



CHEW ON IT

WITH RICHARD CHEW

THE POWER OF RESILIENCE

My dear friend, Janise Beaumont, whom I met 25 years ago when she interviewed me for a newspaper article, is facing a huge life challenge right now. I've asked her to share some of her journey with us and I'm sure after reading it, you'll admire her positive attitude and strength as much as I do.

"In February, I was diagnosed with breast cancer. Within a week, I was wheeled into surgery, followed by chemotherapy, then daily radiotherapy. Next on the list is long-term hormone treatment. Quite a year.

I know what you're thinking: this sounds like a depressing story. It's quite the opposite in fact. I'm alive! And do you know what? Despite being bald and despite still reeling from how dreadful chemo was, I'm incredibly thankful for the fine care at Prince of Wales Hospital, Randwick, the medical advances that make my survival possible, and the kindness of friends and strangers.

I've learnt two things along the way. The first is the power of gratitude. I've come to appreciate the touching moments in my

'adventure' – the nurse who arrived with a heated blanket to comfort me when I was feeling low, the anaesthetist who made me laugh just before my surgery. They've kept me positive and in keeping with modern scientific research, I believe this attitude has boosted my immune system.

Secondly, I've realised that physical exercise translates into mental strength. Yes, there was a time during chemo when I could barely lift my head off the pillow, but now that I'm feeling stronger I've returned to Elixir – and I'm loving it. My Pilates instructors are, without exception, understanding and encouraging and I feel supported, however feeble my performance may be on most days.

The most wonderful thing about a gym like Elixir is that you're part of a community if you choose to be, and I don't think you can truly heal hurt unless you belong to a tribe. An excellent gym gives one that sense of connection – it's like a 2016 version of the village square."

For the full article, visit
elixr.com.au/chewonitwithjanise

TIME TO TRY SOMETHING NEW?

Spring is a great season to try different things, whether that's joining a new class at Elixr or taking up a hobby like hiking, running or cycling. Up for the challenge? Then take a look at our introductory course info in this month's newsletter, and sign up for a class today! In this issue, you'll also find some great special offers from CHIRO H3 and North Bondi Fish, Bree's favourite yoga stretches for runners, Katrina's minute of movement for your working day, and a Q&A with actor and Elixr member Honey DeBelle. Happy reading!

INTRODUCTORY COURSES

FREE FOR MEMBERS AND
TWO GUESTS

Pilates: Sept 3rd & 17th (2pm–4pm)

Yoga: Sept 10th (2pm–4pm)

RFK: Sept 24th (2.30pm–4pm)

Meditation: Sept 25th (12pm–1:30pm)

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

ELIXR SCHOOL OF PILATES

Next courses start:

Pilates Fundamentals: September 3

Pilates Mat: September 10

Pilates Reformer: October 8

To find out more visit,

elixr.com.au/schoolofpilates

ELIXR NEWS CONGRATS, GRÁINNE AND DANNY!

We're delighted for Elixr Personal Trainer and Pilates Instructor Gráinne and partner Danny Shemesh, who tied the knot on 10 July at Emanuel Synagogue. The couple met at Elixr, when Danny joined Gráinne's Group Reformer class. Says Gráinne, "We went on a date and have been inseparable ever since because he is wonderful and amazing." Sounds like a match made in heaven. Mr and Mrs Shemesh, we wish you many happy years together!



LOCKERS

Did you find a little surprise inside your locker last month from our partner Kit&Ace? Send us a photo of you in your gift by tagging us on Instagram @elixrhealthclubs. Also just a friendly reminder that we clear lockers overnight, please remember to take all belongings with you!

SPECIAL MEMBER OFFERS

FREE NECK SCANS WITH CHIRO H3

Here's one to diarise: CHIRO H3 will be performing free thermal neck scans for Elixir members at the Bligh Street club in September. The CHIRO H3 team uses the latest diagnostic equipment to detect dysfunction and areas of heat or inflammation in the spine.

Venue: Elixir Bligh Street

Date: Tuesday, September 13

Time: 11:30am to 2:00pm



GET UP TO 20% OFF AT NORTH BONDI FISH

We're excited to offer all Elixir members two exclusive discounts at North Bondi Fish on selected days in September and October. Here's how it works:

- Get 20% OFF on Wednesdays to Fridays
- Get 10% OFF on Saturdays

To redeem this offer, simply present your Elixir tag.





YOGA STRETCHES FOR RUNNERS

BREE CORBETT, ELIXR PILATES INSTRUCTOR

Elixr Pilates instructor Bree Corbett demonstrates two yoga stretches that are particularly beneficial for runners. Shown below are the Half-Pigeon, which focuses on the gluteal muscles, hamstring group and adductors (inner thighs), and

the Dragon Lunge, which is good for the hip flexors, quads and hip joint release. You shouldn't be feeling pain, just a mild discomfort. Always listen to your body. To watch a step-by-step video of this stretch routine, visit elixr.com.au/yogarun



Half Pigeon Variation One — Easy



Dragon Lunge Variation One — Easy



Half Pigeon Variation Two — Medium



Dragon Lunge Variation Two — Medium



Half Pigeon Variation Three — Hard



Dragon Lunge Variation Three — Hard



THE HEALING ART OF YOGA THERAPY

ALEX IVETIC, ELIXR YOGA TEACHER

It is well known that yoga benefits the mind, body and soul. But, there's a common misconception that yoga is only for the fit and able. The fact is that absolutely anyone can practice yoga and benefit from its therapeutic aspects – even someone with severe physical restrictions.

What is Yoga Therapy?

Yoga Therapy encompasses a lot more than the postures and common sequences offered at gyms and yoga studios. In fact, it has been used for centuries for the recovery and healing of a variety of ailments and conditions.

How does Yoga Therapy differ from yoga?

Yoga Therapy is typically conducted one-on-one and more closely resembles an appointment with a physiotherapist or rehabilitation therapist than a typical yoga class. The yoga therapist will holistically assess the health and needs of the client and then prescribe a practice that takes into account the

client's condition, strengths, weaknesses, personality and goals. The session may also include lifestyle counselling and dietary advice.

Where can Yoga Therapy help?

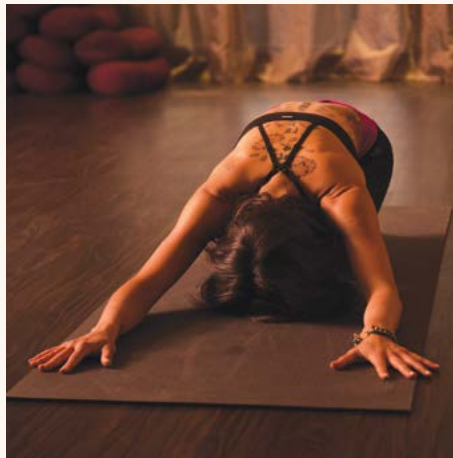
Yoga Therapy can help with a wide range of conditions from chronic fatigue to hormone imbalances, obesity related problems

and fertility. It also provides integrated recovery from common muscular-skeletal ailments and conditions. Yoga Therapy offers comfort to people with acute debilitating or terminal diseases, while people with mental health issues have found it helpful in alleviating

symptoms and restoring balance, harmony and joy to everyday life. For the full article visit, elixr.com.au/yogatherapy

Get in touch

Alex is a qualified yoga teacher and therapist who has practiced and studied yoga for 15 years in Australia and internationally. Find out more at www.innersenseyoga.com.au or contact Alex on move@innersenseyoga.com.au or 0414 638 680.





A MINUTE OF MOVEMENT AT WORK

KATRINA WARD, ELIXR PILATES INSTRUCTOR

Movement is important in maintaining mobility in your body. Working behind a desk all day can compromise this and sitting, typing and using your mouse repeatedly can cause long-term damage to your body. In an effort to combat this,

we've created a minute of movement which you can do at your desk! Give these easy stretches a go and remember to do both sides. To watch the video, visit elixr.com.au/minuteofmovement



Wrist Rolls



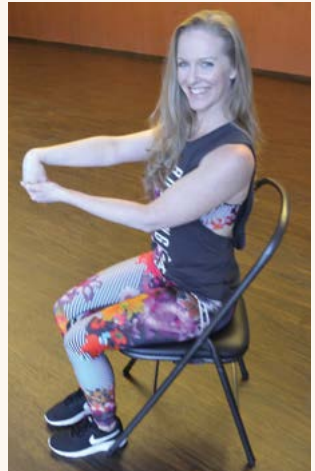
Wrist Stretch



Spinal Mobility: Spinal Rotation & Side Stretch



Chest Stretch





MEMBER PROFILE

HONEY DEBELLE, ACTOR AND LAW STUDENT

Actor, law student and long-time Elixr member Honey DeBelle is starring in the Sydney Theatre Company's production of *A Midsummer Night's Dream* in September. We caught up with her – in between rehearsals and workouts – to find out how she manages the demands of her career and studies, while still maintaining a healthy mind and body balance.

What gets you out of bed in the morning?

Breakfast. I always start my day with a yummy breakfast and a huge French press full of coffee. In summer I usually have papaya and cottage cheese or tahini and banana on toast.

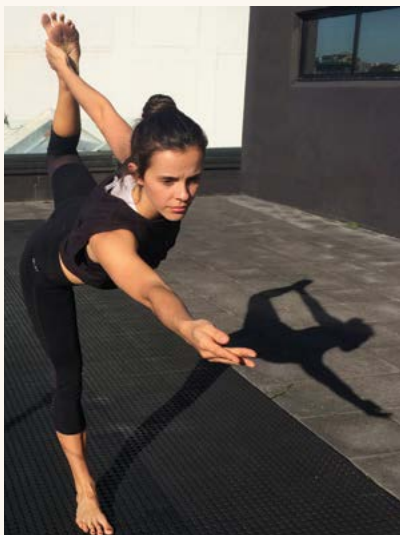
Has your exercise routine helped you manage the demands of your career?

Yes, both mentally and physically. Pursuing a career in the arts is a nightmare for your mental health. The highs are very high and the lows can be very low if you don't take care of yourself. But the arts can be physically challenging too. The play I'm currently working on is very taxing on the body. At one point I'm sprinting on stage while reciting Shakespeare. It takes a lot of breath

control to get your lines out when you're running that fast, and those interval sprints on the stationary bikes are definitely paying off.

How often do you work out?

About five times a week. And on 'rest' days I usually go for a walk or do some light stretching.



The class you enjoy most?

Don's yoga class, although Marcus's Dance Fusion class comes in at a close second.

If you could try one new thing this Spring, what would it be?

Floation therapy. It's where you lie in a tank filled with

Epsom salts. The water is the same temperature as your body and the salts make you float so apparently you can't feel where your body ends and the water begins. I find meditation really hard but apparently the physical sensation of floating puts you in a meditative state, so I'm really keen to try it.

For the full interview with Honey, head to elixr.com.au/honeydebelle



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PILATES YOGA FITNESS

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