



**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)

**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](mailto:agonyuncle@etwgroup.com)

***Yours, Agony Uncle.***

**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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## Off Balance



**Name:** Caroline

**I am from:** Paddington

**I found out about ETW by:** Watching all the trainers in the park and choosing the kindest trainer with the most interesting workout routines **I started in:** October 2009

**My favourite session is:** Combination Circuit @ Norman Buchan Park – lots of variety and nothing lasts too long.

**My wake up / get it together routine on days that I train is:** Hit snooze & try not to think about how good it would be to stay in bed... get up...dress...brush teeth...wait for

Nick to feed all the pets

**My after training routine is:** Coffee over the morning news while waiting my turn in the shower.

**What I do when I am not training (for work that is):** Intern psychologist and manager of Life-line Brisbane's 13 11 14 service.

**What mom and dad always told me was:** Study hard and don't drink too much. One out of two ain't bad!

**Friends say that I ...**Funny (not sure if they mean weird or ha ha)

**My recommendations are:**

**Great Cafe:** Java lounge for breakfast, Denim for all day and night coffee. **Movie:** I laughed my butt off to The Hangover this weekend. **Music:** any Johnny Clegg album **Day Out** Drive to Noosa or Byron for a lazy lunch and a beautiful beach walk. **Anything else to tell about, hobbies, hangouts, habits, heroes etc** Family and friends are everything!

**If I was an evolution trainer I would ...** ...hope to be as fabulous and motivating as Amy.

## Word from your Evo

Well team – we have done it again. We are the champions of the Fantastic 13 Challenge for the 2<sup>nd</sup> time in a row. I think Sydney is starting to get a complex, and so they should!!! I am so proud of you all for making an extra effort during June, not only so we can win the challenge but also because I'm sure you will all agree that the harder we work at training during winter, the better our summer body will look!

We have now passed the shortest day of the year, so its full steam ahead now. No excuses. Yes its still dark, yes its still cold but the winter bulge doesn't listen to excuses, it only listens to action. So get out there, commit on Sunday night to your week of training and then also commit when that alarm goes off. It's critical not to get in the habit of hitting snooze because then your 'its too cold outside' mind knows it has won and it will get stronger and stronger.

Remember to bring your smile to training while its cold, we are all in it together!

**Aim—amyb@etwgroup.com**



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