



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.

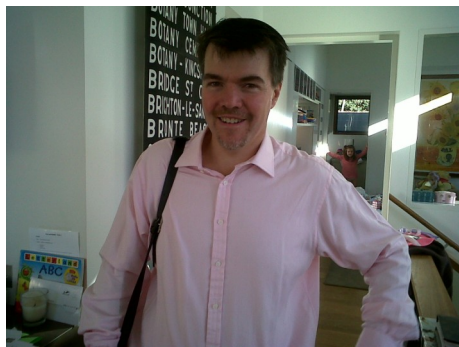
4.Season with sea salt and pepper. Serve in bowls with a dollop of yoghurt. Garnish with fresh coriander

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 matterwatch this space!!! Please send your questions to agonyuncle@etwgroup.com
Yours, Agony Uncle.

Off Balance



Name: Michael Parshall

I am from: Coogee

I found out about ETW by: Passing Jayne on a morning walk. Anyone who could confuse the team that much was clearly the training inspiration I needed!!

I started in: Late February, a much more substantial person than I am now.

My favourite session and location is: The last one I have survived. **My wake up / get it together routine on days that I**

train is: To sneak out of the house without my daughters or wife knowing (not always successfully

I might add) **My after training routine is:** A quick pit stop for breakfast with the family and then

off to work **What I do when I am not training (for work that is)** I am a corporate lawyer.

Someone once said I was a professional complicator which some may think is a better description.

What mom and dad always told me was: Rarely followed. I now seem surprised when my daughters don't do what I tell them. Strange really. **Friends say that I am ...** Very determined

My recommendations are: Cafe: Clodeli on Clovelly Rd **Movie:** The Hangover **Music:** Antony and the Johnsons – I am Bird Now. **Day Out** A day at the beach or park with the family

Anything else to tell about, hobbies, hangouts, habits, heroes etc... I am a fan of most sports. Sadly my interest bears no correlation to my skill in them

If I was an evolution trainer I would ... Make the sun shine warmer and earlier in winter

Word from your Evo

Well, if the rainfall we've been experiencing recently is anything to go by then winter is well and truly on its way. The mornings however, haven't been all *that* cold recently so there is absolutely no excuse for rolling over and hitting that snooze button!! And by the time you get down to the beach and the warm up is under way, the layers will undoubtedly come off anyway!! By which time the sun has come up & you actually wonder what the struggle was all about in the 1st place!!

That was, at least until this morning.. We had a full turnout to welcome Cam on board and 10 mins after we started, it rained and rained (and rained) like it has never rained before!! I have to say though that it was the best session ever. The spirit was high, we had FUN and EVERYBODY although soaked through to the bone, left the session with a smile on their face!! That was a very proud moment for me team – WELL DONE!!

If you are struggling on the motivation front however, there are many steps (tried and tested) that we can take to ensure that you do manage to make it to training when the odds might be so highly stacked against you and the thought of snuggling deeper into the duvet seems like a much more sensible option!!

No. 1 is a wake up text from your trainer. This is usually sent at 5.30am and can be followed 5-10mins later by step No. 2 which is a wake up call if we think that step No. 1 may not have been successful!! Step No 3. is the doorbell ring for those living within close proximity of each other and which I still have yet to try out on Andy (who has just moved in next door) when both step No. 1 and step No. 2 have proven to be unsuccessful. Step No 4. in my opinion is the best one yet, finely demonstrated at nearly every training session by Charley, Bennie, Rob & Jo.. This is the lift giving buddy accountability step which generally works like gold every time!! This is when they each check in the night before with the driver (Charley) for getting them all to training (which she does on most occasions apart from the time when she was up, dressed & ready to go then discovered she'd left her car in Paddington the night before!!). So when Charley arrives minus one, two and sometimes even three or even rolls over thinking she two can have a lie in and awakes a few minutes later with the cold realisation that she still has someone to pick up en route (poor Charley!) then when she arrives, we compare the excuses we've both been texted on the morning of the lift and figure out who's been telling porkie pies!!! (It's all about networking team and being ACCOUNTABLE!!)

In summary, I have to say, the lift giving buddy accountability system is my favourite, and pricelessly demonstrated a few Saturdays ago by Charley and Bennie. My hat goes off to you Bennie.. Bleary eyed, armed with a hangover from hell & very little sleep, you arrived with Charley like you had a gun to your head and even though you were both late (from Bennie putting up a fight!!), you STILL made it to Tama for the sesh!! Now THAT is commitment guys!! Great work

So, if you feel that any of the above applies to you, please don't hesitate to let me know so that we can make some alternative arrangements to make sure you don't miss out on your favourite part of the day!!

We now have an indoor option for Tuesdays so now there really is no excuse!!!

Happy days Team Coogee!! Now show me what you're made of!!

Jaynee - Jayne@etwgroup.com