

Elements

fire • earth • metal • water • wood

“I believe that I was meant to do something useful with my life...I believe in the power of ‘Me’...and if I can inspire others to believe in themselves... then that would be an honor in itself”

Sandy Hoby was diagnosed at 28 not to live past 30, she has defied the odds.

The Climb of a Lifetime

Elixr Health club is known for being a bit extraordinary in its ownright; naturally this applies to our members as well!

One of our exceptional members making a difference in not onlyher life, but in the lives of others, is Sandy Hoby.

Sandy was diagnosed in 2000 with FAP [Familial Adenomatous Polyposis]. People with FAP inevitably succumb to bowel cancerand rarely live past 30.

In the same year that Sandy had surgery for FAP, she also began climbing mountains! After her first climb in Nepal, her lovefor mountaineering reached new heights. She started planning for future trips and began to save money... eating toast and beans at meal time, starved for adventure!

As you read this, Sandy has embarked on her next greattriumph, Mt. Everest. She is part of a team of nine men who have named themselves ‘The Altitude Junkies’. The groupexpect to reach the summit via the North side in about 7-9 weeks depending on weather conditions.

Sandy supports the charity ‘Cure Our Kids’ at the Children’s Hospital at Westmead.

She is accepting donations that will all go directly to the charity as a result of her climb of Mt Everest.

Cure our Kids is dedicated to the oncology unit to improve the lives of kids with Cancer and their families. By supporting Sandy in her challenge to scale Mt Everest, you will be helping kidstriumph over cancer.

To make a donation please visit www.cureourkids.com.au

Please also visit Sandy’s website, www.altitudejunkies.com and go to the NEWS section for more information on her climb and to track her journey of Mt. Everest.

Elixr wishes Sandy all the best on this expedition of a lifetime!



views & news



chew on it

with: **Richard Chew**

Founder of Elixr Health Clubs

Baby Boomers

I have been talking with several members of my era about how our body has a different viewpoint of its ability compared to our minds’ beliefs.

It is time not to be in denial and accept this time of our lives. When we were

they are also not losing weight while they have been exercising intensely.

The answer is really simple, if you intake more than you burn then your body will store the excess as body fat.

It is interesting how the Australian palate has changed from the old days, where exotic was going to your local Chinese restaurant! The norm is now Thai, raw fish, sushi and Laksa.

Ah laksa – a very good laksa is found around the corner from Elixr Wentworth, at Malay Chinese in Hunter St and the best in Sydney is at Temasek in Parramatta.

physiologically younger, we were far more competitive in challenging our body - well it is time to change your attitude.

Our knees and back are not designed for the pounding of running several kilometers or challenging the body to new heights as we get older.

We need to be sensible or the consequence is that there will be more harm than good for our body, which we need to be mindful as we are living longer.

A simple formula is exercise 3-4 times a week, 45-60 minutes at a medium intensity of resistance training, cardio and flexibility.

One of the most important factors is flexibility and most people tend to ignore it. Look at how many older people are stiff and bent over. You do not need balletic flexibility, just practical flexibility.

If you need some advice as I am so full of it, please feel free to have a chat with me.

Food for Thought

The sacrifice that I have to make, just to recommend restaurants is more than worthwhile!...Recently a few members asked me why

For a sensational Indonesian curry chicken, you have to go to Ratu Sari – 470 Anzac Parade, Kingsford, near Meeks St. The food there is that good, that it has become my regular restaurant.

Supplements

The wonder supplement of the 21st century is Omega-3 Fish Oil. I have been a skeptic of supplements for years but behold how when your body ages, your mind changes. I figure better safe than sorry. Now I regularly take Glucosamine and Omega-3!

Years of martial arts and my body stands up to the abuse, but play basketball and I sustain a broken rib and torn cartilage in both knees, hence the interest in supplements.

The concern with Omega-3 is mercury and some packaging tells us it is mercury tested. Does that mean there is mercury or no mercury?

Recommendation from a friend of mine is, who is a health conscious doctor; take the Salmon fish oil that is mercury free.

As for Goji Juice, sounds a bit suss to me! It is always a concern when it involves pyramid selling, secret nutritional benefits and is sold by motivational speakers.

Richard

(The views and comments expressed by Richard do not necessarily reflect those of Elixir or its team members)

health and wellness

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**PILATES INSTRUCTOR COURSES BEGINNING IN MAY,
PLACES STRICTLY LIMITED!**

Secure your place in Australia's leading Pilates Accreditation course.

For more details contact: **Peter Lamb**

Ph: 8113 8808 or Email: pilates@elixr.com.au

ENTER NOW TO WIN

Be in the draw to win 1 of 5 A Reserve double passes to The Australian Ballet's production of 'Jerome Robbins – a Celebration' on Tuesday 6th May. The program features four of Jerome Robbins most celebrated works, The Cage, A Suite of Dances, Afternoon of a Faun and The Concert which are set to extraordinary scores by musical greats Stravinsky, Bach, Debussy and Chopin respectively.

Entry forms can be found at the reception of your Elixir club. Competition closes on the 26th April and winners will be drawn on the 28th April.

In addition, all Elixir members who wish to purchase tickets for the ballet will receive \$10 off standard adult tickets in A and B reserve for the performance on Tuesday 6 May at 7.30pm.

Book at the Sydney Opera House Box Office (02 9250 7777), quoting your password "ELIXR". For more information on Jerome Robbins - a Celebration, visit: www.australianballet.com.au/season

Elixir is the preferred Health Club of

 The Australian Ballet



From The Australian Ballet's production of 'Jerome Robbins – a Celebration' Photo by Justin Smith

profiles



instructor profile

Danielle Dolev

It's hard to imagine, but our lovely Danielle used to sit behind an office desk heavily occupied with admin work. She's also worked in retail sales, a bakery, and designing greeting cards. A self confessed "wanderer", Danielle spent her share of time in a number of different professions, studies, and countries before settling in to teaching yoga.

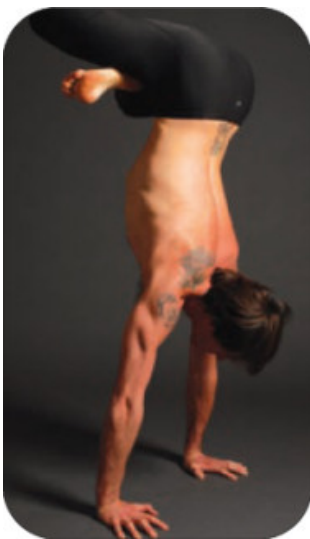
During her time of adventurous wandering, not long after finishing high school, Danielle left Australia for 10 months to travel overseas where she took up temporary residence in London, New Zealand, and Israel.

It was in Israel that she met her husband (and soon to be father!) Eran. Despite her multitude of interests and professions, Danielle has always had a passion for dance. Since discovering ballet at eight years old, Danielle has practiced a multicultural selection of dance, including African jazz, classical Indian, urban tribal, and Israeli folk.

Danielle's dancing activities slowed down significantly about 10 years ago when she began focusing her attention towards yoga. A deep interest in the internal aspect of training as opposed to "performing" helped lead her to this shift.

Another fateful change in Danielle's life came last year, when her tummy started growing to make room for her soon-to-be born baby girl, Yofy Jess.

Yofy ("Beautiful" in Hebrew) is expected to be born on the 29th of May, a Gemini just like her mum! To make time to look after her new born, Danielle will be away on leave until the end of this year or the beginning of next. We wish her all the best as a new mum!



YOGA WORKSHOP:

'THE ART OF INVERSIONS' With Dan Fanthorpe

Want to headstand like a yogi, but you're intimidated by the whole idea of inversions?

Register for this stimulating and informal workshop taken by our own master of the upside-down, Dan Fanthorpe:

'In this workshop we will work with the technique and movements needed to create the strength, grace and confidence for inversions.'



Elixir @ Yoga08 Exhibition: Saturday 19th and Sunday 20th April Hall 2, Darling Harbour Conference Center, Sydney

Yoga08 is the key industry event for Yoga professionals and enthusiasts alike – so if you are a keen Elixir yoga bunny [or hare!], then its something you definitely do not want to miss out on!

Come along and say hi to the Elixir team whilst checking out some of the hottest players in the Australian Yoga Industry.

You will have the opportunity to participate in yoga classes and watch demonstrations and presentations by Australia's leading yoga studios and teachers.

All for only \$17 per day which also includes free admission to the Fitness Expo event.

For more information: www.yoga08.com.au

This workshop is suitable for people who have at least a basic grounding in any form of yoga, and caters for students up to an intermediate/advanced level. Hurry! Places are limited.

When: Saturday 17th May, 11am – 1pm

Where: Bondi Junction Club Cost: \$30.00 (members only)

Registration: Peter Lamb, 8113 8808 or pilates@elixr.com.au

in club

• Park Street

Do you still remember your New Year's resolution? Even better - have you achieved it... or are you further away from it when you started?

I have seen an incredible amount of members enquire about personal training as they realise that professional assistance is right on their doorstep.

With this in mind, I would like to take the opportunity to welcome Vince Ng, our new personal trainer at Park St. Vince comes to Elixir

enjoying the class then it is definitely something that we will continue to timetable.

So fire up, get your gloves on, and come release some built up tension before the weekend and try the RFK class!

Having done Kickboxing myself it's a fantastic way to exercise, learn something new and see great results.

Happy Training!
Adam Van Spange

Reception team and Elixir family. They are eager and happy to help out with any of your enquiries. Damien is also new to our family helping us out greatly in the programming department.

And last of all we would like to wish a Happy Birthday to all of our March babies, including Gaby, membership advisor and resident chatterbox.

If you have any gossip you would like to share with me or you would just like a chat, drop in anytime, my door is always open.

with a wealth of background in the fitness industry and it is wonderful to see how many members he has assisted already in his short time here.

Also some of our members have recently started participating in Trevor Tange's Yoga course. It is great to see so many of you who share in the same passions as Elixr.

Best of luck throughout the rest of the year!

Healthy regards,
Paul Scarott

• Wentworth

Great news guys! Due to high interest in the RFK classes we are going to be introducing a NEW RFK CLASS for the month of April on Fridays at 1130 am.

This will be on a trial basis for the month of April, to feel out the response from you – our members. If we see enough of you

• Bondi Junction

March Madness

Well let me see where I should start. The Steam room AAAHHHHH! You must be as frustrated as I am. What can I say except thank you for your patience.

For those Spin enthusiasts, I have three words for you – FANS, LOVE THEM.

Most of you know by now that Marney, our receptionist of three years, is pregnant and about to embark on a new career called Motherhood. We wish her all the best and we are very sad to see her go. We will miss her caring, honest, fun personality as we walk in the door each morning.

Speaking of babies, Have you noticed the new Elixr family members? We welcome Trina Shnier, our new General Manager. Trina is settling into her new role and establishing herself as a force to be reckoned with. We also welcome Sarah, Megan, Ashlea and Aaron to our

Chris Charnas

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Karmic Rewards Have you introduced a new member to Elixr?

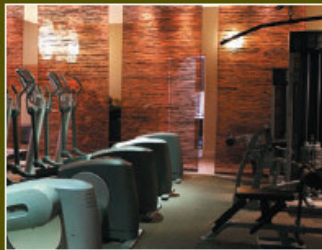
Refer 2 more in April and you could receive up to *8 weeks free membership. Contact your club for further information. *Terms and Conditions apply

Watch this space...

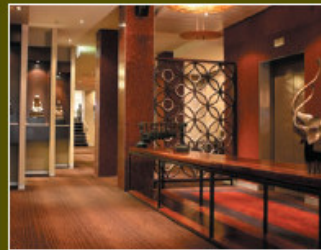
Prenatal Yoga classes
are coming to Elixr!
Further details will be
provided soon



• Town Hall
27 Park Street
Tel: 8113 1100



• Sofitel Wentworth
2A Bligh Street
Tel: 8113 3300



• East Leagues Club Entrance
Level 2, 9 Bronte Road
Tel: 8113 8800

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