



**June 2010:**

## **A word From Mike:**

What I learned in the trenches today...

Its taking time for me to understand and define my new role at evolution. Last night, a group of men with whom I meet regularly told me to put on my civvies '.....and go down there like any other evolution client and just train'. I did that today and it was awesome. What made it even better was that at about 2 minutes past six the heavens opened and for an hour we trained and trained hard in the pouring rain. The trainers stayed totally focused and absolutely maximised every minute. Having been in their shoes I know first hand how challenging that can be. They made it appear seamless. I learned that the session is about getting the most out of yourself and using your trainers and fellow clients to achieve that. Chasing after clients, while humbling (I am clearly not as fit as they are) also felt great. We had fun and i knew that what we did was effective. At 7am dripping wet and exhilarated I left the session a very proud ex-evolutionary looking forward to a well deserved warm shower and hot coffee.

onward and upward, **Mike**

### **Fast Winter Soup**

**Stay warm and health this winter**

Ingredients (serves 2)

- 1 tbs olive oil
- 1 onion, chopped
- 1 long red chilli, seeds removed, finely chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 cup red lentils, rinsed, drained
- 1L (4 cups) chicken or vegetable stock
- Low-fat natural yoghurt, to serve



#### **Method**

1.Heat the olive oil in a large saucepan over medium heat (don't burn), add the onion, chilli, celery and carrot and cook for 2-3 minutes.

2.Add cumin and coriander and cook, stirring, for a further minute.

3.Add the red lentils and chicken or vegetable stock, bring to boil and simmer for 8-10 minutes or until lentils are tender.

4.Season with sea salt and pepper. Serve in bowls with a dollop of yoghurt. Garnish with fresh coriander

### **Dear Agony Uncle**

***My car leaks and in this wet weather I'm finding it very hard to get to training dry, so I'm opting for staying in bed. Any tips for getting myself going in the wet weather?***

If you were trying to make an X- hardman fitness buff like myself mad then you have succeeded. You would be better served playing hide the sausage with a hungry lion than talking to me about missing a training session because of a little bit of rain. I recall the days when a young chisled uncle would man up to training in a netting singlet and my 2 stripe running shorts. Admitted i was wearing knee high footy socks but that was for the look , nothing to do with protection from the rain!!...ahhh the looks i would get from the young ladies, it takes me back. No... i say if anyone out there in today's day and age of outdoor training attire is using the rain as an excuse to stay in bed and not turn up to their intended training sessions then they need to wake up...no pun intended. Get a good rain jacket and grow some.... brains!! The rain is a natural coolant, if your trainer is delivering the right sort of training sessions you will be begging him to let you train in the rain just to prevent overheating. Alas what I see happening a lot these days are groups of people cowering undercover to get their sessions done, mind you i think that's because the trainers these days are a lot softer than the days when uncle was at the head of the training game, they like to stay warm and dry where possible!! At this rate uncle is contemplating coming out of retirement so young trainers beware, and clients for that matter .....watch this space!!! Please send your questions to [agonyuncle@etwgroup.com](mailto:agonyuncle@etwgroup.com)  
***Yours, Agony Uncle.***

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## Off Balance



**Name: Danni Morley**

**I am from:** Bronte at the moment but grew up in the beautiful town of Ballina on the Far North Coast of NSW

**I found out about ETW by:** Samantha Hannaford (a college friend)- the Queens Park Trainer **I started in:** March 2010 **My favourite session / location is:** I still haven't ventured any further than my lil Bronte Park. My favourite sessions are probably beach sprints **My wake up / get it together routine on days that I train is:** 5.45am alarm. Jump into my pre-prepared clothes, pick up my pre-prepared pile of 'stuff' consisting of towel/keys/drink bottle/\$3.30 coffee money and run down the hill to Bronte Park.

**My after training routine is:** I LOVE THIS PART! A swim with my sister and a scrumptious coffee at Bronte Pistachio cafe.

**What I do when I am not training (for work that is):** I'm a physiotherapist at Active Care Physiotherapy and Sports Therapy in Bondi Junction. (<http://activecarephysio.net.au>)

**What mom and dad always told me was:** i was "a nice surprise" (NB I'm 8 yrs younger than my sister) **Friends say that I am ...silly for getting up at 6am.**

**My recommendations are: Great Cafe:** Cafe Em's (for breaky/brunch) **Movie:** Dumb and Dumber...the frozen snot scene..love it.

**Music:** I'm stuck..im a radio listener at the moment.

**Day Out:** Finding a beach somewhere with no-one on it, with surf board, good book and esky of goodies in hand and just hang out there all day.

**If I was an evolution trainer I would ...** Enforce a rule where the 'lazy one' of the session must wear a chicken outfit the next session.



## Word from your Evo

Hello Bronte! My very first newsletter.... wow what a moment! I would like to say a big thank you to you all for welcoming me into the group with open arms, it has been a smooth transition and I am now very very happy to be training with an amazing bunch of people.

The month of May saw some fantastic achievements with James and Christelle running the half marathon as well as everyone who took part in the mothers day classic a massive pat on the back to you all you should be very proud of your efforts.

The true test is now upon us however as the dark mornings and wet weather draw nearer it will seriously test your resolve to not roll over and stay under that warm blanket BUT I have faith in you to spring out of bed and bounce down to the AWESOME sessions we are having at the moment.

This newsletter marks the return of the great event that is Sweet Sixteen.... we are going to win this hands down, with all the dedicated and highly motivated members among us i have no doubt that BRONTE will win this without a problem! We can all help each other through this one by texting one another, car sharing (so you have to get up!!) , wake up calls from me.... what ever it takes to push us to make this a month to truly remember.

I am 100% committed to helping you all achieve your goals which is why we all get up at 5am so if i can help you in anyway outside of Evo hours then please feel free to contact me anytime.

Cheers,

**Matt – [matt@etwgroup.com](mailto:matt@etwgroup.com)**