



CHEW ON IT

WITH RICHARD CHEW

NOW CHANGE!

I hear a lot of talk about growth, but see too little action. Knowing what to do in order to grow is the easy part. It's the doing that requires constant diligence and application. In many ways, growth is similar to getting fit: it takes a huge amount of effort to build the habit and if you don't keep working at it, you soon lose it.

While most people realise their shortcomings, they do very little to correct them. If on the other hand you don't know what your shortcomings are, leave it up to friends and family to tell you. They always do. And that's the truth.

Once you've accepted your weaknesses, the next step is working to make the change. Unfortunately, change is NOT a switch you can simply flip and it definitely doesn't happen overnight. I constantly have to remind myself that "Overnight success takes years" – something anyone who has taken steps to achieve their goals will understand .

I'm pleased to say that I'm quite different to the person I was 10 years ago and very different to the one I was 20 years ago. I believe that I now have my ego and greed under control and am far more empathetic than before. I'm also working towards being more tolerant and accepting of people's inconsiderate behaviour with the help of my wonderful counsellor, Anna Bradshaw.

To those people who feel they are lost, I would say this: To those people who feel they are lost, I would say this: My experiences tell me that it's important to define who you want be rather than trying to find yourself. You also need to realise your life's purpose, to create meaning for your life.

I am fortunate that one of my major life purposes found me. And while it initially centered on fitness, I have since realized that it encompasses body, mind and spirit. It's the reason the passionate and dedicated staff at Elixr provide exercises for the body, and education and inspiration for the mind – to allow our spirit to thrive.

INTRODUCTION

Can you believe that in just three months, it'll be the start of another year? As 2016 starts winding down, we're gearing up for summer with our fantastic Instagram *Ultimate Sydney Spring Giveaway* competition where you stand to win some fabulous prizes! Other highlights this month include Mogestri's top tips for spring cleaning your diet, details of Martine's upcoming detox retreat as well as a fascinating interview with 82-year-old Elixr member, Trudy Weil. Happy reading!

INTRODUCTORY COURSES

FREE FOR MEMBERS AND
TWO GUESTS

Pilates: Oct 8th & 22nd (2pm - 4pm)

Yoga: Oct 15th (2pm - 4pm)

RFK: Oct 8th (2.30pm - 4pm)

Meditation: Oct 30th (12pm - 1:30pm)

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



NOTES FROM RECEPTION

In the interests of a hassle-free Elixr experience, the friendly staff who welcome you every time you walk through our doors have asked that we remind you of the following:

GLASS BOTTLES

Glass bottles are a potential safety hazard and are not permitted in our clubs.

MEMBERSHIP TAGS

Membership tags must be presented at reception. Having yours ready means we can get you to your class sooner.

CLASS PASSES

A class pass is required in order to participate in Pilates GRC, Spin, Aqua and Yoga Wall.

MOBILE PHONE POLICY

Please help us maintain the Elixr sanctuary experience by refraining from making or taking calls.

LEVEL 3: QUIET ZONE

In the spirit of energizing your body and calming your mind we would appreciate members respecting level 3 as a quiet zone.

LONG WEEKEND HOURS

Please note our adjusted schedule for Labour Day, Monday, 3 October 2016:

Bligh St: Closed

Bondi Junction: 7:30am - 2:00pm

NEW CLASS PILATES GRC BODY MECHANICS

What is it?

This class focuses on core stabilisation along with correct movement patterns at the shoulders and hips. It aims to improve primal movement patterns to benefit athletic performance as well as movement in everyday life. A focus on safety and form.

When is it?

Wednesday: 10.15am - Karl

Wednesday: 5pm - Karl

ADDITIONAL CLASSES PILATES GRC CIRCUIT

What is it?

This class focuses on keeping your heart rate elevated through a series of exercise intervals.

When is it?

Saturday: 9.00am - Jenn

Monday: 6.30am and 7.15am - Sam

Members must have participated in regular GRC classes in order to take this class.

WE'RE HIRING

Elixir Swim School is looking for a qualified swim instructor to join its team. If that's you, and you're looking to spend a few more hours in the pool at an exceptional rate, please email your resume to swimschoolmgr@elixr.com.au. We look forward to hearing from you.

ULTIMATE SYDNEY SPRING GIVEAWAY INSTAGRAM COMPETITION

This month, we are launching the *Ultimate Sydney Spring Giveaway* on Instagram, where you'll stand the chance to win these 5 amazing prizes.

- 3-month complimentary Elixir membership for existing members
- \$400 Nimble Activewear voucher
- \$600 Face Plus Medi Spa facial package
- \$300 O&M Luxe Haircare Box
- \$200 About Life hamper

To enter, simply follow @elixrhealthclubs. Keep an eye out for the competition announcement on 4 October 2016, and follow the instructions.

NIMBLE



MEDISPA



ENJOY 10% OFF WITH THE AUSTRALIAN BALLET

Elixir are a proud Supporting Partner of The Australian Ballet. Elixir members can enjoy 10% off tickets to *Nijinsky* at the Sydney Opera House.

When: 11 - 28 November 2016

Book: australianballet.com.au/the-ballets/nijinsky-2016

Apply Code: ELIXR



DETOX YOGA RETREAT MARTINE ALLARS, ELIXR YOGA TEACHER

Feeling sluggish? Need a kick start for summer? Join yoga instructor, Martine Allars, as she takes you on a 28-day retreat focused on helping you restore the balance in your life.

Dates: Monday, 17 October to Monday, 14 November 2016

Class times: Monday - Friday (6am - 7.30am)

What can you expect?

- Daily meditation
- Strong focus on Nauli and Pranayama
- Indoor practice from Monday to Thursday
- Outdoor practice on Fridays (weather permitting) at Bronte Beach
- Blood pressure checks, weight monitoring and regular body measurements
- Cleansing processes
- A daily walking goal
- Reading (a book list will be provided ahead of the retreat)
- A group dinner at the end of the retreat



Cost: \$650 per person - \$575 per person when you sign up with a friend. To book your spot, or for more information about the retreat, please contact Martine at martineallars@gmail.com. Please note: only six of the 12 spaces are still available and a 20% non-refundable deposit is required to confirm your place.



YOGA FOR ANXIETY AND DEPRESSION

ALEX IVETIC, ELIXR YOGA TEACHER

Join qualified yoga therapist Alex Ivetic over five weeks as she delves into yogic techniques for optimum mental and physical wellbeing.

- Discover why the mind-body connection is the key to inner happiness and stability
- Experience breathing, mindfulness and relaxation techniques that build awareness, presence and balance
- Engage in therapeutic yoga postures that will help you release stress, feel calm and grounded
- A tool-kit of skills that can be used when needed in daily life

DETAILS

Dates: Saturday, October 15, 22, 29 and November 5, 12

Time: 11:45am - 12:45pm (1 hour)

Venue: Dalai Lama Studio, Bondi Junction

Cost: \$210 incl. GST

Register: elixr.com.au/yogawellbeing



DEVELOPING A STABLE AND STRONG CORE WITH YOGA

DON PEERS, ELIXR YOGA TEACHER

Join Don Peers to learn how to develop a safe and progressive yoga practice. Whether your practice of choice is Ashtanga, Hatha, Vinyasa or Iyengar, the basis of all yoga postures centres in the spine. The more functional and safe this centre is the deeper and longer we can practice allowing us to explore the more advanced poses with balance and safety. Extend your reach with an understanding of the core and the internal locks at the centre of yoga (*Bandha* in Sanskrit). Suitable for all yoga students.

DETAILS

Date: Saturday, 22 October 2016

Time: 11:30am - 1:30pm (2 hours)

Venue: Main Studio, Bondi Junction

Cost: \$30 incl. GST

Register: elixr.com.au/yogacore





SPRING CLEAN YOUR DIET

MOGESTRI PATHER, RESIDENT NUTRITIONIST

With spring in the air, there's never been a better time to assess and adjust your eating habits.

Get back to basics

- Start your day with a healthy breakfast – head to elixr.com.au/bakedeggs for our super-healthy Baked Eggs recipe
- Eat fresh, seasonal fruit and vegetables – it's also a good idea to try adding more legumes and fermented vegetables to your meals
- Eat fewer carbs – swapping sandwiches for lettuce wraps is an easy (and delicious) option
- Increase your intake of quality protein
- Up the amount of water you drink as the weather gets warmer
- Exercise regularly!

It's also worth remembering that there's no single diet that works for everyone. So, if you're aiming to slim down, consider a personalised weight loss plan that takes your lifestyle, taste, culture and health needs – food intolerances, allergies and other chronic conditions – into account.

Go with your gut

Recent research suggests that a healthy balance of good bacteria in the body may help to regulate weight and ward off a range of health issues. Probiotic foods – those that promote a healthy bacterial balance in the gut – should form an essential part of your daily diet and natural Greek yoghurt as well as fermented foods such as kimchee and sauerkraut are excellent options.



Eat after exercise

It's important to shed fat, not muscle, when you're trying to lose weight as this enhances your metabolism, encourages good health and gives you the toned look you're after. Eating post workout encourages your body to hold onto

lean mass rather than burn it off for energy, refills the energy stores you've burned off and provides protein to the muscles you've worked so that they're able to repair themselves. If you plan to work out the next day, replenishing your energy stores also means you'll have the energy and strength to exercise intensely and burn more calories.

To find out more about a tailored nutrition program, contact Mogestri at nutrition@elixr.com.au or call 0414 650 515.



MEMBER PROFILE

TRUDY WEIL

Trudy Weil is a remarkable woman – and not just because at the age of 83, she’s still training five times a week! And that’s in between caring for her husband, who was recently diagnosed with dementia. This charming octogenarian, born in Vienna in 1933, has led a fascinating and at times incredibly difficult life. Having escaped to Albania at the outbreak of the Second World War, she was just five at the time, where she remembers: “running along the beaches looking for places to hide when the Germans were bombing. When the Germans invaded Albania, we fled to the mountains to hide.”

We sat down with Trudy recently to chat about her relationship with exercise and Elixir and ended up discovering a few more fascinating things about this spirited individual – like the fact that she started her own men’s clothing company and that she speaks English, German, Italian, and a sprinkle of French.

Tell us, Trudy, where did your fitness journey begin?

When I sold my business 20 years ago, I needed to redirect my energy to

something else and I found that training at a health club was the perfect option. I think this club has everything going for it, and I always recommend it to other people.

Our members often describe you as an inspiration. How does that make you feel?

It’s lovely to hear such kind words, but

I think what I do is quite simple really. Exercise is essential for confidence, discipline, appearance and self-respect, and it keeps the doctor away!

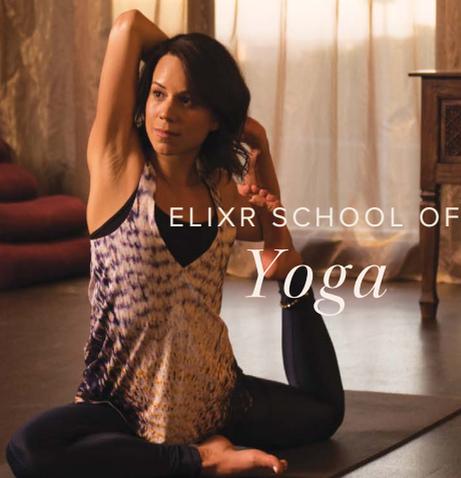
Exercising regularly can be challenging. How do you stay motivated?

I really love coming into this club to

train. The combination of activity and interacting with people from such diverse backgrounds is very stimulating. I also eat very well. During the years I spent in Albania, we were forced to eat lots of garlic and cornbread, and I’ve maintained a healthy diet ever since. I find that my healthy eating keeps me motivated to exercise.

For the full interview, visit elixr.com.au/trudyweil





ELIXR SCHOOL OF
Yoga

200 HR YOGA TEACHER TRAINING STARTS FEB 2017
WITH DON PEERS

Course Content: Asana, Pranayama, Kriya, Bandha and Mudra, Meditation,
Yoga Philosophy and Teaching Methodology.

Contact Don Peers

0412 152 257 | yoga.don@elixr.com.au
elixr.com.au/schoolofyoga



ELIXR SCHOOL OF
Pilates

PILATES TEACHER TRAINING STARTS FEB 2017

Fundamentals, Matwork and Reformer courses. Early bird prices available

Contact Katrina

02 8113 8808 | edu@elixr.com.au
elixr.com.au/schoolofpilates