



May 2009 : www.evolutiontowellbeing.com

A word From Mike:

During the past 4 weeks all the groups have been doing assessments. For some the assessment has been a great measure of progress. Those who know me and my take on evolution as a lifestyle program know that I am not a big believer in assessments for assessments sake. However the assessments are like holding up a mirror. Do the work and achieve the result. If you have trained consistently, eaten and slept well then you will continue to achieve a higher level of fitness. Accolades for both Jayne and Azza have been coming in fast and furious. That is an awesome sign. It is amazing to watch the leaders that they have become and your response to them. Keep it up thru winter and resolve not to be stopped by cold wet or dark.

Mike

Upcoming Events

On Sat 16th & Sun 17th May the Cancer Council's Relay for Life is taking place at Centennial Park. It's a fun event where teams of 10-15 people take turns walking/running around a local oval to raise funds for cancer research. There will be a festival style atmosphere with participants being entertained with bands and food, and everyone is encouraged to pitch a tent, camp overnight and keep the relay going! It would be great to get a couple of evo teams involved in this event and camping overnight. Go to www.relay.cancerCouncil.com.au for more info and if you're keen please email amanda@etwgroup.com

Amanda

Icy Hot

I am often asked whether it is preferable to use ice or heat on a painful area. The effect of both heating and icing options is to increase blood supply to the area treated, and hence remove pain-producing chemicals as well as deliver restorative nutrients. However, as the body reaction to injury often involves some sort of inflammation we need to examine the effect of temperature on inflammatory processes. Inflammation is a chemical reaction which can be accelerated (increased) or slowed down (reduced). As with most chemical reactions, heating speeds up the reaction and cooling slows it down. Therefore heating a painful area which has an inflammatory component will be detrimental, whilst icing a painful area will be beneficial, whether or not there is inflammation. Additionally, the icing will reduce the signals along the pain nerves. So remember, when in doubt; always ice. Use a wet tea towel to wrap the ice, ice pack or a packet of frozen peas so as to prevent ice burns, and 10-15 minutes usually suffices.

Larry Cohen, M.Sc. Exercise Physiology, B.Sc. Physiotherapy
larry.cohen@technotherapy.com.au

The importance of Water

Water makes up more than two thirds of the weight of the human body, and without it, humans would die in a few days. The human brain is made up of 95% water, blood is 82% and lungs 90%. A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory and difficulty focusing on smaller print, such as a computer screen. Mild dehydration is also one of the most common causes of daytime fatigue. The body cannot work without it, just as a car cannot run without gas and oil. It regulates metabolism....and if your goal is to lose fat, then drink up!!!

it is critical to replace water lost during exercise. Healthy means hydrated, and is the only way to protect your body during an intense work-out. There are three important rules when it comes to drinking water:

1. Drink twice as much as it takes to quench your thirst.
2. Drink frequently throughout the day to prevent dehydration.
3. Drink at least eight 250ml glasses daily, or one cup for every 9 kilograms of body weight. For example, a 60 kilogram person who does not exercise or work in hot climates needs 6.5 cups minimum or 1.625 ltrs.

So drink up... Amy

*"If at first you don't succeed, destroy all evidence that you tried."
-Susan Ohanian*

Off Balance

Name: Margie Perez

I am from: Born and raised in Sydney... however I come from a Big Fat Italian / South American family.

I found out about ETW by: I was attempting a jog from Coogee to Bronte and Jayne that handed me a juice with a pamphlet attached... She must have noticed I was struggling up the hill.

I started in: December 08

My favourite session is: Sand Sessions at Coogee... Sometimes we get a glimpse of dolphins.

My wake up / get it together routine on days that I train is:

I prep everything the night before and eat some sugar just before I leave the house for a little energy boost.

My after training routine is: A mad rush home and a then a long trek out to Parramatta for work... lots of singing in my car to pass the time in traffic.

What I do when I am not training (for work that is): I organize Events for Parramatta Council.

Mum and dad always told me: Learn how to cook a good Italian meal, find a nice boy, get married and give



me grandchildren... Sorry Mumma I've disappointed you!

Friends say that I am: I would lose my head if it wasn't screwed on...

My recommendations are:

Great Cafe: Teascapes in Randwick ... You get a tiny teddy with your coffee.

Movie: Mary Poppins, Vicky Christina Barcelona... I love Spain

Music: Michael Franti – Rebel Rockers

Day Out: A sunny day in a park full of music, friends, good food and my puppy dog.

Anything else to tell about, hobbies, hangouts, habits, heroes etc: Hmmm... I'm scared of Magpies. and Niece.

If I was an evolution trainer I would ... Wear short shorts and show of my sexy legs.

I've become friends with a guy in my Klik who's really cool and we get on really well. But he sometimes has really bad BO and bad breath first thing in the morning. How do I tell him without embarrassing him and losing him as a friend?

My Mum has always said that you're the last person to realise that you smell. Meaning, when you catch a whiff of something untoward and it dawns on you that it's actually your own BO or bad breath, rest assured that the guy on the bus, your friend at coffee, probably even the barista himself, have all noticed. I have lived in constant fear of body odour ever since.

I have however discovered a brilliant solution to informing you friend about his halitosis. Its called a BadBreathOgram. I'm actually serious. Described as a way to "let anyone in your life who could melt paint off the walls know that their septic tank with teeth is in dire need of attention", the BadBreathOgram allows you to send an anonymous email informing them of their condition. Pure genius.

I'm slightly more concerned about the BO first thing in the morning. Now, I'm not expert on this, but if your friend is waking up smelling like a Carrion flower, I think his problems extend a little further than running low on his supply of Rexona. Is it diet related? Has the GFC caused him to cut back on water-usage? I always find positive reinforcement works best with men (nagging wives take note). How about on one of his odour-free days (hopefully they exist) you compliment his scent. Something like "Wow, you smell great. Is that a new cologne?" Or when you meet socially say "You smell amazing – much better than you do at training in the morning!" If that fails just Google "StinkyPitsOgram", I'm sure it's out there somewhere.

If you have a question for Agony Aunt, please email it to:

agonyaunt@etwgroup.com

Up Coming Sporting Events

The fun run season has officially started with a few events coming up in May. On Sunday 10th May there are two runs, the Mother's Day Classic at Lady Macquarie's Chair, and the second of the Sri Chimnoy Races at Iron Cove. Both are 8kms and great fun if you're keen for a run. Or for the more ambitious, the SMH Half Marathon is on Sunday 17th May. If you're keen to join up with some fellow evolutionites for any of these runs then write on the evo Facebook wall and see if you can get a group together.