



November / December 2009 :

A word From Mike:

Everyone has heard me say that how you are in training is how you are in life. No need to get all esoteric about it. Its just a simple fact. Consistency, commitment, consideration, adventure, angst, focus, lethargy, friendliness, generosity, whatever the attributes exhibited in the session will be exhibited in life. That is because we take ourselves wherever we go. That is an amazing idea to consider as we head into the final 4 weeks of training for 2009 and the beginning of the silly season. A little bit of poison is good for you is another thing that i always say. so as you enter into the party season create accountability for yourself and a commitment to 6am that exists as a core priority in your life.

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

Healthy Take-Away Options

As a rule, most fast foods are not healthy choices. Portions tend to be over generous, even more so with the trend to 'another 20% free' offers and 'jumbo' sizes for very little extra money. It is generally high in fat and calories and is excessively salty. These two factors alone make fast food a fat inducing way of eating. Fast food promotes over eating, too much food too quickly, and you are often unable to digest your food correctly with this way of eating; it is a real trap for anyone with a weight problem.

Here are the choices that your heart and waistline will thank you for:

SALAD BAR—Salad bars are springing up everywhere, and are by far the healthiest and most versatile fast food option. You can still make bad choices so go for a high protein salad with lots of vegetables and choose the low-fat dressing options.

JAPANESE—Sushi, Sashimi or California rolls are almost fat-free. These seaweed-wrapped rice rolls filled with tuna, salmon, cucumber or avocado are a godsend in the world of fast food. Just go easy with the mayonnaise and salty soy sauce. Sashimi with miso soup and some salad is also a great take-away food option.

NOODLE SOUPS—Some stir-fried noodles with meat and vegetables can be greasy, but the clear soup with noodles from Japanese or Asian food bars are generally a great choice. ***Amy—amy@upclose.com.au***

Get it Straight

Deviations away from the design posture will cause the joints to work in positions they were not designed for and can cause damage at that particular joint or other joints who need to load up with extra weight. The spine should also line up vertically when viewed from the back, and show a long 'S' curve when viewed from the sides. Each vertabrae should face in the same direction. The most common spinal shape deviation is called Scoliosis, where the spine loses its vertical orientation when viewed from the back. However this also causes the vertabrae to rotate and makes the ribs prominent on one side as well as side shifting and rotating the shoulder, hips and pelvis. Although very mild scoliosis is very common severe scoliosis is rare. Unfortunately the most common treatment in English speaking countries for severe scoliosis usually involves the surgical insertion of rods into the spine to keep it straight. I am presently in Wisconsin USA at the top american conservative scoliosis treatment facility training with Dr Manuel Rigo of Barcelona Spain who is one of the world's experts in Scoliosis treatment. In the next few weeks you should hopefully be seeing some strange new exercises creeping into your sessions. **Larry Cohen, M.Sc. Exercise Physiology, B.Sc. Physiotherapy**

Dear Agony Uncle

Sometimes during a boxing session I end up partnered with someone not adept at proper pad etiquette. It feels like I'm boxing against a damp sponge, all soft & squishy, when what I really need is to feel some robust resistance & hear that exhilarating slapping sound. Should I just tell my partner to do it right & risk offending him/her or, say nothing & just partner with someone else next time?

Ah yes, ye olde boxing pad equivalent of the limp handshake and an issue that must be handled with the utmost sensitivity. So rather than risk alienating yourself for life from said training partner I'd suggest a better & less confronting approach...have a quiet word in your trainer's ear & let him/her deal with the problem! It's a classic win-win-win scenario i.e. the offending party improves their pad work from one-on-one coaching, your trainer feels even more needed & useful (always a good thing) & the overall pad slapping quotient of the entire group gets a much-needed decibel boost.

Yours, Agony Uncle.

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Off Balance



Name: José Coulson

I am from: Canada, UK, Australia- Still trying to work that one out! **I found out about ETW by:** Friends- The Word on the Street!
I started in: Pain- My hamstrings hated me (and Amy!)

My favourite session is: Wed, Boxing- I have nearly perfected my "Friday Night Special"- Left, Right- Upper Cut

My wake up / get it together routine on days that I train is: Wake up at 5:30, hang by the car for the girls (Lucy and Fiona!) and leave!

My after training routine is: Big Breakfast, Read the paper, Lounge around, Lunch, Afternoon sleep! (it is all about to change though-see below)

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

I have "successfully" completed my first 2 days at Origin Energy!

What mom and dad always told me was: That I was Australian!

Friends say that I ...UK Friends " An Aussie" / Aussie Friends " A Pom"

My recommendations are: **Great Cafe:** 63 Racecourse road **Movie:** The Sting (Paul Newman- Robert Redford) **Music:** Oasis- What's the Story Morning Glory **Day Out** At the Cricket (Lords preferably)

Anything else to tell about, hobbies, hangouts, habits, heroes etc I Love being back in Australia, however I do miss my Ales (warm beer for the Aussies!) and the English Pubs in general

If I was an evolution trainer I would ... Get rid of Plank to Push Ups!

Word from your Evo

I have decided I have the best job in the world. I wake up every morning and get to see my awesome group giving 110%! I love the death stares and groaning during the session, and then the smiles and chit chat at the end. That's the best part, when you all know it was well worth getting out of bed for your workout, and you are done and dusted by 7am and don't have to see me for another 24 hours!

I can hardly believe Brisbane Evolution only started 8 weeks ago and already we have such a great bunch of 6am starters and everyone is working really hard towards their goals. So thank you all for making it enjoyable, I can't imagine spending my first hour (well 2nd for me) of the day with a bunch of cranky, non enthusiastic people.

Good luck to Naomi who is leaving us to start her exciting new Cafe on Cribb Street. Im sure a few of us will head there after a Rosalie session for a well deserved feed! I will still be seeing Naomi for training so before you think she is getting out of plank to push ups - she isn't!!

Amy—amyb@etwgroup.com



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