



New Alliances

August brings 2 new partner alliances to Elixr. Our aim is always to seek mutually beneficial associations that help to enhance our lifestyle and create balance in each quadrant of our lives.



Heart Foundation

We are proud to announce our charity partner: The Heart Foundation. The Heart Foundation is committed to making Australian hearts healthier

by reducing and preventing cardiovascular disease – one of Australia’s leading causes of death.

Contrary to popular belief, the Heart Foundation receives minimal government funding and relies purely on donations and gifts in wills to drive its lifesaving work. Here are just some examples of the great work the Heart Foundation does:

- **World-Class Research:** The Heart Foundation has contributed more than \$177 million towards research into the cause, diagnosis, treatment and prevention of cardiovascular disease.

- **Heart Health Information & Support Network :** This services offers information and support for people with cardiovascular disease and their families. Visit their new website: www.heartfoundation.org.au.

- **Encouraging Heart-Healthy lifestyle:** Through community education initiatives, programs and events, the Heart Foundation is committed to promoting a healthy lifestyle that will reduce Australians’ risk of cardiovascular disease. This includes motivating Australian’s to get active with daily physical activity, providing education about healthier food choices and maintaining a healthy weight.

How you can help

You can support the Heart Foundation and all of the fantastic work they do by giving generously throughout the annual Doorknock Appeal, 1-30 September.

If you miss your local Heart Foundation volunteer, you can make a donation directly to the Heart Foundation by visiting www.heartfoundation.org.au or by calling 1800 55 22 55.



CHEW ON IT

Richard Chew (Elixr FOUNDER) brings his view on life each month.....

My Passion!

Life has been incredibly interesting in the past few months. I have learnt to embrace adversity as it can be your best teacher, if you are prepared to be the student. I have learnt to ask for help and I am happy to say many dear friends offered to be my pillars in life when I needed it.

A heartfelt thank you to my friends; David Saul, Ron Shnier, MJ, Rachel, my love Katharine and certainly my three children, Denna, Talena and Dane. Time to start putting it behind me, enjoy the moment and the pending interesting future. I am very much into advocating the enjoyment of the moment as we far too often rush through our life and miss the present.

Is it not funny that we always look to the good old days and we simply overlook the present? One day in the future we will look back to this time and say what good old days they were. We have to keep reminding ourselves to enjoy the now as you can never have it again.

After selling Healthland in 1997 it was like selling my baby, I felt a great loss and now I know it will never happen with Elixr.

The fact is, the only way to get rid of me from Elixr would have to be in a box. Of which I am sure, it can be arranged.

I am most happy to be where I belong, immerse myself in my passion and be amongst a great number of wonderful people at Elixr.

If I may be of assistance to you in any way, please feel free to call me at Elixr or email me on: bluesky@elixr.com.au

Las Vegas

Las Vegas was at one time, not one of my favourite places to visit. That has all changed with my last visit a few weeks ago. It is an amazing man-made entertainment town.

Apart from the incredible hotels, restaurants, entertainment, shopping... you just have to go see the Cirque du Soleil Show: KA.(thank you Marcus Irwin for recommending) It was captivating from beginning to end, with the incredible staging and mastery in creativity. Check it out on the web and get yourself there.

Real Fitness Kickboxing

We are launching a new and exciting Power Mind Body class, Real Fitness Kickboxing (RFK) in September at all the Elixr Health Clubs.

The class program is developed by MJ and myself, as we both have an extensive Martial Arts



Good Luck to our City2Surf Team

Remember to stay hydrated

and stretch after you finish your run. Why not join us after the race for lunch at Richard’s house. Let’s all meet again at the Bondi Junction club after the race. We will then walk across to Richard’s house for a traditional Malay experience. Come along for a bite to eat and to trade race stories.



Feel like a coffee?

Don’t forget, if you are a Bondi Junction member, you receive 10% discount at Scoozie Espresso Bar on Bronte Road just below the club. You will need to present your East Leagues Club membership card at the time of purchase.



Have your Say Today!

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



The Australian Ballet

Elix’r Health Clubs is a proud supporting sponsor of The Australian Ballet

Elixr Health Clubs Operating Hours

27 Park Street Sydney CBD

Ph: 8113 1100
Mon - Thur: 6:00am - 8:30pm
Friday: 6:00am - 8:00pm
Sat: 7:30am - 12:00pm
Sun: CLOSED

2a Bligh Street Sydney CBD

Ph: 8113 3300
Mon - Thur: 6:00am - 9:00pm
Friday: 6:00am - 8:00pm



elite

Introductions International

Now for something completely different, but just as important to making sure we have balance in our lives.....

Elite Introductions is a reputable introduction agency aimed at time poor single professionals. Elite are offering elixr members an exclusive bonus by joining Elite Introductions in August with a complimentary dinner valued at up to \$150.00 on your first matched date.

To be eligible for this bonus, you must be an Elixr member and be a single professional working or living in Sydney.

To join Elite, complete the application form on: eliteintroductions.com.au

This offer ends 31/8/07.



Let's not get complacent



Yes - we have had our fair share of rain in the last 2 months,

but this doesn't mean we should be any less diligent in ensuring we are not wasting water. One great way of saving our precious supply of H2O is in the shower. Why not maintain a 4 minute time limit on showering or place a bucket of water under the running water while you are waiting for it to warm up? This water can be used to flush the toilet or water the garden.....it all helps.

So next time you are brushing your teeth in the basin with the tap running, think about our farmers who are still suffering from the effects of the drought.

Don't be a drip...and save every drop!

and Group Exercise background. Boxing gloves are supplied but I highly recommend having your very own personal gloves which will be available at reception for sale. There will be a special introductory price.

BEGINNERS RFK CLASSES

Book yourself into the beginners RFK Course on Saturday, September 1st 11.00am to 12.30pm at the BJ club, where you will learn the basics of kickboxing to get you started with confidence.

Bookings for the beginners classes can be made by filling out a registration form at reception or by contacting Tracee on:

Phone: 8113 1107

Email: education@elixr.com.au

Beginner RFK classes are free for members in September (\$45.00 for non members), but feel free to give a gold coin donation for the Heart Foundation when you register.

Classes start on Monday 3rd September.

Masseur Extraordinaire

Our resident Cesar Gonzales at Elixr Bondi Junction is just that. I have had dozens of masseurs work on me and Cesar is one of the best.

There is also a rising star which happens to be my son Dane, who at 16 is already a wonderful masseur. Dennen, who is regularly at the end of Dane's elbow, can attest to that.

Richard

Sat: 7.30am - 12:00pm

Sun: CLOSED

L2, 9 Bronte Road Bondi Junction

Ph: 8113 8800

Mon - Thur: 6:00am - 9:00pm

Friday: 6:00am - 8:00pm

Sat: 7:00am - 7:00pm

Sun: 9:00am - 7:00pm

