that I ...Silly

My recommendations are:

Great Cafe:Anouk **Movie:** Notebook **Music:** Beach house Teen dream **Day Out** Day trip to the beach

Anything else to tell about, hobbies, hangouts, habits, heroes etc Is it sad that I don't have time for hobbies?

If I was an evolution trainer I would ... Make everyone do burpees for an entire session....just kidding J

Word from your Evo

Happy final newsletter for 2010! Wow what a year of milestones. Evolution Paddington turned 1, we have had birthdays, marathons, triathlons, weddings, Gain Rooney, holidays, and many more exciting things happen, but you have all still stayed focused and given 110% between 6 & 7am which is what I love!

While we are on the countdown to Christmas and 3 weeks holidays, let's not lose focus of what we have all come together to do. Whether its lose weight, keep fit, get more active, compete in an event or just because you love early morning training, we all need to stay focused for a few more weeks. Remember we have our final session on 18th December which it would be great to see 100% attendance, and then we will be starting back on 17th January to concur another year of milestones and goals. I expect some good goals set in your minds for 2011 and we will be touching on these when we return from holidays.

Make sure you put in your diary December 18th in New Farm park so we can get together and enjoy some park time, good company and good food.

Thanks all for an amazing year as your trainer, and for trusting me to help you reach your health and fitness goals – it has been an honour and I look forward to 2011 as we continue on this journey.

Aim—amyb@etwgroup.com



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