



June 2009 : www.evolutiontowellbeing.com

A word From Mike:

This month has been all about community and commitment. A couple of weeks ago we participated in the relay for Life. An initiative of the cancer Council. It was an amazing evo experience and we were blown away by the generosity of evolutionites. We sent out a group text and the donations came flooding in. With Macquarie Bank doubling whatever we raise we will get to over \$4k.

Its also been the best sweet 16 ever and I have been amazed at the way everyone has lifted their game. Inspiring stuff. 16 never looked this good.

Mike

Upcoming Events

Hot on the heels of the InterKLIK challenge comes the Evo Awards night, a fun night out with good food & wine and the chance to catch up with your fellow evolutionites and trainers. There will be a number of awards on the night so if you've been committed and training hard as we head into winter be sure to come along as you may have a prize to collect! More information to come, but keep Thursday 12th June free at 7pm – look forward to seeing you there. For more info and if you're keen please email

amanda@etwgroup.com

Amanda

Sprains and Strains

The musculoskeletal system can be divided into parts which do the moving (muscles and tendons) and the parts which are moved (bone, ligaments and capsules). The majority of muscles attach to the bones via tendons and when they contract the tension is transmitted to the bone via the tendon. Any overloading of this system can cause injury to either the muscle and/or the tendon. This overload commonly results in a tear in the muscle or tendon which is called a **strain**.

The bones are connected to one-another at the joints by ligaments. The ligaments stop the joints from moving out of their stable positions and when the joint is forced out of its natural position the ligaments can be torn. Torn ligaments are termed **sprains**.

The acute management for both sprains and strains is:

- Relative rest: stop doing anything that causes pain but try to keep comfortably mobile
- Ice for 10-15 min in a wet tea towel
- Compression: Tubigrip sleeves are very effective
- Elevation above the level of the heart
If you are concerned please seek appropriate advice from your therapist, doctor or trainer.

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"Life is a great adventure or it is nothing" – Helen Keller

You can Get a Handle on Emotional Eating

Emotional eating at its best passes after a few minutes. At its worst, it can take over your life and cause you to eat uncontrollably for extended periods of time. And according to nutritional experts, 75% of overeating is caused by emotions. So don't worry, if you suffer from emotional eating, you are not alone.

Rather than snacking, it's better to develop new skills for dealing with boredom, self-esteem issues and stress. Try to pinpoint the major reasons for your stress or unpleasant emotions, and see how you can change these habits. Here are a few suggestions to combat your emotions:

- Get your trigger foods out of the house
- Go for a walk or jog - physical activity relieves stress
- Do deep breathing and relaxation exercises – even some yoga or pilates
- Keep a reminder of your goal visible at all times – like a photo of yourself on the fridge or some positive affirmations
- Talk to a good friend who is a positive role model and surround yourself with good people
- Keep a journal that includes your best personal accomplishments
- Track your eating patterns, including when and why you pick up food

If you still seem to come back to food when your emotions get the best of you, you can at least be prepared. Stock the fridge with healthy alternatives - foods that have a high nutritional value and are smaller in size. Here are a few food suggestions to keep within arms' reach: Low GI fruits such as apples, pears, papaya, kiwi fruit, mandarins, strawberries, blueberries, oranges / Veggie sticks such as carrots, cucumber, capsicum, celery, asparagus spears, broccoli florets, fennel etc which you can combine with some hummus or an egg / Small containers of raw nuts and seeds (don't have a jar full in front of you, as you will tend to overeat. / Good quality organic yoghurts such as Barambah / Wholegrain crackers (spelt is best) with some tuna and alfalfa sprouts

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Name: Emily Thompson

I am from: Newcastle in the North East of England but I've lived in Coogee for the past 4 years

I found out about ETW by: I was getting my haircut in Clovelly and saw a free week's trial flier **I started in:** Feb 09

My favourite session is: Boxing on the beach – cant beat a session on the sand. Although mega sessions are good fun too as its good to meet members from other KLIKs and its a great way to start the weekend.

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

is: I always get my kit ready the night before. I set my alarm for 5.30am – snooze for 10 mins then rush around getting ready. Eat half a banana while running down to the beach to meet the group. **My after training routine is:** Walk/ half run home, jump in the shower before jumping on a bus to work

What I do when I am not training (for work that is):

I work in an advertising agency in Surry Hills – we do everything from TV, Radio, Print and Online so its non stop. And no – it's not as glamorous as it sounds!

Mum and dad always told me:

Sometimes you have to do things you don't want to do.

Friends say that I am: Ridiculously tidy! I can't help being a neat freak!



My recommendations are:

Eat and drink what you like! If you exercise enough you deserve to enjoy the simple things.

Great Cafe: Hairy Canary in Melbourne – I go every time I visit; they do the best coffee and amazing ham and cheese toastie. **Movie:** Slumdog Millionaire is my most recent fave **Day Out:** involves a lie in, a swim down the beach, a long lunch with friends and bit of shopping. **Anything else to tell about, hobbies, hangouts, habits, heroes etc:** I love horse riding but unfortunately my horse Harry didn't quite make the move overseas with me.

If I was an evolution

trainer I would ... Surprise my group one morning by taking them all out for brekkie instead of making them sweat it out on the beach!

Poor old Agony Auntie is sick this month, so our slightly less polite Agony Uncle has agreed to step in and answer a few questions in her place.

Dear Agony Uncle. I just can't seem to get to training by 6am in the morning's, try as I might. Any advice?

Unfortunately the term "morning glory" doesn't relate to all of us so "getting up" on time can be a challenge. Unlike agony uncle, you seem to fall under this category so I suggest you review your evening antics on the nights before training, try to keep bedroom excitement to a minimum which should help you get to sleep earlier and also save energy for your morning session. Uncle is also strongly against the snooze button theory, set your alarm with the precision of a French legionnaire leaving only seconds to spare to get through your morning wake up routine!!

Dear Agony Uncle. I have a bit of a problem with my running technique in that I'm slightly knock-kneed and it makes me run funny. Do you know how I can correct my running style?

Hmmm yes uncle knows all too well the negatives of knock knee syndrome. Knees were not created to be closed in my opinion so work on keeping them open more often...!! Of course horse riding springs to my mind when I think of ways to do this, but basically any type of straddling would be beneficial...!!! Of course be sure to focus on strengthening the outside of your quads and glutes also and keeping your knees apart and pointing forward throughout any squat exercises. Uncle recommends a combo of both..squatting and straddling.

Yours, Agony Uncle.

Agony Aunt is back next month... If you have a question for Agony Aunt, please email it to:

agonyaunt@etwgroup.com

Up Coming Sporting Events

The fun-run season has well and truly started with plenty to choose from in the next few months. The MS walk and 8km fun-run is on Sun 14th June at McMahon's Point – your trusty evolution social co-ordinator will be volunteering along the route so if you're keen for a challenging run then put a post on Facebook and get some evo fun-runners together. The 3rd of the Sri Chimnoy runs is at Cooks River on Sun 21st June, a few evolutionites did this run last year and can vouch for the gorgeous location. It's a great run for those who don't like the crowds of the bigger running events.