



**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:** Linda Crickmay

**I am from:** Sweden

**I found out about ETW by:** Through Jump on it.com

**I started Evo in:** 10 wks after my baby daughter Luca was born, around the beginning of June this year.

**My favourite session is:** Oh, its hard to choose but I think Fridays session is the best in Ballast point Park. How can you not love working out watching the sunrise over the Harbour Bridge?!

**My wake up / get it together routine on days that I train is:** Totally depends on Luca, sometimes she wakes up at 4-4.30 ish and I feed her and have some water and a banana before I take off. On lucky days I get to sleep until the alarm goes off at 5.30!! I love those days.

**My after training routine is:** I come home to my family and feed Luca whilst I sweat it out before hitting the shower. I have porridge and fresh juice for brekkie.

**What I do when I am not training (for work that is):** I stay at home with my baby and are also studying full time at university trying to finish my business degree.

**What mom and dad always told me was:** To always smile and stay positive. . **Friends say that I am** ...Kind and funny

**My recommendations are:** **Great Cafe:** Rosebuds on darling St, Rozelle **Movie:** The Illusionist **Music:** Californication by Red Hot Chili Peppers **Day Out** At Freshwater Beach with my family followed by a coldie at freshwater hotel. **Anything else to tell about, hobbies, hangouts, habits, heroes etc ...** I only have good habits, chocolate and wine!

**If I was an evolution trainer I would...** Love to train the Balmain klik, they're a great bunch that keeps you motivated!!

## Word from your Evo

What a month! With it we saw some amazing sun rises each just as beautiful as the last. Everyone putting in such a hard effort with their training, taking their fitness to the next level. I would like to take this opportunity to welcome the new team members to the inner west. I hope you enjoy your fitness journey. This coming month we can all take a moment to ponder on what is our true Motivation... What drives us to get up at 6am and work hard? What are our core goals? Is it time to set new ones if our old goals have been met and achieved?

I would like to take this opportunity to send all our best wishes to Julie Rea who recently broke her wrist and is hope fully on the road to a quick recovery. You are in our thoughts Julie. Also welcome back Linda Crickmay, what a delight it is to see your smiling face each morning and always with a cheery disposition even though you are sleep deprived due to being a new mother - what an inspiration you are. And a big shout out and many many thanks to Cam the man for his fantastic sessions on Thursday and for all the laughs - we love you man.

I love this quote for today... "If you want to leave footprints, don't drag your feet."

You deserve to put 100% into what you are doing. In order to succeed in health, your goals, as a friend, a Mother, a Father or at your job, don't be so hard on yourself. You are doing amazing things. Be more patient, put 100% in and you will see a return with success. Keep your head high and lead your life with your heart. Thank you to you all for making 6am such a pleasure

Yours in fitness. **Julia—[julia@etwgroup.com](mailto:julia@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.