



February 2010:

A word From Mike:

My first email of 2010 and the start of an exciting decade. A lot of great stuff has already happened this year at evo and in the world at large. The release of the ipad last week was one of those things. I too was caught in the hype and watched the video's and was really taken by something the head designer said. When describing the machines functionality he said "I don't have to fit the product. It fits me." That is how I have described evo outdoors since its inception. So we are the ipad of the fitness industry because you create your evo outdoors program to fit into the way you want your fitness week to look. Choose your days, choose your activities, choose your locations...

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

How to.. Eat Fit Food

"February is here already, where did that time go?". Often, we feel we are at the mercy of the speed of life, and have little choice but to simply hold on. However we do have choices, we can either let time rule, or make decisions allowing time to flow rather than fly.

Is it realistic to have a 50:50 work life balance? Balance is not a fixed state. It constantly demands the assessing, reassessing and juggling of priorities.

Quite often the first casualty is our health. We stretch it beyond its elasticity.

Disease prevention cannot be remedied by a healthy balanced diet alone. Health restoration requires a multifaceted approach. However a diet rich in fresh vegetables, high-quality protein and low GI carbohydrates, enables our bodies and minds to cope better with the barrage of daily stresses.

Eating fresh wholefoods, free from preservatives and chemicals helps protect our bodies against illness. Despite our best efforts, lack of time and fatigue frequently win out over healthy food choices. 'Eat Fit Food' was set up in 2002 for this very reason.

'Eat Fit Food' delivers delicious, fresh daily, preservative and chemical-free wholefood meals to your home or office door. Helping busy people prioritise a healthy balanced diet.

Caroline George – Eat Fit Food Dietician

Barefoot... Baby Steps

Deviations away from the design posture will cause the A few newsletters ago I wrote that there is a controversial move away from running shoes in runners. A study led by a Harvard University biologist and runner, published last week in the journal Nature, suggested that running barefoot is better for the feet.

The researchers led by a team from Harvard found that most runners in shoes land heavily on their heels with every stride, whereas barefoot runners, by contrast, generally land on the sides or balls of their feet and let their heels down afterwards. Thus the shoe-wearing runners strike the ground with about three times the impact of barefoot runners, potentially increasing the risk of stress injuries.

Daniel Liebermann, the lead author, told Nature: **"A shoe that has got a big heel will make it very comfortable to land on your heel. When you land on your heel, your body comes to a dead stop. It's like someone hitting you on the heel with a hammer about two to three times your bodyweight."**

Changing your running style requires serious consideration. Please discuss it with your trainer before doing so - however, the authors stress that transitioning away from heel strike running should be very very slow. Try running for a few meters or seconds every alternate day until your calves can deal with the load and then very gradually raise the time or distance run.

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Dear Agony Uncle

Well it's a sad and slightly agitated agony uncle back on board for the first newsletter of 2010. Not only has agony aunty decided to extend her "time away from me" (or holiday as I like to think of it) but also no questions from you lot for me to put my expertise and endless experience to use by helping you through any challenges thrown at you during your time at evolution. Looking in the mirror uncle sees an ailing body ...no longer showing the signs of an awarded and highly accredited athletic youth but a mind that is still as sharp and intuitive as any of you fit, strong young lads and of course you pretty and agile young girls...mmmm! Being a bit of a self confessed "ladies man" back in the day and having always been at the top of my game in the health and fitness field ensures uncle is there for you in any circumstances so feel free to drop me a line and ask me anything. I'm sure by now most of you realise that uncle has no boundaries, no problem too big or question too X-rated so make good use of the skills and understanding of your adopted uncle.... I'm sure auntie will be back soon, I think she may be out of phone reception as I haven't heard from her for a while? Please send your questions to agonyuncle@etwgroup.com

Yours, Agony Uncle.

phone 0438 13 15 17 : www.evolutiontowellbeing.com.au: Bondi : Bronte : Coogee : Rushcutters : Balmain : Balmoral ; Paddington (Brisbane)

Off Balance



Name: Peter Donnelly

I am from: Ireland

I found out about ETW by: Friends recommended it (before moving to the other side of Sydney mind)

I started in: Jan 09

My favourite session is: The mega session at Bundock Park Clovelly

My wake up / get it together routine on days that I train is: Be in bed by 10 and brush my teeth before leaving house, especially for boxing

My after training routine is: A long black coffee from Gustos or (occasionally) back to bed :)

What I do when I am not training (for work that is): My own design business

www.peterdonnelly.net

What mom and dad always told me was: It's rude to answer a question with a question, is it not?

Friends say that I am ...All or nothing

My recommendations are: **Great Cafe:** Clodelly is perfect cafe for a hangover **Movie:** Just saw Fantastic Mr Fox, genius film **Music:** Once by Glen Hansard **Day Out** Went to the Jenolan caves a few weeks ago, pretty good if you like that kind of stuff **Anything else to tell about, hobbies, hangouts, habits, heroes etc...** 3 heroes; David Attenborough, Prince & Howard Stern.

If I was an evolution trainer I would ... Make Bondi Klik an all female program

Word from your Evo

Well, after just one day of being back at the helm of the bondi klik the xmas break was definitely just a memory. I sent the call out to everyone in the group asking for commitment and consistency and it was answered in full. Here we are already 4 weeks into our training year with attendance at an all time high and intensity already back to the level we left it on in dec 09. One very rewarding thing for me lately is the amount of new members coming to the bondi kilk through your recommendations. We all know we have something special here at the dolphin at 6am and to be sharing that with your friends and work mates will ensure we keep attracting the right people for our group. With the old timers like Baz, Linc, Lisa, Nicky, Lill, Grunners, Lozzy, the Petes, kez, Roberto and the like (could have gone on forever) mixed in with the new motivation being brought in by carl, Edel, Tia, jayne, kate, Pip and Katie I definitely feel that i have the best group in the world and im very proud to be your trainer!!! Ok enough of that...It all means nothing if we cant keep together, push each other and provide the motivation required to get through a whole year of evo training. Thats the real challenge that i am setting for every one of you!!! New 4 week block starts Monday and its sweet 16 so lets see how many of us can make the 16 sessions required to be sweet!!

AZZA - aaron@etwgroup.com

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