



July 2010:

A word From Mike:

We just enjoyed our highlight event of the year the evolution Oscars. The night was a smashing success because of all who were there - an amazing group of clients and trainers. I was not able to be there as i was absolutely floored by the flu. I did get to hear the awards ceremony on speaker phone and i was one very proud old bull.

And I was reminded that the vision truly lives when it is carried by many. Hearing the evolutionaries carry that vision on the night and talk with absolute passion about what we have all created was totally inspiring to me - as was all the cheering, laughing and clapping.

So thanks to all of you

Upward and Onward - **Mike** (aka old bull)

Back pain... Take a seat.

One of the most common forms of injury or pain in modern society is lower back pain. 80% of the population will at some stage suffer from lower back pain and luckily the majority of these sufferers will not need any treatment apart from a few panadol, patience and reassurance to keep on moving as much as comfortably possible. I was intending to slowly develop the theory behind the causes of lower back pain but for the sake of brevity will simply state "the very common "C shaped" sitting position is one of the most common causes of primary back pain". Last newsletter I wrote about the need to have a correct lumbar curve atop a neutral pelvic position. This position is related to 2 major muscle groups, the hip flexors and the abdominal muscles. C shaped sitting posture can either be caused by an imbalance in these muscles or can cause an imbalance in these muscles. If your body will allow you to sit and maintain sitting in this correct posture then do so. If not, then ensure that your environment (chair) will facilitate this posture whilst you restore your bodies capacity to achieve and hold this position. Your trainer will help you with the training component and speak to mike about a possible seating solution.



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Dear Agony Uncle

As i am sure you know, Friday night was a big event on the evolution social calendar. As usual at these sorts of occasions i drank a little to much and vaguely recall making some forward advances on one of my fellow evolutionites. In the cold reality of Monday morning i found myself speechless when she arrived at the session... not a word was spoken. How can i redeem myself???

Young man, don't be feeling guilty or ashamed of your actions while under the influence of the demon drink. Many a long lasting relationship has been forged over the bubbles and the amber ale, one or two have no doubt been torn apart as well but hey, let's stick to the positives here! Unless there was a slap across the face or worse we can assume that your advances were not too out of line, remember your memory of the event is rather cloudy and with any luck so is that of your victim.... i mean the target of your affection. A special relationship is developed between the committed young girls and guys that train together at 6am, rain, hail or shine. You are a hardened bunch and i think you may be prematurely quaking in your boots. Chances are she admired your newly found confidence and now you are at the forefront of her thoughts...before and after training of course!! She would be far to focussed on the session between 6-7am!! A welcoming hello at 5.55am would be a sufficient start, and then 7.01am is your time to shine. The adrenaline running through your body and the increased endorphins from a tuff session will have you in a semi intoxicated state and you will be beaming with confidence. Start a conversation around how great the session was and how amazing the trainer is... the rest will fall into place. Please send your questions to agonyuncle@etwgroup.com

Yours, Agony Uncle.

**phone 0438 13 15 17 : www.evolutiontowellbeing.com.au: Bondi : Bronte : Coogee :
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Off Balance



Name: Cath Schulz

I am from: England, once upon a time. I've just passed my Aus-sie citizenship test (so that makes me 50/50 each way, I guess)

I found out about ETW by: The wonderful Beast mag (6 free sessions and I was hooked) Trainer **I started in:** June 2009, with a post baby bulge to shift

My favourite session / location

is: Anything happening in Bronte, my favourite beach bar none

My wake up / get it together routine on days that I train is:

Try not to put clothes on inside out, locate famous red bandanna, don't wake hubs or baby Noah

My after training routine is: Coffee or I get very grumpy

What I do when I am not training (for work that is): Learning & Development for Volkswagen Group Australia – I really hope you have a great experience if you drop into a dealership, although sometimes I wonder whether any learning is happening!

What mom and dad always told me was: Do what you want to do because you want to do it, not because of anybody else **Friends say that I am ...**Determined (did someone say stubborn??!)

My recommendations are: **Great Cafe:** Clodeli – toddler-proof and good food **Movie:** The last film I really loved was The Life of Others – go prepared to be surprised **Music:** John Butler Trio – Grand National **Day Out:** Walk the coastal path all rugged up in the middle of winter, get an eyeful of our most quirky locals, be amazed at the whales off the coast, followed by coffee, cake and Sunday papers lounging in the sun

Anything else to tell about, hobbies, hangouts, habits, heroes etc I love travel, camping, beaches, hiking/biking in the bush and wildlife. We're about to spend two weeks in the Northern Territories in a tent. The crocs have me slightly worried but otherwise, I can't wait!

If I was an evolution trainer I would ... Insist on a black ute

Word from your Evo

It seems like only yesterday that I was writing my first "word from matt" and it has been a month! That is crazy, time certainly flies when you are having fun. Well that was a great month of training with some fantastic efforts being put in, outstanding work by Cath Schulz, Christelle, Clair and Tammy who put in the hard yards for the 4 weeks, well done ladies! I reckon we have 8 weeks of serious training in testing conditions(as I write this on the back of the coldest morning in 3 years!) but the rewards will be there for you to see if you remain focused and don't use a cold morning as an excuse, as Louise said today " its only for the first 5 minutes then you are warm" which is spot on, so dig deep and really put the time in to make yourselves and me proud.

I was very sorry to miss the awards night at the Lord Dudley but I hear there was plenty of laughs(and drinks) had by all and a special mention must go to our esteemed award winners.... Mr Bronte went to Adam Page, Mrs Bronte to Pip Davis and the superstar award went to Cath Schulz.... really really great effort from the 3 of you I would have loved to have been there to give you your awards but great work and keep it up and hopefully you are all still with us at the next awards and keenly defending your titles!

Until the next time...

Matt – matt@etwgroup.com

Bondi Organic Box or BOB (as he's known) is a really easy and friendly way to eat well. This local organic delivery service that provides fresh organic produce in the Eastern Suburbs, city and Balmain area - BOB's aim is to make organic food accessible and affordable for all. BOB's weekly veggies and fruit are really fresh and breakfast products are also available and every week customers get great recipes too. The lovely people at BOB are offering one lucky evolution member a beautiful BOB box - All you have to do is register to join the BOB mailing list this month at www.bondiorganicbox.com/40 and mention Evolution. Good luck!



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