



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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Paddington (Brisbane)

Off Balance



Name: Katie Felton

I am from: Sydney born and bred. **I found out about ETW by:** Through friends at Bondi who are long time followers! **I started Evo in:** August 2009 at Balmain then moved over in January to Rushy

My favourite session is: Boxing on Fridays

My wake up / get it together routine on days that I train is: Curse the clock, curse rob, curse having to exercise in winter....then try to make sure I have matching shoes on before heading out the door. **My after training routine is:** Hot shower, make myself presentable and then hopefully on my way to work before 8am

What I do when I am not training (for work that is): I am a lawyer. **What mom and dad always told me was:** That it didn't matter I got kicked out of ballet class at the age of 5.

Friends say that I am ...Busy, laugh a lot and am a little uncoordinated.

My recommendations are: Great Cafe: The Bunker in Darlinghurst

Movie: An Education **Music:** Florence and The Machine "Lungs" **Day Out** Learn to Sail for the day on Sydney Harbour..

If I was an evolution trainer I would ... Tell me to stop whinging every morning

Word from your Evo

It's been a pretty testing period for the 6am starters. Last week it seemed every day was below 8 degrees celsius and on top of that we had to continue with the dark mornings.

Nonetheless a small but dedicated bunch of the Rushy KLIK didn't let that affect their fitness training.

I'm always going to be the first to admit that what we all do every morning is not easy.

I have great admiration for anyone who strives to improve themselves.

All of us, wish to be a little fitter, a little leaner, or abit more muscular, and to get anywhere in life requires dedication to the process.

We've passed the halfway point of winter. June 21st is the shortest day of the year and it's long gone.

Knuckle down over the next 8 weeks and when we hit Spring we'll all have set ourselves up beautifully for the rest of 2010. Come Summer, and you'll be so glad that you stuck with it over the Winter.

On another note, we had our Evolution Awards Night last week. Congrats to all award winners but especially to the Rushy winners; Ria, Frank & Zoe.

The 3 of them have been absolute stars of the Rushy KLIK since we started in September 2009, and are real inspirations to others in the group and to me as well.

Congrats & Thanks. See you @ 6am,

Rob M - rob@etwgroup.com



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