



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: Cameron Gerrie

I am from: Born in Balmain , Grew up in eastern suburbs predominantly Bondi **I found out about ETW by:** From Matt (Bronte Evolution trainer) **I started in:** March 2010

My favourite session involves hard work and amazing group dynamics **My wake up / get it together routine on days that I train is:** I am not 5 mins out of bed kinda person. Before I go to a session I have a bowl of muesli and check Fox Sports overnight news

My after training routine is: a good stretch and thinking of my 2nd breakfast before work.

What I do when I am not training (for work that is): I have a 2nd life as a head waiter at Cafe Sydney and Verandah restaurant and wine bar. But next year its all about the training and healthy lifestyle industry.

What mom and dad always told me was: You can dislike someone but you Hate no one.

Friends say that I am ...ahh fun i guess (and occasionally odd)

My recommendations are: **Great Cafe:** Ullivetto, Potts Point, Mollys- Maroubra, M deli - Tama.

Movie: as a Kid - Highlander **Music:** Incognito, Bon Jovi , Temper Trap **Day Out:** Get up train , beach for coffee and breakfast, swim, sushi for lunch- afternoon nap.

Anything else to tell about, hobbies, hangouts, habits, heroes etc Absolutely a huge Balmain Tigers fan, love reading books. Love hanging out with my mates and laughing. Love learning new ways to train and to chill out

Word from your Evo

A huge hello to everyone who is joining us at the newest group in evolution Tamarama. Well the time is finally right to start a group at the sexiest beach in the east, Bondi has size , Bronte has some good cafes and the kiddies train Coogee has wedding cake island. But if your looking for unique and boutique tama has it all over them.

We have a golden opportunity over the next time table to be a part of some amazing sessions that will challenge you and get results before the xmas break , a time when we look to balance our hard work with some well deserved social interaction (a nice way to say a few drinks and decadent portion sizing). I have had the luck of working with some of the best trainers in Evolution prior to the opening so there will definitely be opportunities for you to set some goals that will leave you begging to finish the xmas break and dive back into your training in January.

It will also be a great to start meeting and getting to know all the group , whilst the training is important you have to have that balance of fun weaved in.

So to all my Tama members lets train hard ,laugh hard and watch that sun come up together . 6am evolution is the best way to start your day Cheers, **Cam – cameron@etwgroup.com**



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