



Chew on it

With Richard Chew
Founder of Elixr Health Clubs

A HAPPY MIND

About a year ago, it was all gloom and doom and the world was going into a deep dark recession with every news medium playing it up. People were bracing themselves for the world to end, and the Swine flu hit was going to be the final nail in the coffin!

Humans tend to thrive on fear and negativity.

Australia technically didn't even go into recession and the Swine flu had no more effect than the usual flu we get each year.

We humans, for such a self professed intelligent beings, seriously lack wisdom.

Everybody in their life time will go through some great times and some very hard times. It is how we handle it that defines our character and how we feel. The fact is that we have far more good times than bad, but we are so good at harping on the bad.

Too many people choose to have a victim mentality; blaming things on others or situations, then wonder why they are not happy.

We all have victim mentalities to a certain degree as we are such selfish beings. As soon as we are born it is: 'feed me, give me and love me'. It is a matter of degree and how much we let it control us that affects our happiness and the way we feel.

Have you noticed so many old people get crankier as they age until the unhappiness is etched into their faces?

The only person who can truly affect the way you feel and how you look at life is you and you alone.

I have had some incredible adversities in the past; including being terminated from a corporate role (thank goodness), and also loosing it all financially but I never lost hope as here I am back in the thick of my passion.

I know I'm a happy person because I choose to look at things in a positive light. It's not easy, but the more you practise seeing situations from a positive perspective, the easier it becomes. And then it becomes a habit.

We do know what we should do in life to be happy and content as there are no secrets. The trick is to consciously do it.

I once asked a very successful Harvard MBA what is the key to success and his reply was "execution." It is the simple act of implementation as knowing is just not enough.

To be happy, you need to apply a positive mental attitude. To be healthy; you need to eat sensibly and exercise. To be slim, you need to eat less and eat the right type of food...

And here is the victim mentality: 'I am too busy to exercise. It's his fault. I am over weight because I have thick bones!' And in my case personally, I am short for my weight, oh! and the discipline of application.

Exercise by itself is not fun for most people. For example, exercising on a stationary bike is tedious for most; but in a studio with a group of people, good music and an inspiring instructor, the time flies.

The philosophy at Elixr is about having an enjoyable time in the club. That is why we are class orientated, as in a class you have a teacher to motivate, inspire and entertain you along with the energy of a group of people spurring you on.

The by-products of you having a great time are the benefits of exercising.

To be a happy person you need to have a positive mental attitude and there are many ways to achieve that. This month we have a seminar to provide you with the biological understanding of what makes up a positive mental attitude, and show you

ways to adjust your thinking to make you feel happier.

A healthy mind is conducive to a healthy body. Please come join us at the seminar...

ABS OBSESSED

The exercise world is obsessed by abdominal exercises, but the fact is that the high majority of people are performing abdominal exercises incorrectly and do not understand the true benefits.

Come join us at the Abs Workshop and we will reveal to you the what, why and how abdominal exercises strengthen your core and protect your back.

Saturday 11.00am-12.00noon, October 17th, 2009 Elixr Bondi Junction, Group X Studio. Complimentary to all our members and members' friends. Please register at reception.

SPINAL ROTATION FACTS

Many people think that most of the spine rotation comes from the lower back. The fact is the lower back rotates the least as they are the biggest vertebrae that provide support. The neck vertebrae are able to rotate the most, hence rubber neck, and the middle back rotates to about 35 degrees....Just what you always wanted to know!

MORE, MORE

Classes that is. As there are demands for more classes, please check the timetable for new classes after the October long weekend. Don't forget Daylight Savings time, spring forward an hour on Sunday October 4th, 09.

A THOUGHT FROM EMO PHILLIPS

When I was a kid I used to pray to God for a bike. Then I realised God doesn't work that way. So I stole a bike, and prayed to God for forgiveness.

NEWS

PINK RIBBON MONTH AT ELIXR

October is all about raising funds and awareness for the National Breast Cancer Foundation. We're on a mission to raise \$5000, and you can help by simply joining us at our annual Pink Ribbon Evening event, or making a donation at any Elixr Club.

The Breast Cancer Foundation is continually undertaking research in hope that one day there will be a cure. Breast Cancer is the most common invasive cancer diagnosed in females in Australia and it is estimated that over 13,600 women will be diagnosed this year.

The incidence of breast cancer is increasing, but with continued support and funding from the National Breast Cancer Foundation, improvements in research mean the survival rate is on the rise.

Instead of the usual Pink Ribbon Breakfast this year, Elixr will be hosting a unique Pink Ribbon Evening Event on Monday 26th October. Come along for an evening of nibbles, pampering and giveaways from our friends at Sydney Roosters, The Australian Ballet, The Sofitel Wentworth and Brasilfit, just to name a few. Bookings are essential and non-members are welcome, so get a group of friends together to make a night of it!

CLUBKEEPING

For comfort and hygiene, we recommend that all members that use the Elixr gloves during RFK class purchase a pair of "inners" to wear inside their gloves. These are available at

Reception and can be washed and re-used several times.

A reminder to all members to shower before using the pool and to wear a swim cap at all times. Please ensure you allow time to change after your swim so you are ready prior to the pool and club closing each night.

As of this month, all members will be asked to show their Elixr Membership Tag to East Leagues Club staff. Please have your Tag ready as you enter the Ground Floor at Elixr Bondi Junction.

Please see Reception if you have any further queries. Thank you in advance for your cooperation.

NO MOBILE PHONES

Please be considerate and for the sanity of other members, please do NOT take and use your mobile phones in the studios or exercise area.

Your feedback is important to us

If you would like to contribute to this newsletter or have any recommendations on how we can improve the services we provide, please do not hesitate to contact us at info@elixr.com.au

PRENATAL EXERCISE AT ELIXR

It is a well-known fact that exercise is critical to maintaining a healthy body and active mind. Many women stop exercising when they become pregnant due to symptoms such as tiredness, nausea, feeling de-motivated or simply not knowing what exercise is best for their changing body. Staying active during pregnancy is one of the best ways to prepare yourself for labour, childbirth and the rigours of motherhood. An awareness of the changes your body is going through is essential as is modification of your fitness routine.

Elixr offers specially designed Pre-natal Yoga and Pilates programs that ensure this balance is achieved whilst being gentle on your body. Understanding the physiological and hormonal challenges that come with pregnancy, these programs focus on maintaining good health, posture, safety and a positive mental attitude throughout this special time in your life.

These programs are available as part of Elixr's Pre-natal Membership (for new members), and complimentary to all existing members during their pregnancy. Please see Reception to collect an "Authorisation form to Exercise during Pregnancy at Elixr Health Clubs" which must be completed by your Doctor prior to commencing any exercise at Elixr.

For your safety, inform your instructor of your pregnancy before the commencement of every class. Please be aware that some classes (especially without prior regular attendance) are not suitable during pregnancy, and your instructor may advise you to seek an alternate class or activity.

For further information and class times please see Reception or visit elixr.com.au





Change Your Thinking Towards a Happier Mindset

SEMINAR

FREE

For our members & their guests

Nathalie Himmelrich is a highly qualified counsellor that has extensive experience in coaching, counselling and education of adults and children. She specialises in therapeutic skills such as Neuro Linguistic Programming, Time Based Therapy, Neuro Relationship Therapy, Hypnosis, Journey Therapy, Touch for Health (Kinesiology) and Voice Dialogue, using them alongside traditional counselling methods. Nathalie uses her variety of skills and vast experience with clients from all walks of life to help them achieve their goals.

Thursday 29th October 2009
7:30-8:30pm
Elixir Bondi Junction

RSVP at Reception or
education@elixr.com.au



PINK RIBBON EVENING AT ELIXR

Support the National Breast Cancer Foundation by joining us at our Pink Ribbon Evening with family and friends.

Receive a Pink Goodies Bag **VALUED AT OVER \$300**

OTHER GREAT GIVEAWAYS ON THE NIGHT:

- A night at the luxurious Sofitel Wentworth
- Roosters season tickets
- Double passes to The Australian Ballet
- Styling by Atlantis Hair
- Make-up by Napoleon
- Brasilfit makeover
- Elixir Massage vouchers, and many more

DETAILS: Monday 26th October 2009
7.30pm-8.30pm Elixir Bondi Junction

DONATION: \$25.00 (all proceeds go to the National Breast Cancer Foundation)

Bookings are essential. Book and pay at Reception



elixr Pilates INTRODUCTION BOOKLET

At Elixir, our aim is more than just supporting you with your health and wellbeing goals but also to help you gain a better understanding of the principles of exercise.

This booklet is packed full of information about Elixir Pilates that will provide you with a clear understanding of our training methods and the benefits of adhering to the Elixir Pilates principles.



If you're new to Pilates, you'll find it helpful in gaining an understanding of Elixir Pilates in preparation for your classes.

If you're an experienced practitioner, you'll find interesting facts and helpful tips to get the most out of your training.

YOUR COMPLIMENTARY COPY IS AVAILABLE AT RECEPTION

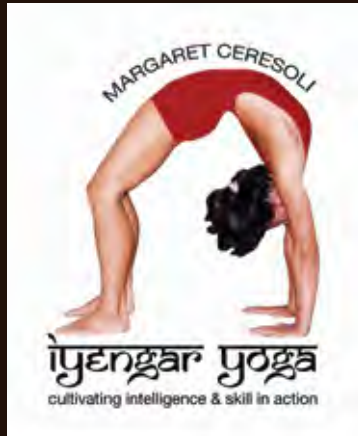
Get to Know Your Instructors

Nutrition

MARGARET ceresoli

YOGA (IYENGAR)

I have been teaching yoga at Elixir for the past 3 years but teaching yoga in general for 25 years. I am a certified Iyengar Yoga Teacher and teach in this mode as it informs most other yoga in the West and in my experience has the most to offer in its practical application. I come from Melbourne originally and ran a Yoga school with my husband for 18 years.



My approach to teaching yoga is always to cultivate the student's intelligence and awareness with the aim of instilling 'skill in action'. This comes about by the slow integration of a constant awareness that goes with the students beyond the class. I want to show that while yoga gives many health benefits it is not an exercise system as it is commonly treated, but rather uses the body as a means to cultivate one's awareness and ignites the intelligence so that there is transformation not just on a bio-chemical level but on the level of consciousness. Going from the most gross to the subtler levels is the challenge I enjoy as a teacher and a delight to see when the methodology is applied and works. I see the improvements not only in student's posture and bearing but in their faces and eyes. This shows the shedding of inertia and brings them automatically to a more balanced and vibrant state.

Many synchronistic events conspired to bring me to where I am without ever choosing to teach. I was put into the role and find it hard to understand today's mentality of doing it as a 'career path'. I like the slogan "wherever you go there you are" as it suits how I feel. I am a wife and mother and still perform the duties I have while maintaining my practice and teaching yoga. Whatever you do Yoga will help you do it better!

SPRING CLEAN YOUR BODY

Feeling sluggish
and overweight?

Want to lose a
few kilos?

Need more
energy?

For more information
contact Fay at
T: 0418 648 028
E: nutrition@elixr.com.au



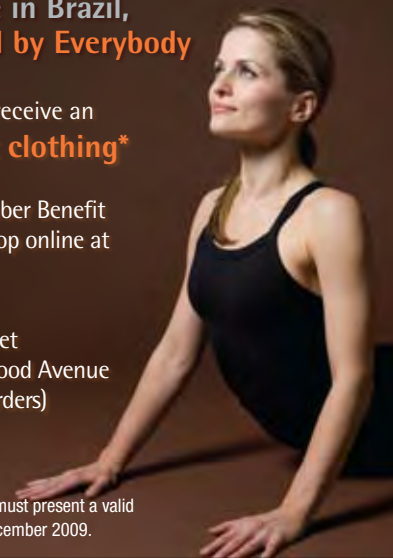
brasilfit Made in Brazil, Loved by Everybody

As a valued Elixir member you receive an
Exclusive 25% off Brasilfit clothing*

Take advantage of this great Member Benefit
at Brasilfit in Bondi Junction or shop online at
brasilfit.com

Shop 10/251 Oxford Street
(Corner of Oxford Street & Hollywood Avenue
- diagonally across from Borders)

*Conditions: Applies to full price items. Member must present a valid membership tag. 25% saving valid until 31st December 2009.



Pilates • Yoga • Fitness • Aqua

Sydney Town Hall
27 Park St
T: 02 8113 1100

Chifley Square
2A Bligh St
T: 02 8113 3300

Bondi Junction
L2, 9 Bronte Rd
T: 02 8113 8800

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HEALTH CLUBS

Energise the Body. Calm the Mind.

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