

Elements

fire • earth • metal • water • wood



**chew
on it
with:**

Richard Chew
Founder of Elixr Health
Clubs

EXPANDING YOGA WORLD

It is quite obvious that Yoga's popularity is growing quickly all around the world. The trend is noticeable with widely attended Yoga conventions taking place worldwide and now with Yoga teachers becoming well known internationally.

A similar trend happened with the fitness industry back in the 80's when members asked me if Aerobics was a fad.

Yoga has a slightly longer history, and there is no doubt it is going to be a very popular form of exercise that benefits both mind, body and hopefully spirit. You are right at the beginning of the wave, enjoy the moment.

In the pipeline for this year and next, I am working with a few highly regarded Master Posers to conduct Yoga workshops and instructor trainer courses at Elixr. The workshops and courses will be available to members and the general public.

Our resident guru, Trevor Tangye, has booked out his inaugural instructor trainer course commencing in Feb 08.

Booked for March 2009 (yes, 2009), Manju Jois will be guest Guru conducting workshops and classes at Elixr. Manju is the son of Pattabhi Jois, the founder of Ashtanga Yoga. Not to be missed for you Yoga disciples.

profiles



**RACHEL
CROMPTON**
Pilates Instructor
Extraordinaire

Rachel has been dancing almost as long as she's been walking. At the age of five, she started lessons in classical ballet, jazz, and tap dancing.

At 15, Rachel went to the Queensland Dance School of Excellence in

Brisbane, where she remained for her last two years of High School. As its name suggests, this was a somewhat different school. The entire morning was dedicated to learning dance, while the afternoon was time for normal school studies.

At this prestigious school, Rachel learnt a number of dance styles, including Spanish, Folk, Chinese, and contemporary.

After many years of waitressing, Rachel landed her first professional dance job at 19. This led to a new career, as Rachel travelled all over Australia teaching, choreographing, dancing on stage, and dancing in commercial ads and film clips,

In 1999, Rachel set off to Paris where she danced at the famous Moulin Rouge, as well as touring London and LA with the show.

Although Rachel suffered a dislocated knee from dancing, and now has problems in both knees from too much "Can-Can", Rachel says she simply loved performing, and still does as she is a consummate showgirl

Rachel began her Pilates training in 2000. She thought her days of dancing were coming to an end and sought another form of exercise. Her own practice led to teaching, something Rachel adores. She says she loves teaching because of the adrenaline rush from seeing the members buzz during and after the class, and because of the countless people who exclaim their happiness to her at not having anymore back pain. Rachel is a proud mother of two. Her lovely boy, Remy, is four. Her little girl, Essie, just turned one.

instructor to the stars

Rachel Crompton, our vivacious Pilates instructor and Fitness Director for the CBD Elixr Clubs, was recently a personal Pilates trainer to Sting while he was in town. Rachel also currently trains some well

health and wellness

sweet dreams

with: **WILL JENKINS**

Losing weight and staying healthy isn't just about how much exercise we do and what we eat. It's making sure our body gets enough quality sleep to maintain our metabolism to fight off the flab!

The party season is over (for some of us) for another year and we are now turning up to the gym with a goal of dropping the extra centimeters or kilograms we put on over the festive period. A hidden reason for weight and body fat gain.....Sleep!

SLEEP AND HEALTH

Numerous studies have shown links between a lack of sleep and health issues including chronic degenerative disease, depression, and an impaired immune system.

Once you lose sleep your hormones are affected and they cause dysfunction of the body. Chemical processes will be altered for example your appetite, fertility, mental and cardiac state, and this will lead to disease.

Sleep and Body Composition

Research has shown that after just one week of insufficient sleep, the body can no longer metabolise carbohydrates efficiently. When sleep deprived our metabolism slows down.

All of this together means that hormonally we are set up to store fuel as fat, in particular around our midsection; and, with the fact that cortisol increases and growth hormone decreases we will struggle to maintain lean body mass at the same time.

How Much and When?

- 8-9 hrs per night.
- Asleep by 10.00pm and up at 6.00 -7.00am

3 Things to Avoid When Trying to Go to Sleep

1. **Light:** If any light touches your skin it will disrupt your sleep
2. **Stimulants:** Smoking, sugar, alcohol will all arouse the body and inhibit a good night's sleep.
3. **Electromagnetic forces:** Anything electrical e.g. TV, microwave, mobile, power lines, electric blankets and the list goes on.

Do a quick check around your sleeping environment for these things as they can affect your hormones and disrupt sleep.

So here's to a good night's sleep, a more efficient metabolism and what's more, increased energy levels

BODY FUEL

My favourite topic, after fitness of course. Having owned a restaurant (my life's biggest mistake), and since every patron believes they are a food critic, I feel I have the right to review restaurants.

The restaurant to go to at present is Toko Bar and Restaurant on Crown St, Surry Hills. Wonderful Japanese food and really quite reasonably priced, as attested by our member, Justine Cullen, Managing Editor of a fashion magazine, who was there for lunch and dinner on the same day.

In fact, one night when I was there with Katharine along with members, Kylie and Greg Kaye, I noticed a few other members enjoying the bar far more than the restaurant.

BUT I WON'T MENTION NAMES.

For a great brunch or lunch, you have to go to Café Sopra, hidden at the top of Fratelli Fresh, 10 Danks St, Waterloo. A place where I see lots of members, people from the Eastern Suburbs and the North Shore (you can just tell).

GOOD RUDDER

How refreshing that our PM, Kevin, is not going to give the Governor-General's role to the boys in the Club. That's two ticks so far. The other is for signing the Kyoto Protocol (and I am not even a labor man). By the way, can someone please remind me who the leader of the Liberal Party is?

LOYAL MEMBERS

Thank you to so many members who have supported me for all these years. There are members who were members of Healthland going back to 1979. Yes, that's how long I have been in this industry that I absolutely love.

It is a delight to speak with old time members reminiscing the times we shared at Healthland, a time when we

known Australian identities.



YOGA

Trevor Tangye
Resident Guru

Trevor's journey with Yoga commenced in the early 1970s.

During his three years in the New Zealand Navy, he adhered to a rigorous regimented exercise routine, including Rugby, Canadian 5BX, and middle distance running.

After his honourable discharge from the Navy in protest of the Vietnam War, Trevor sought to become involved in another physical activity to keep his body active. He saw Yoga as physically challenging, a multi facet discipline, and aligned with his then Buddhist interests.

However, Yoga in the 1970s Western World was something of a rarity. Trevor lived in Wellington, a city void of Yoga instructor teachers and classes at the time.

Trevor would regularly hitchhike to Auckland to maintain his learning and practice of this new discipline.

Trevor's Yoga travels went from domestic to international when in 1979, he purchased a one way ticket to India. It was on this trip Trevor met the renowned BKS Iyengar, and practiced under his teaching.

Trevor's hours of training in India differed somewhat to the gentle nature of Elixir's Yoga classes. During one particular class, as Trevor nervously assumed the required pose, an unimpressed and irritated Iyengar dragged Trevor to the centre of the room by his hair (when he had hair), and called him a "Stupid American" in front of the entire class.

From Trevor's years of training, he has formulated some views and beliefs about the practice of Yoga. He states it is a way for participants to get in touch with themselves, that the practice is about "adaptability" rather than "flexibility", and the major factors in Yoga are Psyche, Physiology, Character, Stability, and Calmness.

INSPIRE YOUR FRIENDS

Numerous members I have spoken with, at all three Clubs have expressed the same sentiments of how much they enjoy Elixir because we are not the typical health club with loud music, advertising posters plastered all over the club and indifferent member service.

The serenity of Elixir is a major factor of our members' enjoyment and the high quality of our wonderful instructors.

The energy and professionalism our instructors provide have been regularly mentioned to me by members.

As a high majority of our members come via referral

to embrace the challenges every day!



Park Street

Paul Scarrott comes from an extensive martial art background, having grown up with his father George, an 8th Dan black belt in Ju-Jitsu and the co-founder of an international martial art school.

Having such an experienced mentor, Paul had the privilege to travel the world with his father and compete in many kickboxing competitions as well as learn and teach Ju-Jitsu internationally.

Paul's passion for the fitness industry began as a personal trainer and aerobics instructor, with a martial art background he adapted especially for teaching aerobic martial art classes in 1997.

In 2005, Paul moved to Australia and continued his career in the fitness industry in the Southern beaches.

Paul teaches RFK (Real Fitness Kickboxing) and is now the Club manager at Elixir Park St.

Greetings from Paul Scarrott

"The year ahead, I hope, will be an exciting one for all. And I really believe Elixir will be a part of that journey. The number 8 for Chinese represents prosperity. With this in mind, I'm sure we would all love to be earning fortunes! But fortunes are not always financial; for some, they come in ways of love, passions, and personal goals. I'm sure many of you, including myself, have set some personal goals for 2008.

Unfortunately, most will falter. Life is like a rollercoaster with the ups and downs, but the support from loved ones and friends will certainly ease our burden through the bad times, and share our joy during the good times.

I want to ensure that the support will also be available at Elixir. So please ask if there is any way we can assist.

It truly is a great pleasure being at Elixir. I believe, without a doubt, that it is you members that have given Elixir Park St the unique warmth and friendly atmosphere."

Wentworth

Our new Club Manager, Adam van Spange comes to us with a wealth of experience in the health club industry, having worked at health clubs in Sydney, London and Vancouver.

After returning from Vancouver, Adam worked at Oxygen, also a Mind Body Health Club in Terrigal. Then, when he decided to move back to Sydney, he found his new home at Elixir Wentworth. Adam came from a more traditional fitness background, with interests in bodybuilding and martial arts, but has found a new interest in Mind Body programs at Elixir.

Members will find Adam relaxed and friendly, with the desire to provide excellence in members' services.

had over a 160 members in an Aerobics class.

But I am not so sure about the very young members at Elixr telling me excitedly how their mums used to attend my Aerobics classes – thank you.

COMPULSIVE COMMUNICATION DISORDER

What did we use to do when we didn't have mobile phones? We certainly had more peace and less anxiety.

It has got to a stage where people are obsessive with their mobiles; constantly checking for messages, voicemails and emails. I noticed leaving a cinema that many patrons were checking their phones as soon as the show ended, and the throng of people checking them as they were walking out.

Do you have Compulsive Communication Disorder? By the way, which nutcase made up the term Compulsive Communication Disorder?

So please do not bring your mobile phones into classes or the cardio area. But if you must, due to life and death situations, please switch it to vibrate only and out of courtesy, leave the studio to speak in an appropriate area. Your consideration would be truly appreciated by everyone.

Richard

from members, we are offering a 5 Day Pass for only \$30 to new patrons who have not trained at Elixr before.

So if you wish to inspire your family and friends to join you on your body, mind and spirit journey, just contact your Membership Advisor to encourage your friends or have them call us.

You may also realise that we do have a Karmic Reward Membership Referral Program and incentive rates for your family members to join us.

Rest assured that we are very sensitive to treating every one with courtesy and respect as I have an adverse reaction to impolite service and would never impose it on others.

"Tell me, and I will forget.

Show me, and I may remember.

Involve me, and I will understand"

Confucius 450BC



DIVE IN

The first swimming lesson for your kids can be quite traumatic if they are not properly prepared for the experience. Here are a few basic tips to get them off on the right stroke.

- Get to know the instructor
- Make sure your kids are put in a class with others who have similar skills and experience
- Play dress ups and have fun with a dress rehearsal using the swimmers, caps and goggles
- Take your kids to the toilet just before the lesson to avoid little accidents and disruptions once the lesson as started

Please contact Katia, if you have any questions on our Elixr Learn To Swim Programs or to book your kids in for next term.

Ph: 8113 8800 or email: swimschool@elixr.com.au

"I'm pleased to say we will be having a whole new storage system in the Yoga Studio which will keep the studio tidy and more spacious.

Keep your eyes out for some new art work added (I really enjoy the shopping aspect of this work! RC)"

Bondi Junction

Our Bondi Junction Club manager, Chris Charnas, has been with Elixr from day one, having been convinced to take on the membership advisor role during our pre-opening membership enrolment phase.

Chris quickly settled into the role and, with his amiable personality, had great success with new members.

With a background in art and design, Chris taught textile design and worked in the rag trade with several high profile labels in the 80s. He also organised fashion shows in Paris and London before taking on the bigger challenge of running his own restaurant in Sydney's Nielson Park before returning to London to teach hospitality.

Coming back to Sydney in 2001, he worked for "that" health club chain and did a Pilates teacher training course at Elixr. Having experienced our culture, Chris joined us in 2005 and, over time, earned the Club manager's role. Chris has a caring and mentoring nature and is always available to assist members. Please do not hesitate to contact him.



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