



Nov 2010:

**Tamarama Group Now Open!!
tell your friends**

A word From Mike:

My cup is full

I recently returned from our first ever annual evolution staff retreat. We all got together in Kangaroo valley. A lot was accomplished in those 48 hours. With the assistance of two awesome facilitators, we as team evolution got the opportunity to review the year that was and then recreate and align ourselves with the evolution vision. We ate great food, laughed, learned, shared, got inspired and expanded our own visions of who we are as leaders and what is possible. In the final wrap up we got to see why we are creating something incredible. So thanks to each and every evolutionary, second trainer and support staff. And a massive continuing thank you to you, our clients. Onwards and upwards,

Mike - mike@etwgroup.com

How does Strength Training prevent injury?

Strength training is essential as part of a healthy balanced wellbeing programme. The benefits are obvious and the immediate crossover of those benefits to all sorts of day to day activities. Injury prevention however, is one benefit that is often overlooked. Strength training is a very effective tool for injury prevention for a variety of reasons.

Strength training improves the strength of the muscles, tendons, and even the ligaments and bones. The stronger muscles and tendons help hold the body in proper alignment and protect the bones and joints when moving or under impact. The bones become stronger due to the overload placed on them during training and the ligaments become more flexible and better at absorbing the shock applied to them during dynamic movements.



Muscle imbalances are one of the most common causes of injuries. When one muscle, or muscle group, becomes stronger than its opposing group, the weaker muscles become

fatigued quicker and more susceptible to injury. A forceful contraction, near maximal output from the stronger muscle can also cause damage to the weaker opposing muscle due to the inability to counter the force.

Muscle imbalances also affect the joints and bones due to an abnormal pull causing the joint to move in an unnatural pattern. The stronger muscles will cause the joint to pull in that direction causing a stretching of the opposing ligaments and a tightening of the supporting ones. These can lead to chronic pain and an unnatural wearing of the bones. A balanced strength training program will help to counter these effects by strengthening the weaker muscles to balance them with their counterparts.

For more info talk to your trainer.. **Team Evo**

Dear Agony Uncle

It seems like an eternity but the evo xmas party is finally almost upon us again. Last year i went in with a game plan to hook up with one of the hotties from my group. It was all going to plan until ..well im not sure when because everything is blank from about 9.30 onwards. I thought beers followed by shots followed by more beers and more shots would have given me the confidence to win her over but after waking up on a park bench and judging by the reaction i got at the following training session i could see that my plan had failed. How did a younger uncle manage to gain such a famous reputation with the ladies while at the same time being a feared man to be going drink for drink with??

Signed .. slurrrrrr

Ah yes young slurrrr, it is true that i was a man to be feared both at the training sessions and at the bar, a rare combination but never the less one that attracted the ladies attention. Unfortunately for you son they are big boots to full and it hasn't been done yet so don't beat yourself up over it. You need to know your limits , Slurring and stumbling to early in the evening is only going to open the door to the opposition when it comes to securing your first pick of the lovely young ladies that frequent the evo xmas parties. You have to think (and drink) smart. Put a straw in you glass of tonic water with a cut of lemon, it will pass as a triple vodka all the while the other boys are drinking themselves out of contention. They say the early bird catches the worm..not at a xmas party my friend..the bird up the latest and still able to string a sentence together will feast on the juiciest worm!! Pick your target, do the groundwork, hold yourself together until you are sure you have sealed the deal....then you can drink to your hearts content.

agonyuncle@etwgroup.com

Yours, Agony Uncle.

**phone 0438 13 15 17 : www.evolutiontowellbeing.com.au: Bondi : Bronte : Coogee :
Rushcutters : Balmain : Balmoral : Rozelle: Maroubra: Queens Park: North Sydney
Paddington (Brisbane) and now Tamarama!!**

Off Balance



Name: Nick Cooper

I am from: Seaforth

I found out about ETW by: I was a client and evolved into a trainer (full evolution)

I started in: February 2009

My favourite session It was Bronte, now North Sydney

My wake up / get it together routine on days that I train is: Bed side alarm goes off, (snooze) Watch alarm goes off, (snooze) then phone alarm goes off and I am up. Get a macchiato from Maisy's read over session planned lay out equipment.

My after training routine is: Off to 1 on 1's and walk the dog.

What I do when I am not training (for work that is): I am a locksmith as well as an Evo trainer. So the odd job around Sydney.

What mom and dad always told me was: "If you never Smoke, Drink or Do Drug's you will always have money in your pocket" 2 out of 3 isn't bad.

Friends say that I am ...Funny and a joker

My recommendations are: **Great Cafe:** Bean Drinking, Crow's Nest **Movie:** Old School

Music: Jay-z blue print 3

Day Out: Whale Beach mid week (empty)

Anything else to tell about, hobbies, hangouts, habits, heroes etc Fishing, Diving, Golf, and Golf are all good.

If I was an Evolution trainer I would..I am, so I think I am doing what I think I thought I would do?

Word from your Evo

Our first 4 weeks have been great at North Sydney. Welcome to everyone who has started out with us, you all have done so well to push through sore aches and pains to keep coming back down. The weather has not been the best, but hats off to you all for coming down in the rain, especially as your first starting out. This is chance to remind you that i am down here rain, hail or shine. We have a undercover location at the Netball courts and a indoor location is on its way. And thank you for your sms's to let me know if you can or cant make sessions it really helps.

With the holiday/beach season only 5 weeks away, there is no way to escape it, and you wouldn't want to. And there is no better feeling than being fit and in top shape. So no snooze buttons and lets blast out the next 5 weeks to Christmas and earn that break completing goals set for this year. Also lets use this time to start looking at goals and mile stones for the year ahead.

Next year Saturdays sessions will be introduced to the North Sydney and Balmoral's timetable rather than crossing to the Eastern Suburbs. You train hard all week so Saturday Sessions we decided to come up with so fun stuff like Rock Climbing, kayaking, Paddle Boarding, Touch Footy and other fun activities to get a workout and HAVE FUN. So your input would be great, so see me before or after a session or email me at nick@etwgroup.com

I look forward to see you all down there at 6am, the greatest way to start your day! Nick



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