

Elements

fire • earth • metal • water • wood



chew on it
with: **Richard Chew**
Founder of Elixr Health Clubs

REAL FRIENDS

Real friends, as most people realise, are few and far between but they do exist. One of the great things in life is when you do experience adversity, real friends surface to help you along. I am so thankful that I have had so many great adversities...

Over the course of my life, I have been most fortunate to discover that I have many astonishing friends and family members. But I have also learnt at times, it is best to disassociate yourself from self-serving people. Some people are just not worth having in your life, and the sooner you realise, the better off you will be.

Some people believe you may lose a friend by speaking honestly, or you should not go into business with a friend as you may lose them – I totally disagree. If you cannot speak honestly or you are worried about losing them, then the truth is they were never really a true friend.

More importantly, have a good look at yourself. We too easily place the blame on other people for our own problems. How often do you acknowledge that it is your own fault rather than someone else's?

MINDFULNESS

We must be mindful, that we are essentially selfish human beings. We should constantly work on being more tolerant, humble and generous. Mindfulness is a favoured Buddhist belief but, just because one subscribes to the philosophy certainly does not mean they walk the talk.

I tend to find religious people the most hypocritical; they think that just because they attend a church, temple or place of worship they will automatically "be" what is being preached. Of course, I'm also one of the biggest hypocrites!

The problem is not religion; the problem is when people use religion for their own self-serving purposes.

I also cannot understand why people throw garbage onto the street, treat service people indifferently or think the world revolves around them.

Which reminds me – your fellow members

profiles



Tim Chappel
Oscar Award Winner; Costume Design - Priscilla Queen of the Desert

Background: Born an Army brat in Lismore... I have lived in some pretty cool places like Penang, Singapore and Kangaroo Island but it was never for very long. I went to eight different schools, which some people think must have been hard but in fact it taught me to be open and friendly and enjoy people while you can.

I finished at Sydney Boys High before launching into a Bachelor of Arts / Design at Sydney College of the Arts, so I could have the initials B.A/D after my name!

The novelty of the cute initials soon wore off so I left college and worked as the on-set standby Wardrobe assistant's assistant in the Wardrobe Department of the ABC. Little did I realize that the foundations of my career were being laid out. Soon after I went to work as Assistant Designer on "E-street".

Finally, in 1993, I was offered a job as a Costume Designer on a feature film called "The Adventures of Priscilla, Queen of the Desert". For that film, which was my first job as a designer, I received the prestigious awards of Australian Film Industry Award for Best Costume (AFI), an American Academy of Film Arts and Sciences Award for Best Costume (Oscar) and a British Academy of Film and Television Award (BAFTA) for Best Costume Design.

I am an Elixr member because...

Two years ago I suddenly developed horrendous lower back pain. My

health and wellness

pop

goes the diet with: Fay Fain

Drinking caffeinated soft drinks like Pepsi and Coke present a double whammy to the dieter. You're sucking up empty calories and your drink doesn't really count towards your daily requirements of water thanks to the caffeine and sugar. In fact you will put on weight!!

In a recent study that surveyed 4700 people in Australia in 2007, soft drinks were the number one source of calories. In fact, soft drinks, sweets, desserts and alcoholic drinks account for 23.4% of most people's calorie intake. The fact is this is far too high if you want to see any weight loss. Not only is it calorie laden but caffeine addictive. Reduce the pop to see results!

WHY YOU SHOULD GIVE SALT THE SHAKE!
Some studies show that it's OK to give salt a fair shake. But remember! Many experts fear that too much salt can lead to stroke, osteoporosis, high blood pressure, fluid retention, stiffness of joints, arthritis even stomach cancer to name a few. Our natural foods contain ample salt. So eliminate the salt to feel the results!

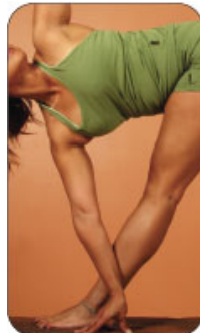
change your life – become a Pilates instructor!

Kick start your new fitness career by registering in one of Elixr's Pilates instructor trainer courses! Accreditation courses for both Matwork and Reformer Pilates beginning soon.

Get in early and secure your place in Australia's leading Pilates Accreditation course as places are strictly limited.

For more details contact: Peter Lamb 02 8113 8808 or pilates@elixr.com.au

INSTRUCTOR PROFILE



Margaret Ceresoli
After working for 10 years for the government in social policy and community services, Margaret decided to devote her time to teaching Yoga.

Margaret's interest in social policy work was derived from a desire to help people, but this interest grew after seeing how much more she could

help people individually through Yoga practice. The "boring and stifled" atmosphere of the government office also helped with her decision to move towards a career in Yoga instruction.

would truly appreciate it if you would shower before using the pool, dry yourself in the shower area before entering the change room, and NOT use a mobile phone in the exercise studios, be on time for classes and wipe your sweat off a machine....all of this would certainly enhance everybody's experience at Elixr. Thankyou!

YOGA AT ELIXR

It is natural to be biased towards a certain style of Yoga, but I encourage you to keep an open mind to the different styles being offered at Elixr. At the end of the day, it will come down to your own personal choice – with a certain teacher or method suiting you better than the next.

Plans are also underway to have monthly beginners Yoga courses for Elixr members to better prepare and educate our new participants into the discipline of Yoga. The courses will be 2 x 1hour weeknight evenings, further details will be provided. Watch this space!!

OLD & NEW RESTAURANTS

Thai food has become a mainstay of the Australian cuisine but I have to say that I have developed distaste for Thai fast food, where all the dishes look the same with only a slight variation in flavour. Thank goodness for Benjarong Thai on the corner of Oxford St and Vernon St, Bondi Junction.

Benjarong has been around for over 20 years serving wonderful full flavoured, what I would call "real" Thai food. Some of my favourite dishes at Benjarong are the Fish Fillet in Coconut Sauce, Green Curry Chicken and their Fried Rice is simply superb!

The new Noble Court Chinese restaurant, one level below Elixr at BJ, serves high quality Cantonese Chinese food with great friendly service. To my delight, Yum Cha was also recently introduced and I am pleased to learn that they have a team of Yum Cha chefs, who create all the dishes on site. Elixr members with an East Leagues Club Membership card will receive a 10% discount at Noble Court.

If only there was a great Malaysian restaurant in Bondi Junction I would not need to leave the area!

Richard

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

EASTER OPENING HOURS

	Park St	Wentworth	Bondi
Fri 21st	closed	closed	closed
Sat 22nd	7.30am-12.00pm	7.30am - 12.00pm	7.00am - 7.00pm

physio said that my body was crying out for some attention, in particular for exercise! Even though I had previously been quite a meat-head, gym-junkie for years I could now barely walk let alone bench-press. In reality, it had been nearly ten years since I had regularly worked-out.

After just a few weeks of Pilates and Yoga classes at Elixr my back pain started to fade and thankfully now it is an obstacle, long since hurdled.

Its funny – before the injury I thought Pilates was just pretend exercise! All this "strengthen your core" and "correct form" business was for those girls who couldn't handle "real" weight training exercise. But when you finally understand what is being taught and you are able to work out using your mind /body connection the intensity with which you're exercising is as great, if not greater than the heaviest, weight super-sets.

I've just hit forty years old and I'm more fit now than I ever was in my twenties. I'm looking and feeling stronger and working out regularly again - even my posture has improved. Best of all, on good days I have abs - who would have thought!

My life's mantra is...

..When in doubt wear everything
 ..Don't put off to tomorrow that which can be put off indefinitely.

INSPIRE YOUR FRIENDS

Karmic Rewards - 8 weeks free membership
 In our last newsletter, we mentioned we have a Karmic Reward Membership Referral Program as our way of saying thanks for anyone you recommended to us.

We also understand that to reach your own personal goals at Elixr, you often need people around you who you know and trust, for support.

This is why for March and April only, we are excited to offer you this exceptional opportunity to participate in our Karmic Rewards Referral Program*, which could extend your membership by 8 weeks or more.

For March and April Only:

For any new member that you introduce to Elixr, we will extend your membership for a minimum of 2 weeks free.

If you have 2 friends who wish to join you, we will extend your membership by 4 weeks free.

And 3 new members will give you a

The desire for a deeper understanding of yoga sent Margaret to India, a country she loved and revisited four more times. Margaret was warned of the inevitable "culture shock" when first witnessing India, but so connected was Margaret with this country that she actually felt the culture shock when returning home to Australia!

Margaret's husband Glenn is also a Yoga instructor. Together they run, an international instructors trainer course in Byron Bay every year.

Margaret and Glenn have two boys, Jai, 18, and Jordan, 16 years old.

IN CLUB BONDI JUNCTION

So you think you can dance? Do you crave to be the biggest loser? Well – isn't it time to get on it?! Do you really need to secure a spot on a national television series to showcase your 15 minutes of fame or would you prefer to settle on a lifetime of happiness? It's time to apply what you've learnt and what you have watched. The dedication, tears and joy that you see – this may inspire you or it may create angst!

You have seen the results numerous times before and they are always the same – effort and hard work rewards you. The harder you try, the more likely you are to reach your desired goals and be happier!

The Daily Telegraph recently reported that "Australians are older and fatter – but also richer and more adventurous than ever before". So what's stopping us? Where are we spending our time?

When I exercise I am more energetic, more positive about life and have better quality sleep. When we are feeling confident and have contentment in our lives, we understand that it just makes sense to lead a healthy lifestyle. Is there any other way? It is worth it, once you get a taste of success you cannot stop.

Watch the reality programs if it inspires, but do it for yourself not for the prize money you'll probably spend on an all inclusive trip to Fiji where you lay on a day bed with an extra large buffet for every meal!
Chris Charnas

PARK STREET

As many of you are aware I not only have the privilege to work with such a great team at Park Street, but I also have the privilege to work with many of the Real Fitness Kickboxing (RFK) participants throughout the Elixr clubs. I must say, it has been a pleasure to see how many of you have progressed in all aspects of the class, from technique to aerobic fitness and it is especially great to see that you are all having fun doing it.

As I have said previously, you are not exercising alone! You are surrounded by great support by all of the Elixr instructors and wider team. If you need help at any time with an exercise or technique, or you feel your results are not being achieved please ask your instructor. We are here to help and to help you achieve your goals.

On a final note have fun, enjoy the club and eat heaps of chocolate at Easter! **Paul Scarott**

WENTWORTH

Recently we have noticed an influx of male members to our club. Executives have taken the plunge to

Sun 23rd	closed	9.00am - 12.00pm	8.30am - 7.00pm
Mon 24th	closed	closed	8.30am - 1.30pm

Please also check the class timetable on our website or at reception.

total of 8 weeks free membership!

For every new member that you introduce thereafter, we will happily extend your membership for 4 extra weeks free..

*The referred guest must join Elixir. For specific terms and conditions please contact our Membership Advisor's at Elixir or visit <http://www.elixr.com.au/>

SWIM SCHOOL HOLIDAY PROGRAM

Looking for an activity to keep your kids entertained that expends energy as well as teaching them essential water skills?

Why not book them into our holiday programs?

Bookings are now open for April School Holidays:

5 Day Intensive Learn to Swim and Stroke Correction

Date: 21st - 25th April 2008

- Mini Squad – 5 to 10 years 9.00am
- Beg - Intermediate Swimmers age 5 to 10 year 9.30am
- Beg - Intermediate Swimmers age 3 to 5years 10.00am

Cost/child: Members' children \$70, Non-members' children \$85

For bookings or enquiries, contact Katia on 8113 1109 or

swimschool@elixr.com.au

become Elixir members as a way to not only manage their stress levels, but also their midsections – this is fantastic to see!

Upon joining we recommend yoga, specifically for relaxation and increased mental focus and Pilates for that core strength. Mix in a few light 20-30 minute cardio sessions per week and you're well on your way!

Some of you are already reaping the rewards of your new training schedules and we look forward to even more results in the future!

A great way to assist you further in reaching your goals is to seek personal coaching from an Elixir personal trainer! If you wish to explore further, please discuss with your friendly staff at Wentworth.

Most of you would have received a complimentary personalized orientation program, to point you in the right direction when you joined Elixir – we hope you found this useful. If for whatever reason, you are yet to take advantage of this, please contact reception who will be pleased to make a suitable time for our complimentary session. **Adam Van Spange**



• 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