



CHEW ON IT
WITH RICHARD CHEW

HAPPINESS IS OVERRATED

The relentless pursuit of happiness is damaging to our psyche. Most people think of happiness as elation, pleasure or positive feelings. But pleasure and elation are fleeting, and when happiness is associated with these feelings, people expecting long-term ‘happiness’ are setting themselves up for failure.

I believe people confuse happiness with perpetual elation, instead of contentment and peace of mind. As Aristotle wisely put it, “Happiness is self-contentedness.”

It is essential to work on having our mind in a neutral state of calmness - while enjoying the fleetingness of joy and pleasure, managing the peaks of fear and anger, and coming to terms with the depths of sadness.

Contentment places your mind in this neutral state of calmness, where your main emotional states are not that of anger, fear, sadness and enjoyment. Contentment enables you to appreciate what you have,

instead of experiencing the angst of wanting what you don’t have. And it comes from within, it doesn’t depend on external factors.

Gratitude steers you towards contentment, and there is much to be grateful for – particularly if you have good health. Except for life and death matters, everything else can be resolved.

A big part of happiness is also having meaning in your life, as opposed to searching for the meaning of life. My conclusion on life is that we exist by chance. No one can provide any certainty as to what was before and what will be after we leave this world. What truly matters is the life we have now: how we choose to live it and the purpose we associate with it.

I realise I’m becoming something of a preacher, yet I was so confused by philosophy at university. I couldn’t wrap my little mind around those complex matters. What I seek now is good simple philosophy and principles to live by, and to be at peace with myself.

WHERE DO YOU FEEL YOUR BEST?

From the mindfulness of a meditation session to the controlled movement of a Pilates class or the adrenaline spike of a spin workout, we hope Elixr offers you spaces, classes and experiences that help you feel inspired and alive. In this month's newsletter you'll find even more reasons to feel your best at Elixr, including tips from Pilates instructor Sam Harhagelis, info on our latest workshop and exciting new classes, and member-only special offers. So take a few minutes to read, relax and enjoy...

INTRODUCTORY COURSES

Our popular introductory courses take place every month and are an excellent way to grasp the basic principles and gain a deeper understanding of your favourite discipline. To find out more about Pilates, yoga, Real Fitness Kickboxing or meditation, sign up for an introductory course today and take your training to the next level.

**FREE FOR MEMBERS AND
TWO GUESTS**

Pilates: August 6 (2pm–4pm)

Yoga: August 13 (2pm–4pm)

RFK: August 27 (2.30pm–4pm)

Meditation: August 28 (12pm–1:30pm)

TO BOOK YOUR SPOT
VISIT ELIXR.COM.AU/COURSES

MAKE THE MOST OF MY ELIXR

Now you can do all of this and more on the **My Elixr** page on elixr.com.au/my-elixr.

- Update your personal information
- Update your billing details
- Request a tax invoice
- Request a time freeze
- Register for a course and workshop
- Invite a friend to experience Elixr

Simply click the **My Elixr** tab at the top right hand corner of the site and get started!



NEW DANCE CLASSES HIPHOP & ZUMBA

There are two new classes at Elixr Bondi Junction to help get you moving!

Zumba: Monday, 5:30pm

Hip hop: Thursday, 5:30pm

SPECIAL MEMBER OFFERS

GET 20% OFF AT 2XU

This August, Elixr members can receive 20% off 2XU gear from their Bondi Junction store! To claim your discount, simply present your Elixr tag when paying for your purchases in store.

2XU are a Melbourne based company renowned for their compression and fitness apparel. Compression can aid support and circulation to your muscles for enhanced performance and improved recovery.



GET A TASTE OF THRIVE

This month, THRIVE will be sampling their seasonal, Australian menu including smoothies and mini bowls at Elixr. Always gluten free, with no added sugar and only healthy fats.

THRIVE's mission is to make extraordinary health simple.

When: Wednesday, 17 August 2016

Time: 11:30am-12:30pm

Where: Elixr Bligh Street

THRIVE





INSTRUCTOR PROFILE

SAM HARHAGELIS, ELIXR PILATES INSTRUCTOR

Elixr Pilates instructor Sam Harhagelis started her love affair with the discipline in 2012 after trying her first reformer class while on holiday in the Bahamas. She signed up as an Elixr member on her return to Sydney and hasn't looked back! Find out more about her journey right here...

First thing you do in the morning?

I kick-start my metabolism by eating a good breakfast as soon as I wake up, followed by a strong coffee (double shot piccolo!) for those very early mornings.

Favourite healthy breakfast?

I'm loving breakfast bowls/salads at the moment – a good mix of greens, egg for protein and anything with avocado is always a great idea (good fats). I love Nelson Road Tuckshop after classes at Bondi Junction – their avocado smash is so good!

Why did you decide to complete the ESOP course?

Aside from being absolutely addicted to Pilates, I wanted to learn and understand how to strengthen the body while maintaining correct postural alignment, and

how to engage and strengthen the core. Throughout my Pilates journey, I have felt energised, strong and empowered. I did the teacher training to inspire others to feel the same way.

What makes your classes unique?

My classes provide a challenging full-body workout. They are high intensity with a focus on core strength, as well as fast paced and with quick transitions. This keeps the heart rate up and leads to faster, better results. You'll definitely leave my classes sweating!



What helps you feel your best?

Being active! From doing a Pilates class to going for a run along the coast, I am one of those people permanently in active wear. Rest and sleep is also important, so my body has the chance to recover and energise. I also adore travel and new experiences. And when all else fails, a few more coats of mascara make me feel like a new person!

To read the full interview with Sam, visit elixr.com.au/blog/sam



PILATES MOVES FOR RUNNERS

BY BREE CORBETT, ELIXR PILATES INSTRUCTOR

As a regular trail runner, I know it takes more than strong legs and lungs to be a good runner. Having a strong centre is essential for balance, flexibility, breathing and endurance. When I completed my ultramarathon, it was my strong core that held my form when I started to fatigue, and holding that correct running form until the end of the race also meant that I finished injury free.

Pilates and running

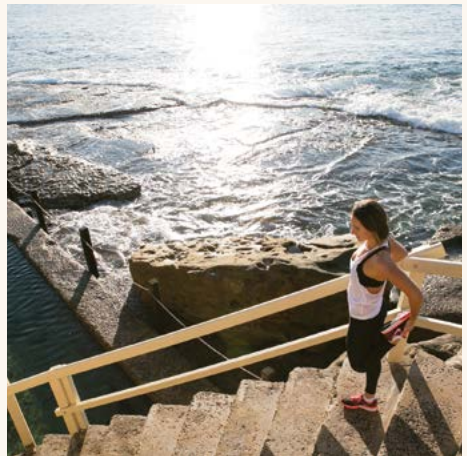
Hip, knee and ankle injuries are common for runners. While repetitive action from running places stress on these lower limb joints, the root cause of these injuries or niggles often lies a little deeper in the body. By using Pilates to target deep stabiliser muscles, you'll strengthen and align the hips, resulting in a more efficient running gait. Professional runners have even reported faster running times as a result of adding Pilates to their training schedule.

Exercises to increase speed and prevent injuries

You don't need to spend hours on the mat or reformer. On the Elixr blog, you'll find a Pilates mat set – if you try this a few times a week, you'll become stronger, run more efficiently and reduce injuries. Remember that the primary focus is strengthening deep core muscles rather than tone the superficial muscles. Precision and

alignment is essential, so ensure slow and controlled repetitions. You're only going to do more harm than good with fast, sloppy movements; it's quality over quantity.

For the video of the Pilates mat routine, visit elixr.com.au/blog/pilatesrun





KNEE INJURY OR ITB SYNDROME?

JINNY KOH, RESIDENT ACCUPUNCTURIST & HERBALIST

If the outside of your knee is painful, there's a good chance you have Iliotibial Band Syndrome (ITBS). ITBS is a common cause of lateral knee pain, and although it's commonly known as 'runners knee', it isn't limited to runners.

The iliotibial band (ITB) is on the outside of the thigh and is inserted into the bone just below the knee.

Friction between the ITB and underlying knee bone during exercise results in inflammation and pain. Aggravating factors include changes in training schedule (increased mileage, hills, or speed), the underlying biomechanics of the leg joints, and sometimes a change in footwear.

Signs of ITBS include:

- Pain on the outer side of the knee during activity which usually settles with rest
- Pain aggravated with prolonged exercise
- Pain aggravated with descending stairs or hills
- Gradual onset associated with repetitive movement/exercise

Treatment:

- Reduce or avoid aggravating activities
- Reduce inflammation and swelling with acupuncture
- Commence graded exercise at a pace consistent with the recovery process

Acupuncture and ITBS

In conjunction with graded activities and

exercise, acupuncture is a very effective mode of therapy for ITBS. Acupuncture has a powerful effect in promoting healing of damaged tissue and releases adhesions formed from prolonged inflammation as it accesses deep layers of muscle and fascia.



Acupuncture is based

on the meridian system: a set of lines throughout the body that interconnect all of the body's functions, including muscular skeletal and organ function.

Relief of symptoms occurs quickly with acupuncture, and reduction in both pain and swelling is evident in most people after one or two sessions.

Contact Jinny at therapist.jinny@elixr.com.au or call 0405 699 382.



NUTRIGENOMIC TESTING

MOGESTRI PATHER, RESIDENT CLINICAL NUTRITIONIST

What is nutrigenomics?

Simply put, nutrigenomics looks at the role genetics plays in determining the diet we should follow, and the lifestyle and exercise choices we should make, in order to achieve optimal health. There is now enough research and scientific evidence to suggest that our genes will determine these factors and that we can utilise this information to create informed decisions so we can maintain health as we age.

What is nutrigenomic testing?

Nutrigenomic testing utilises the findings from a genomic review to help implement a long-term preventative health strategy that is personalised based on your genetic make-up.

Nutrigenomic testing is particularly helpful in uncovering the body's ability to methylate and also evaluating inflammatory response.

Firstly, Methylation is an essential biochemical process responsible for every development in the body from

clearing hormones to the regulation of your DNA. Our ability to methylate makes us more susceptible to chronic disease states.

Secondly, given that inflammation has been proven to play a key role in chronic disease states, being tested can again help reduce your risk of developing certain diseases.



Who should consider nutrigenomic testing?

If you're experiencing chronic ill health, brain fog, exhaustion or PMS symptoms and have a family history of cancer, Alzheimer's disease, heart

disease or osteoporosis, genomic testing can help you establish the root cause of the problem. Genomic testing is also recommended for anyone planning to start a family as it provides the best nutritional, lifestyle and supplemental regime, ensuring a healthy conception and foetus.

For more information, contact Mogestri at nutrition@elixr.com.au or call 0414 650 515.

Stretch Right

A WORKSHOP FOR NON-YOGIS WITH DON PEERS

Whether your exercise of choice is Pilates, spin, kick boxing or weights, learn how to stretch those tight hamstrings, back muscles, shoulders and more. Build a safe and effective stretching program that prevents strain and ensures you can maintain your healthy lifestyle. Suitable for all.

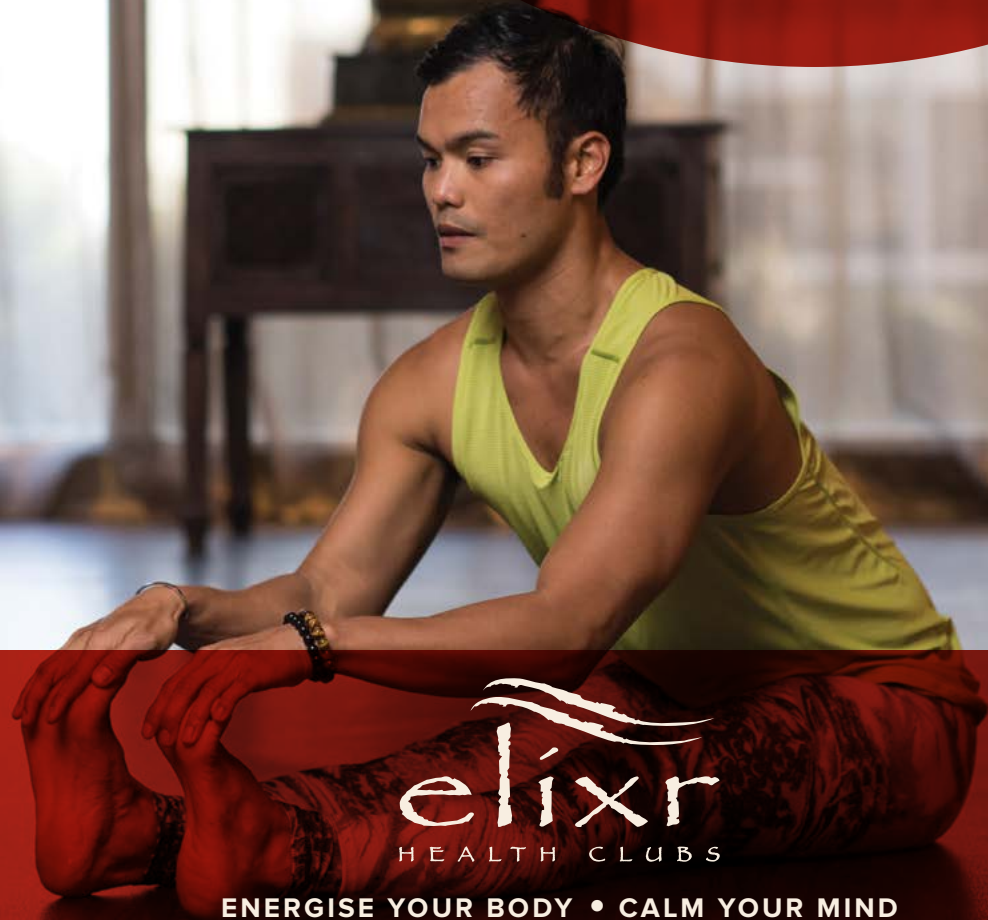
DATE: SATURDAY, 27 AUGUST 2016

TIME: 11:30AM-1:30PM

VENUE: ELIXR BONDI JUNCTION

COST: \$30 INCL. GST

REGISTRATION: ELIXR.COM.AU/STRETCHRIGHT



elixr
HEALTH CLUBS

ENERGISE YOUR BODY • CALM YOUR MIND



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