

# Evolution to Wellbeing

~ your local bootcamp specialists ~

Welcome to our first newsletter for 2012!! I love this time of year, everyone (including us) are writing down what they want to achieve for 2012, I will lose 5kg & finally fit in to my favourite jeans, I must walk the dog everyday, I will be nicer to my partner, I will only drink alcohol on weekends & the list goes on. But what stops us being able to tick all those things off at the end of the year as achieved? And how can we ensure that 2012 is going to be our best year yet? Read on to find out our tips on overcoming this, exercise of the month, recipe of the month, and a whole lot of health related info. Enjoy!

## Stick to Your New Year's Resolution

What you do before you start to change a habit is crucial. Here are the most critical steps you can take towards success:

**1. Make a plan** - Research shows it's essential to think about what you'll do and when ahead of time. Get specific: that forces you to prepare for inevitable barriers and temptations. "Launching a New Year's resolution with no planning is like jumping out of a plane and trying to sew your parachute on the way down."

**2. Believe that you will succeed** - Believing you will succeed helps you to keep trying in the face of obstacles. How do you develop that belief? By mastering small challenges first (opting for salad over bread sticks, for example) and then moving on to bigger ones (such as committing to eat well & exercise daily)

**3. Get your friends and family on board** - Studies show that getting people involved in your new behaviour—whether it's a trainer or a friend who joins you for walks or routinely checks in with you about your progress—can help keep you focused and highly motivated.

**4. Reward yourself** - Create small, achievable targets on the way to your big goal, and celebrate every success. If you go a week without a late-night snacking session, buy yourself a bunch of flowers or a new book. Rewards condition you to expect a good outcome, that optimism helps you keep going when things get tough.

**5. Never stop trying** - Establishing change is a long process, with inevitable slip-ups along the way. Remember, no matter what your resolution, persistence pays off, and just keep trying!



*"Risk, dream, make a new start.  
Above all, believe in yourself. Have  
courage & grab at life – its all there  
for the taking"*

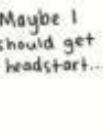
## stages of procrastination

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### 1. false security



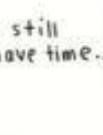
### 2. laziness



### 3. excuses



### 4. denial



### 5. crisis



6. repeat

Come get cheered up @ **REALLOL.COM**

**Group outdoor fitness specialists, Paddington, Bardon & Rosalie**

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## Eat well at work!

According to a Fruit at Work workplace-health survey, more than 70% of Aussie workers believe that stress is the reason their healthy eating habits slip when on the job. Beat the biscuit jar and get back on the bandwagon with these healthier snacking tips, recommended by accredited practising dietitian Geraldine Georgeou.

## Snack Well

Pack individual portions of nuts to bring to work (you'll graze all day on one big packet). Combine the nuts with a piece of fruit

## Add Protein

Make up a prepared vanilla protein shake and add a tub of berries. Sipped at 4 pm, this will get you through the afternoon slump and through to dinner

## Hello Beautiful

How do you talk to yourself? It's so difficult to raise the bar in your life if you talk down to yourself. Limiting statements like, "I never lose any weight", mean you won't. Comments like, "I can't save any money", mean you never will. Thoughts like, "They won't give me a promotion", mean there is a good chance they're not going to.

Put it this way - what you think about, comes about. If you cannot have positive, meaningful conversations with yourself, you are beaten before you begin!

Now just before you run to the mirror, wink at yourself and say, "Hey, how you doing Superman/Wonderwoman?", let me give you a word of caution - you can't lie to yourself. Just by saying, "I am the world's greatest snowboarder", does not make you so. What I mean is you need to talk to yourself in encouraging terms. For example, "I never lose weight" becomes, "I am losing weight", which becomes, "I have lost a lot of weight", which becomes, "Hello beautiful", which could become, "Hello Superman/Wonderwoman". You get the idea...

## Cindy tells her story – 'how I lost 11.7kg & now wear size 9 jeans'

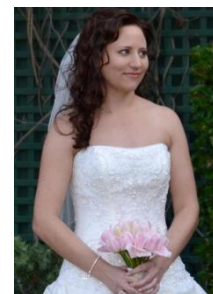
*'Since joining Evolution to Wellbeing, I have lost 11.7kg in 7 months and I have also lost 8.5cm off my waist, 10cm off my hips and 11cm off my bum. I was wearing size 12 jeans, but now I'm fitting into size 9. I've been to many different bootcamps and outdoor training groups, but no one does it as good as Amy and Ally at Evolution.'*

*There is so much variety in the sessions and Amy and Ally are fun and easy going, but are also very good at motivating you to push just that little bit harder or sprint that little bit faster. But it's also the support that you receive beyond the 6am training session that I always found very motivating - whether it's simply the monthly training schedule that gets sent out, the Sunday afternoon text message or the occasional email or facebook post.*

*I actually did a very scary thing of buying a wedding dress that was too small for me, however in the end, my alteration lady told me to stop losing weight or else my dress would be too big. Evolution helped me to reach my goal of not only looking good for my wedding, but also feeling good!' – (Cindy, 31)*



Before...



After...

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## Quinoa, asparagus & feta salad

**Quinoa** is an ancient grain contains more protein than any other grain, with a good balance of all 8 essential amino acids, making it a good choice for vegetarians. Quinoa is also high in fibre and has a low-GI, beneficial for keeping blood sugar levels stable.

### Ingredients (serves 4)

500ml (2 cups) water  
150g (1 cup) quinoa, rinsed, drained  
Olive oil spray  
2 bunches asparagus, woody ends trimmed, cut into 4cm lengths  
1 large red capsicum, halved, seeded, coarsely chopped  
75g (1/2 cup) crumbled reduced-fat feta  
40g (1/4 cup) sunflower seed kernels  
4 shallots, trimmed, thinly sliced  
2 tbs chopped fresh continental parsley  
1 1/2 tbs fresh lemon juice  
2 tsp honey  
2 tsp olive oil  
1 tsp sweet paprika  
100g baby rocket leaves

### Method

Combine water and quinoa in a large saucepan over medium-high heat. Bring to the boil. Reduce heat to low. Cover and simmer for 12-15 minutes or until the liquid is absorbed. Transfer to a large bowl. Set aside to cool. Meanwhile, preheat a large chargrill on high. Spray lightly with oil. Cook the asparagus for 2-3 minutes or until tender crisp. Add the asparagus, capsicum, feta, sunflower seed kernels, shallot and parsley to the quinoa. Whisk the lemon juice, honey, oil and paprika in a small bowl until well combined. Add the dressing and rocket to the quinoa mixture. Season with pepper and toss to combine.



**January 'friend' special offer.**  
Your friend, family or colleague can train for 4 weeks unlimited for just \$69 – what a great way for them to kick start 2012!  
\*conditions apply, email or call for further details

### Exercise of the month:

Swiss ball crossovers

Why? A triple punch – you're sitting up so it targets your six-pack, you're twisting so it's targeting your obliques and you're stabilising while on the ball so your core is working.

How? Position yourself so your lower back is on a Swiss ball and your feet are shoulder-width apart. Curl up, taking your right elbow towards your left knee. You will be twisting and crunching at the same time. Stop just short of upright and slowly lower until your mid-back lightly touches the ball. Do a set on this side and then repeat on the other side. 3 sets of as many reps as you can on each side



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