



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.

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Off Balance



**Name: Holly (or Wilson during training sessions!)
I am from:** Sydney

I found out about ETW by: Postcard in the letterbox – I had just moved into the area and looking for a new exercise interest. **I started in:** September 2009

My favourite session is: Definitely Friday morning boxing at Rushy! Except for those running punches...

My wake up / get it together routine on days that I train is: The trick is to set out my clothes the night before... if I don't do that (particularly after a few beverages) then there is no hope!!

My after training routine is: Food. Shower. Work.

What I do when I am not training (for work that is): HR in a Financial Services Co.

What mom and dad always told me was: Enjoy life! And I do.

**Friends say that I am ...Fun, energetic, outgoing,.
And loves a drink!**

My recommendations are: Great Cafe: Flat White @ Woollhara **Movie:** Dirty Dancing "no one keeps Baby in the corner" **Music:** Cold Play - Viva la Vida **Day Out** Any beach in Sydney on a hot summers day!

If I was an evolution trainer I would ... Go to bed early.

Word from your Evo

It's already February!!! Where did January go? Time flies when you're having fun (training hard?) I guess. With the New Year and now the end of summer approaching, it's really important to think about our goals & what we want to achieve.

Everyone has a goal in mind whether it's weight loss, "getting fitter", or just to be able to walk up 4 flights of stairs at home without being puffed out! I've been reading a lot recently about general health & wellbeing and how important it is to look after more than just your fitness. If you want to feel more energetic & healthy, you need to think about what little changes you can make to your fitness, nutrition, sleep patterns or stress levels.

Can you make it to one more 6am session each week?

Can you choose the healthier option at lunchtime & sit down for a meal rather than grabbing whatever is easiest (nastiest) and quickest.

Wind down your days by reading a book at night instead of staying up late watching TV (the old idiot box stimulates your brain so much that it actually impacts how long it will take you to fall into 'deep sleep' once you do finally go to bed.

Take a timeout when challenged with a stressful situation at work or home? Is it really a big deal? Will you remember the reason you are feeling stressed by next week? If not, then it's probably not worth the drama.

Small changes... they'll have a big impact on your wellbeing. So try to make a small change every day, and I can guarantee you will feel so much better for it.

**Rob M -
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10day Detox Program
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eatfitfood.com.au