



March 2010:

A word From Mike:

I started my professional life as a personal trainer. The primary lesson that I learned was that every one of my clients wanted someone who would hold them accountable to their training and someone who authentically cared. That is who your evolutionary is. They are your partner and guide in creating an exercise habit. They are the person who will support you in creating a consistent exercise habit that becomes a part of your life. Allow them to do that with you and you will join the tiny proportion of the population who creates the exercise habit.

it all starts with the Sunday text as that creates the context for your week and for your training. So as I said to the Bronte group this week: "please please please from the bottom of my very little heart show me the love every Sunday and let me know when you are training. That little message is worth its weight in gold to you and me and sets up the context for your whole approach to your wellbeing. From it I can gauge how committed you are, what your week is looking like on every front and how I can support you. Partner with me, text me and spread the love (not the midriff)", Have a great March, **Mike and team**

Amy's Delicious and Nutritious Salad Dressing

- Equal amounts of apple cider vinegar and flaxseed oil
- Lemon juice (1/2 a lemon squeezed)
- Seeded mustard – 1 teaspoon
- 1 clove garlic crushed
- Honey – 1 teaspoon
- Cracked pepper
- Pinch Celtic sea salt or another good quality sea salt

Why use Flaxseed oil?

Flaxseed oil is rich in omega 3 acids, fatty acids (EFAs) and is touted to be useful in treating cardiac ailments and even lupus. The EFAs are the key components present in flaxseed oil because similar acids are required to protect cell membranes. The omega 3 acids are good for the heart and the omega 6 are similar to the ones found in vegetable oils. It is also useful for hormonal imbalances, digestive disorders, bacterial and fungal disorders, constipation, inflammation, joint pain and joint swelling and also beneficial for lowering cholesterol.

Apple Cider Vinegar has many health benefits:

- Reduce sinus infections and sore throats
- Balance high cholesterol
- Cure skin conditions such as acne
- Protect against food poisoning
- Fight allergies in both humans and animals
- Prevent muscle fatigue after exercise

Amy McKendrick, Nutrition Coach, M: 0402 027 434

<mailto:amy@upclose.com.au>

Web: www.amynutritionjuiceplus.com

Sciatica: a pain in the bum.

The sciatic nerve is a nerve which relays sensory information from and motor activity to the leg. Its area of distribution extends from the buttock region along the outside back region of the leg down to the foot and toes. Any irritation of the sciatic nerve can cause changes in sensation and less frequently muscular activity of this area. These sensory changes include the feeling of pain down the leg, pins and needles or numbness. The reduced muscular activity can include weakness and / or reduced reflexes.

It is important to recognise that sciatica is a symptom of irritation of the sciatic nerve and is not an actual diagnosis. There are many causes of sciatica, of which a disc bulge is one of the most frequent. Other causes can be inflammation of a lumbar region facet joint or spasm and inflammation of the muscles through which and close to which the sciatic nerve travels. Occasionally the sciatic nerve itself becomes irritated from being too tight.

Treatment should be aimed at establishing the cause of the sciatica and treating the cause. If you feel that you are experiencing sciatica then please discuss this with your trainer.

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

Dear Agony Uncle

This month we decided to allow our evolutionaries to benefit from dear old uncle's advice, so if you'd like to hear what burning questions your trainers have asked of uncle then read on!

I have a client in my group who keeps putting their dirty sneakers on my nice clean mats, no matter how many times I say 'feet off the mats!' how do I discourage this behaviour?

Mmmhh a subject very close to uncles heart!! I can only assume that as a good evolutionary you have tried using the threat of birpees!!! If this extremely inconsiderate so-and-so continues to abuse the privilege of having a mat then its time to up the ante!!!! (forgive me while i take my blood pressure pills..grrrr !!)

"MATBOY" (as he will now be known until he learns to show the respect towards the mats that everyone else does) will now have his own mat with his newly acquired name printed boldly on the front. He will be allowed to wipe his grubby little feet on his mat as much as he likes. Before long his mat will resemble a muddy, stinky door mat and other members of the group will distance themselves from him while doing any core and strength work. I'm sure the label of grubby little matboy will quickly teach the culprit how to keep "FEET OFF THE MATS" !!!

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 ; Waverton; Queens Park; Paddington (Brisbane)

Off Balance



Name: Fiona King

I am from: Bronte KLIK, live in Durban Heights (aka Dover Heights)

I found out about ETW by: through my flatty, Matty... after several Evo BBQs at our place and some ordinary shopping experiences, I finally caved into submission.

I started in: really good question... I think 2008?

My favourite session is: they're all my favourites. I cherish every moment, with every trainer. True.

My wake up / get it together routine on days that I train is:
Warm Weather: Listen to see if my flatmate is awake, remember how I feel when I go clothes shopping, get up, get dressed, get out the door, collect Bianca and Kath (who's not Sarah) on the way, then wake up just in time for warm up. Sometimes break land-speed records en-route to arrive in time. *Cold Weather:* TBC.

My after training routine is: pick up a coffee at Jeds, then strangely enough get ready for work. No time to kick back, but the concept sounds intriguing!

What I do when I am not training (for work that is): slowly but surely progress my plans for global domination... **What mom and dad always told me was:** to be seen and not heard... well, clearly that paid off. **Friends say that I am** ...borderline OCD. Ha! Yes, I know what you think, and I'm okay with that.

My recommendations are: **Great Cafe:** Jeds for the coffee (but not for the mood swings) **Movie:** has to be The Hangover for pure stupidity viewing pleasure. Watch out for wolf packs – they're everywhere! **Music:** Alice Russell, *Pot of Gold*. Norman Jay, *Good Times Australia*. Ministry of Sound *Anthems 2009* **Day Out:** all summer-day long at North Bondi, ahh, sweet sweet summer...

Anything else to tell about, hobbies, hangouts, habits, heroes etc... I have a habit of spending too much time at work. I love hanging out at Krystals. I should spend more time perfecting my golf swing in preparation for the pro-circuit in my retirement. And heroes are for comic books... keep it real people.

If I was an evolution trainer I would ... model myself on Lieutenant Callahan from Police Academy

Word from your Evo

So hats off to the sweet 16 and almost sweet 16er's. Kudos must go to Nick Cooper who attended more sessions than anybody else in all of evolution. If we included lawn bowls and the fun run Nick would have attended 25 sessions in total. Special mention also goes to Fiona King. Given Fi's seriously hectic corporate life she proves that all it takes is focus and commitment as she squeezed in her sweet 16 on the final Saturday. And finally special mention to Christelle who as the fastest female finisher in the centennial fun run also proved herself as an extremely committed woman. In this block Cath and Em have taken on completing their sweet 16. Once again Darren is proving himself to be an awesome addition to the Bronte KLIK with positive feedback pouring in fast and furiously. So here's to another great month and heaps of sunshine when daylight saving changes over.

Onward and upward,

Mike - mike@etwgroup.com