



Sept / Oct 2009 :

A word From Mike:

I have a dream..... famous remarks uttered by Martin Luther King Junior. We do to and it seems that dream took a huge leap forward this past month with the opening of evolution Rushcutters Bay, Balmain and Brisbane on Monday past. They are to be followed by Tamarama, Maroubra and the North Shore over the coming weeks. It has been a long time coming and support from the evolution team and our clients and friends has been amazing. Our goal now is to maintain the integrity of evolution so that all who come into contact with us have an experience that leaves them buzzing. To do that we request your constant feedback. We try new stuff all the time to see what works and what does not from session content right through to admin emails and website updates. So keep telling us as you enjoy this amazing start to an awesome Sydney / Brisbane Summer. And of course welcome to all our new evolutionites from Rushy, Balmain and Brissy.

Onwards and upwards, **Mike and team evo**

What is Nutrition Coaching?

Think of it as personal training in eating. Nutrition coaching helps you improve health and vitality by *retraining* you to eat healthier foods. We all know that food (and especially eating it!) can be one of life's little pleasures. Eating for good health doesn't mean having to give up the fun stuff. But when you're eating habits could use a little nip and tuck-in, a Nutrition coach gets you back on track.

Ever notice the 4pm slump that has you reaching for the coffee-pot and a chocolate bar? The food you choose to eat can have a dramatic effect on your health, attitude, motivation and ability to handle stress. Not to mention your energy levels. Whilst certain foods improve performance, many others can slow down and impair the body's ability to do its job properly, and that affects your health. Evolution Nutrition Coaching is a mentoring service that helps you learn what you should eat and why, training you in life-changing eating habits by helping you understand what foods you respond positively to, and conversely, what foods you need to avoid.

Amy—amy@upclose.com.au

Heel Toe, Heel Toe, Or maybe no?

There is a longstanding debate within the running world regarding the different type of running styles and following on from this, the need for specialised running shoes and orthotics. The classic (entrenched) style of running involves the heel striking the ground surface first and then the foot rolling till the toe-off position. The second, controversial position is that the heel does not strike first and that initial contact is made with the ball of the foot, with limited rolling of the foot to toe-off position. Without the need for heel strike the running shoes don't need to be cushioned at the heel, and without the natural rolling of the foot, orthotics are unnecessary as well. The debate is further fuelled when some people say that the modern (cushioned and controlling) running shoes are causing injury by allowing an abnormal running style. Which is correct? It's difficult to say but be cautious if changing running styles and be sure to discuss it with your trainer first.

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

Dear Agony Uncle

I love doing yoga and pilates but I'm not very flexible, can you recommend anything to loosen me up?

HHMMMMMMM... uncle could definitely recommend a few "positions" to loosen up tight little muscles, especially while agony aunty is away...But I'm sure she would recommend some dynamic stretches just before the class begins. Swinging the arms in a circular motion, kicking the legs straight up in front and then back behind, anything that gets your body warmed up as well as lengthening your muscles at the same time. Uncle would be more than happy to help with some "partner stretching" if you thought that was needed??

Yours, Agony Uncle.

Please email Qs to agonyaunt@etwgroup.com, and we'll feature them next time!



Off Balance

Name: Amy Bridle

I am from: originally a property in Northern NSW, but now Brissie, running the Paddington KLIK in Brisbane.

I found out about ETW by:

Through a friends sister who trains in the bondi KLIK

I started in: September 09, launching my KLIK just 2 weeks ago!

My favourite session is: Medicine Balls and foam rollers at Gregory Park

My wake up / get it together routine on days that I train is: Light straight on, up and shower before a quick snack and Im out the door.

My after training routine is: I try and do a quick session myself after all you guys have inspired me, and then home for a wholesome big breaky, then check on emails and admin for the day

What I do when I am not training (for work that is): I have the best job in the world. I am a Personal Trainer so my work is training. Which means I get to spend all day outside motivating clients and watching them get better and better, what more could you ask for.



Sporting Events Calendar

Some sport event ideas to get the motivation flowing...

- **Running—Bribie Beach Bash** - 5th October
- **Wilson HTM Brisbane to the Gold Coast Cycle Challenge** - 11th October, www.bq.org.au/b2gc100
- **Teva Adventure Race - Brisbane**, 8th October. 20-30km mountain biking, 8-12km trail running & mental & physical challenges thrown in along the way to add to the fun. www.tevaadventureseries.com

Amy B

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Inter KLIK Challenge Sydney 2009.

Hi there Brisbane! We thought we'd show you a picture of most of the gang down in Sydney who turned out for the InterKLIK challenge back in April. It was a close fought competition between Coogee, Bronte and Bondi. Bronte just edging ahead after a good run in the egg and spoon race!. Welcome to the extended family.. Lots of love, Evo Sydney x