

# Evolve Studio Magazine

EVOLVE BY MEAGAN COX

16/2 Gott Street

Port Kennedy, 6172

CONTACT

0434 916 561

info@evolve-studio.com.au

SOCIAL MEDIA

www.evovle-studio.com.au

@\_evolvestudio

@EVOLVEbyMeaganCox

## ABOUT EVOLVE STUDIO

There is nothing like Evolve Studio in the surrounding area. On either side our TRX equipment is affixed securely to the walls. towards her passion and love of pilates and rehabilitation.

Our 8 Merrithew Pilates Reformers are situated on our carpeted area at the back of the studio the ultimate pilates experience. All classes are challenging, fun and dynamic without any heavy impact on joints. You will leave our studio feeling uplifted, stronger and empowered.

The studio has been a long-time goal of well known pilates, health professional and hard working mum Meagan Cox. Meagan set up here own personal training business in 2013. Over the years she gravitated

She recently was a contractor for Any Time Fitness running extremely popular pilates and rehab classes, plus booked out reformer classes at Endeavour Physiotherapy. Meagan's highly qualified in rehabilitation, pre-post natal, injury prevention and management. Meagan's helped clients with a variety of injuries and pathologies, including athletes and sports clubs.

Evolve Studio is a unique studio where you will experience classes like no other there is something for everyone; whether you have an injury or at peak fitness.





## A NOTE FROM MEAGAN

Where do I start!

What a year it has been. As we roll on our second year, I want to take this time to personally congratulate all my clients and followers on taking steps to amplify their health and fitness. We have seen so many significant changes in everyone that have been life changing, career changing and mindset changing, that we know that our mission is singing true. 'Empowering your Body & Mind' is a statement that is powerful and all encompassing.

We have pride in our service and the connections we have. Clients are able to get the right guidance and answers at whatever stage in their health and lifestyle journey they are on. I am so excited that it's summer time and everybody is loving the longer days to enjoy the beautiful weather and opportunities to move.

This time of year I love getting in the ocean daily and having a swim or a splash. It's so refreshing and invigorating, the perfect way to start any day!

In this ebook we highlight some great topics to help you through the holiday season.

First up we have some great stretches for when you're down at the beach to stretch & strengthen the shoulders.

We then have our great friends from Warnbro Skin & Body Clinic, giving us great insight on sun protection and some beautiful products you can use this summer to help you and your family be sun-safe.

Then we have some great tips on how to have a better and more mindful sleep routine. Perfect for this time of year when we are taking a little more time for rest and relaxing. Great habits to get into before the new working year starts again.

Next we have a great shoutout to a new local business Nalu Beach Cafe who have just opened up Oceanside at the Secret Harbour Surf Club.

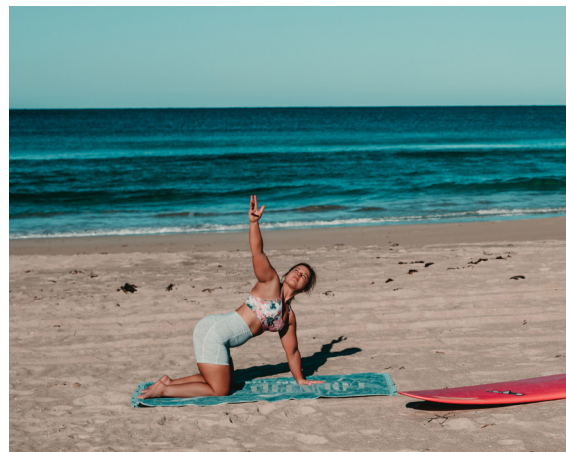
Then we finish off with some fun ways for you and your family to keep active these summer holidays.

From Myself and the Evolve Team, we are wishing you all the happiest of festive seasons. We can't wait to see all your refreshed, motivated and inspired faces in the new year!!

Meagan x

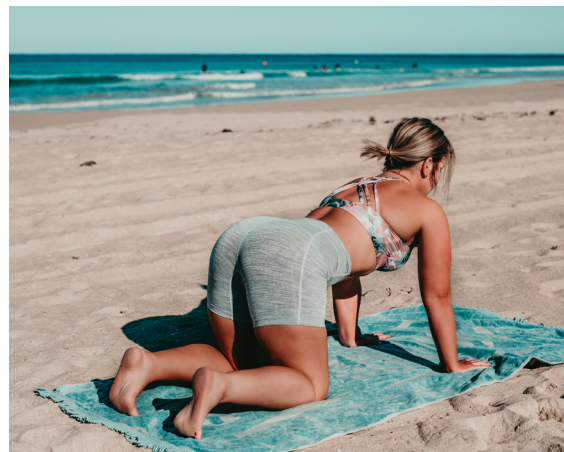
# Shoulder and Spinal Health

## THREAD AND NEEDLE



In all fours reach one arm up and out to the side stretching to the finger tips. Then sweep the arm line through underside of the body to release the upper back and sides. Repeat 8 times on each side.

## CAT STRETCH



Find all fours position with hands under shoulders and knees under hips. Take a deep breath in to the side of the ribs and then exhale articulate into a flexed back. Breath in to stay exhale to unravel to the start position. Repeat 8 times

## SIDE PLANK



Set up the hand under the shoulder then exhale to lift top leg or both legs for those more advanced. Hold for as long as possible.



# Sun care tips



## FIND A DAILY SPF THAT YOUR SKIN WILL LOVE.

If you don't love the texture, feel, and wearability of your day-to-day sun cream then you won't be consistent about wearing and reapplying it.

## BUY AUSTRALIAN-APPROVED SUNSCREEN.

In Australia, we take our sun more seriously than most, given our sunscreen regulations are widely considered the strictest in the world. Ella Baché sunscreens are made and tested in Australia. They don't just deliver maximum, broad-spectrum protection but also support and enhance your skin with ingredients including antioxidants and nurturing hydrators.

## THINK BEYOND SPF

While you should always wear a high SPF sunscreen in Australia, for complete protection, you must complete your look with a broad-brimmed hat and protective sunglasses that comply with the current Australian Consumer Goods Safety Standard to protect your eyes and the delicate skin around them. This is the first area to show the signs of premature ageing.

## GET YOUR SKIN CHECKED

Summer means longer days, more time spent outdoors, higher UV levels, hotter conditions, and more sunscreen reapplied more often. This can affect how your skin feels and looks. Your skin can feel drier/oilier, more congested, and sun damage can be more pronounced. This is why it's important to get your skin checked with a professional skin therapist to ensure a healthy summer skin.



# Good Bed Time Habits



Sleep plays an important role in your physical health and is often neglected, component of every person's overall health and well-being. Sleep is important because it enables the body to repair and be fit and ready for another day. Getting adequate rest may also help prevent excess weight gain, helps heal and repair of your heart and blood vessels, and increased illness duration. Having a good bed time routine helps you sleep better and stay asleep for longer.

1

S E T   A   B E D   T I M E

2

S W I T C H   O F F  
E L E C T R O N I C S

3

P L A N   Y O U R  
M O R N I N G

4

P A M P E R   Y O U R S E L F

5

S T R E T C H   Y O U R  
B O D Y

6

J O U R N A L   Y O U R  
T H O U G H T S

7

R E A D   A   B O O K

# Nalu Beach Kitchen



Pictured the yummy Acai Bowl and Pressed Earth Juice

## A B O U T   N A L U

Nalu Beach Kitchen is one of our favourite local places to visit when we are out about on the weekend with friends and family. The café is located beach side at the Secret Harbour Surf Life Saving Club. With lots of surrounding space to relax, and to take in the beautiful scenery it's hard not to be your favourite as well.

Nalu has so many delicious and healthy breakfast options as well as some awesome meals for lunch after a fun filled day at the beach.



# Healthy Lifestyle Tips

With life being so fast paced creating a healthy lifestyle is important not only for our bodies but also our minds. Having a morning and evening routine that promote exercise, mind set activities and good healthy food promotes a clearer and more productive day. I'm an early bird and know that moving first thing in the morning sets me up for a great day ahead, I know if I miss this it affects my ability to get life done and complete tasks. I've recently started a daily face and body routine that helps me clear off the day and go to sleep fresh and relaxed. Additionally I have my own routine when it comes to food shopping and preparation, I buy fresh and local whenever possible, enjoying the shopping experience as our relationship with food develops from the when we purchase the food, through to how we prepare it when we get home and the recipes we make. I love using a Apple Cider Vinegar to wash fruit and veggies to thoroughly clean them before storing and eating, this also makes them fresher and taste sweeter. I find that if I don't get a chance to complete this step, I don't feel prepared for the week ahead.



I believe that by having an easy to follow daily routine and good shopping habits sets you for success in all aspects of your life. Remember balance is key and food should be enjoyed!

# Family fun Tips



## Family Fun:

Get your day started right by incorporating early morning activity such as riding bikes and stopping at a local park to play and meeting up with friends playing beach cricket or frisbee.

Pack up a picnic and visit a local regional area, like a dam, national park or just get outdoors somewhere new.

Get baking, pick Nanna's old family favourite and see if you can recreate the same delicious taste. A great way to connect and make new fun holiday traditions.

Head down to the local beach, make sandcastles, play in the

surf, body boarding and surfing are a great way to get moving outside. Don't forget beach safety!

Remember to take time to chill out as a family and rest. Whether it's putting on chill music, drawing, putting together Christmas toys or watching a Christmas movie relaxing is key during the busy season.

