



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](mailto: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.

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**Yours, Agony Uncle.**

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

## Off Balance



**Name: Anna Payten**

**I am from:** Originally from Canowindra (not that anyone knows where that is!), now live in Queens Park.

**I found out about ETW by:** my friend Sam is the trainer for Queens Park. I talked to her about it and thought it sounded like a good way to get fit!

**I started Evo in:** the middle of winter this year, when it was freezing and dark!

**My favourite session is:** I like boxing at Queens Park the best - but the kayaking session at Rose Bay was awesome.

**My wake up / get it together routine on days that I train is:** I make sure I put my alarm on the other side of my room so I have to get out of bed to turn it off!

**My after training routine is:** big brekky, shower, race to work

**What I do when I am not training (for work that is):** I'm a junior lawyer at a firm in the city

**What mom and dad always told me was:** to be myself (and not to talk with my mouth full)

**Friends say that I am ...** have terrible taste in music

**My recommendations are: Great Cafe:** Parc on Clovelly Rd - amazing brekkys! **Movie:** Inception

**Music:** See above - no comment! **Day Out** I love catching the ferry to Manly for a swim and lunch/drinks in the sun

**If I was an evolution trainer I would ...** remove burpees and 400m sprints

## Word from your Evo

Our last month of spring is nearly over Queens team which means summer is now upon us! I think I can safely say that over the last couple of weeks we have really been putting in the hard yards with our training, with some killer sessions and awesome record turnouts, the queens park crew has really been growing from strength to strength.

We really are developing an awesome little community down at Queens in the mornings, and it makes me very happy to be a part of it. We have had a lot of newcomers start in the last month, so a big welcome to all of you and thanks for adding another great dimension to an already pretty awesome bunch of people.

This month we held the queens park challenge of 'How many sessions can you do in 4 weeks?' As we are nearly at the end of the 4 week block and it's a very close call between Hannah C and Anna P! In advance congrats you both never fail to put in 100% at every session and with an average of around 4 sessions every week you are both setting an awesome example for the rest of us.

So as we come to the last four weeks before our Christmas break, we need to keep up the momentum and push through those hard sessions and kill that snooze button once and for all! You only get out what you put it guys, stay focused and determined and then you will reap the rewards.

**Sam - [samanthapt@live.com](mailto:samanthapt@live.com)**



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Discover a new sense of vitality, balance and wellness at The Golden Door's Health Retreats and Day Spas. Whether it be for a week or just a day, The Golden Door provides the perfect environment to escape the daily stresses of life, giving you time to step off the treadmill of life, simply take a breath and focus on what is important to you.