

fire • earth • metal • water • wood

Elements

Spring 2008

Work Life Balance

Staying Motivated

Examining the Benefits
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Olympian Profile:
Myriam Glez

Spring is here
so undergo a
transformation!

Let's talk about
addiction

WIN!

tickets to The Australian Ballet
OR a pair of Vibram Fivefingers!

elixr
HEALTH CLUBS



Chew on it

ATTITUDE

There are too many occasions when I teach Real Fitness Kickboxing that members say "I can't do that." When a person thinks and says that, the end result is failure from the start. If you do not believe you can do a task, you can be assured that it will not happen.

I am amazed by the lack of confidence of so many people. Most people have the fear of failure but so often people fail as they do not even start on doing the work to achieve success.

If you wish to change your attitude to a positive mindset, the first thing you need to do is to say and think – 'I can do that!'

Let's take for example you wish to learn to play the piano, you may or may not have the natural ability to be a great pianist but you do have the ability to at least play the piano for your own enjoyment.

Then you take the steps of finding the right teacher who can teach you the skills required. One step at a time and eventually with practice, persistence and patience, you will succeed.

Another analogy I often use is if I give you the task of walking across a plank 30cm wide and 5m long, you will easily walk across it and may even do a cartwheel along the way. If I raise the plank up 2m, you may hesitate but still manage to walk across it. Now if I raise the plank 10m up, most will not walk across the plank due to the fear of falling.

The task of walking the plank remains the same but most people focus on the consequence of failing rather than on the steps to reach the goal.

Remember, there are numerous people who work on skyscrapers and building sites multiple stories up. These people focus on walking across the beam rather than letting the fear of falling stop them in their tracks.

If you have the fear of failing, I highly recommend the book "Feel the Fear and Do It Anyway" by Susan Jeffers. A book that has inspired many people!

I live my life with the attitude that I do not want to be on my death bed with regrets that I did not do what I wanted. You only have one life, how do you want to live it?

ORIGINAL SIN

The world would have been a better place if Adam and Eve were Chinese as they would have eaten the serpent.

QUOTE

"The greatest obstacle to discovery is not ignorance – it is the illusion of knowledge."

Daniel J. Boorstin

ELIXR | BRASILFIT – Exclusive Member Benefit

You may have noticed your Pilates instructor looking extra sharp in a range of the latest Brasilfit active wear?

This is because Elixir and Brasilfit have partnered up! It's very exciting as its not only the Elixir instructors

who are being looked after – Elixir members now receive an exclusive **25% off** the entire Brasilfit range!

Simply go to www.brasilfit.com OR present your membership tag instore to receive this exclusive membership benefit.



brasilfit

www.brasilfit.com

Low Carbohydrate diets and your Blood Sugar

Do low-carb diets help reduce your risk of diabetes?

Not if the carbs are upstaged by meat, cheese, and other unhealthy sources of fat. A better way is to get your protein and fat from vegetable sources. It could whittle your risk of diabetes along with your waist.

Low-Carb Lingo

When women in a study took a smart approach to low-carb eating – sticking to plant sources of fat and protein instead of loading up on cheese, bacon, and the like – their risk of diabetes actually dipped slightly when changing to the low-carb plan. More studies are needed to determine what impact low-carb eating has on other health factors, like heart health, cancer risk, and long-term weight management.

Eating Complex Carbs

Good carbs versus bad carbs: Do you know the difference? Carbohydrates have gotten a bad rap recently, and that's a shame. Eat the right kind of carbs (the low-glycemic index [GI] kind) and you'll lose weight and lower both LDL* and total cholesterol. Eat the wrong kind and your heart will suffer the consequences.

GI index refers to how quickly starches break down and affect your blood sugar. Opt for low-GI lentils, beans, bran cereal, and high-fiber fruits and veggies to reach your lighter, heart-healthier goals.

Don't be swayed by the low-carb diet!

You need carbs to supply your body with energy, fiber, B-vitamins and magnesium as well as other important nutrients and amino acids. Completely eliminating carbs from your diet isn't a healthy option. Instead, aim for low-GI carbs, more complex carbs, the kind your body digests slowly, to help keep your blood sugar steady. You'll stay full longer, have more consistent energy, and feel better overall.

Researchers recently tested this out with four groups of obese men and women.

Each group followed a different diet, but calorie intake was the same (women 1,400 calories a day, men 1,900).

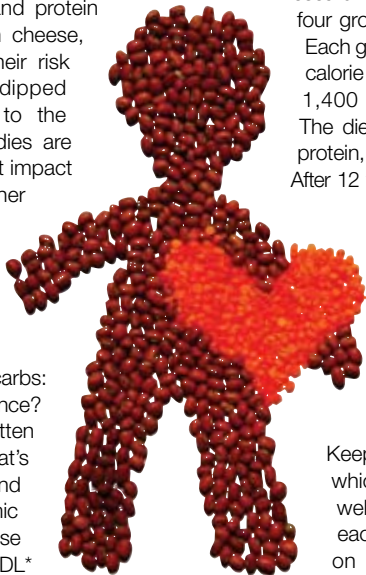
The diets varied in their percentage of protein, high-GI carbs, and low-GI carbs. After 12 weeks, all groups lost weight, but

the people who got the most calories from low-GI carbs also lowered their LDL and total cholesterol levels. The people in the high protein/fewer carbs (mostly high-GI carbs) group experienced an increase in LDL and total cholesterol levels. Ouch!

Keep in mind, there is no set diet which will suit every person. Eating well and having a balanced diet for each particular person will depend on several factors; age, amount of physical activity, lifestyle, and the medical history. Creating a balance is the key. Seek a nutritionist or naturopath to help get the best of foods and create the balance to build, repair, and heal your body.

Remember, you only have one body for life. Please be kind to it and it will be kind to you in later life!

Fay Fain, Nutritionist



The Australian Ballet Competition

Be in the draw to **WIN 1 of 5 A Reserve double passes** to The Australian Ballet's production *Interplay*.

Entry forms can be found at the reception of your Elixir club.

In addition all Elixir members who wish to purchase tickets for *Interplay* will receive \$10 off standard adult tickets in A and B reserve for the performance on Monday 10th November at 7.30pm.

Book at the Sydney Opera House Box Office (02 9250 7777), quoting your password "ELIXR". For more information on *Interplay*: www.australianballet.com.au/season

Elixir is the preferred Health Club of The Australian Ballet

The Australian Ballet



Robyn Hendricks & Andrew Killian. Photography – Justin Smith



Pink Breakfasts, Pilates and Yoga for Breast Cancer Research coming soon!

Elixir is committed to supporting the National Breast Cancer Foundation as Sydney turns pink once again during Breast Cancer Awareness Month in October.

Join us for a Pink Ribbon Breakfast @ BJ on Saturday October 25th & in the CBD clubs on Monday October 27th. Come along to meet other club members; win some great prizes; be inspired by a breast cancer survivor @ BJ & help us raise needed funds for Breast Cancer Research.

We kindly request a breakfast donation of \$20. Please reserve your breakfast place via your club reception. **Work it off with a Pilates or Yoga class 25th – 31st Oct:** \$10 for guests (non-Elixir members are very welcome) and members by donation.

All monies raised from the Breakfasts, Pilates and Yoga classes will go to the National Breast Cancer Foundation.

Further information please visit www.elixr.com.au **Thank you for your support!**



Olympian Profile: Myriam Glez

Date of Birth: 20 May 1980

Age at Games: 28

Born: France

Lives: Sydney, NSW

Height/Weight:
168cm (5' 6"), 53kg (116lbs)

Coaches:

Leonie Nichols (2006 – present)
Anna Nepotacheva
(2007 – present)

Secondary Education:

French Institute of Sport, France

Tertiary Education:

Masters of Marketing &
Communications,
ESCP-EAP
Business School, France; BTS
Action Commercial (Degree),
INSEP, France

Olympic Games:

Debut – Sydney 2000

Recent Performances:

1st place (solo performance) at
the 2006 National Championships
(Brisbane, Australia)

Career Highlights:

- Myriam was a 10 time French National Champion (three solos, four duet and three team performances) and represented her mother country for eight years from 1994 to 2002.
- Finished 4th at the Sydney 2000 Olympics competing for the French Synchronised Swimming Team.
- Winning a bronze medal at the European Championships in Berlin in 2002.
- In 2006 and 2007 she was the Australian National Solo Champion.

Interesting Facts:

- Watching the World Championships on TV when she was 6 years old inspired Myriam to take up synchronised swimming.

- Myriam took a break from competition in 2002 to attend business school in France. After the completion of her Masters in 2005, Myriam moved to Australia for work (she is a Marketing Executive with Accor). In December 2007 she gained her Australian citizenship.
- Myriam is coached by 2004 Athens Olympian Leonie Nichols.
- From January 2008, Myriam took leave from her job at Accor to train for the 2008 Olympic Games.
- Myriam also enjoys trekking, skiing, yoga, dance and tennis.
- Myriam also danced in France whilst swimming synchro and watches contemporary dance shows to give her inspiration for her routines in the pool.



Gaia Retreat

Elixir is very proud to announce the recent establishment of an exclusive membership offer from Gaia Retreat.

Nestled amongst green valleys and undulating hills in the subtropical Byron Bay hinterland near Bangalow, Gaia Retreat and Spa is the ideal

place to renew, refresh, and restore your mind, body and soul. Gaia is all about choice; you choose and we'll help you design your own personal experience – whether it is active and energetic or tranquil and serene.

Inspired by the healing cultures of the Byron Bay region and its

fresh local organic produce, Gaia Retreat and Spa is not just a Byron Bay accommodation holiday; it is a unique boutique Spa Holiday experience with heart.

Details coming soon.
Watch this space...

www.gaiaretreat.com.au



Work Life Balance

Over the last decade, the catch cry of just about every corporate speaker has been 'Work : Life Balance'. The ability to live your life with a healthy balance of the necessity of work and a healthy, happy lifestyle. The rules are simple – work in something you are passionate about, eat well, nothing in excess and hug your family!

I thought I had this down pat – working long hours in my own business, 12 hours of yoga a week (my vision – to compete in the international yoga championships, then become an instructor), bath time and reading at bedtime with my kids, weekends filled with kids sport, and gatherings with family and friends – I had balance.

Then unfortunately, life as I knew it, turned around completely when my beautiful wife Rosalie was diagnosed with a very rare form of cancer, Plasma Cell Leukaemia. Less than 100 people in the world

have been diagnosed with this particular form of cancer. Nothing balanced about that! Rare and extremely aggressive, we knew from the outset that we were in for a battle.

From the very moment of diagnosis, yoga went on hold, I put my business on hold and spent the next six months at her side – in and out of hospital, endless tests, 5 rounds of chemotherapy and a stemcell transplant – that's when I truly learnt about balance!

We tried to maintain the "balance" in the madness of it all: staying focussed and positive, eating well and ensuring our kids lived in a constant, loving state of truth and comfort.

Rosalie was a true inspiration, always smiling, I knew her well enough to know it was often through immense pain, although she never showed it.

Unfortunately, some things are bigger than all of us and Rosalie passed away. Any semblance of balance went out the window – it simply was not "fair". A beautiful, "healthy" human being snatched from us. In the months following there were so many mixed emotions: numbness, anger, guilt, endless questions – How and why did this happen to "us", we had everything! I really wanted to curl up in a ball... run away and hide from the world.

I didn't run away and now it's over 12 months since our lives were turned upside down. Whilst the children and I will never be the same again, we will be OK. We are grateful that we had such an extraordinary human being in our lives.

For me, I've come to understand the real definition of balance – its when you love a human being who loves you back, its not about the amount of hours you work or work out – its so much simpler than that!

Now as the children and I rebuild our lives we have a new mantra, we are all in favour of a work/life "unbalance" – less work / more life!

See you at Elixr!

*John Scott, Director
johnscottpersonalpr
and Elixr member*



Vibram Five Fingers Competition

Have you seen people walking around Elixr with strange feet? If yes is the answer then you have seen them in a pair of Vibram Fivefingers!

Fivefingers are a unique experience in footwear, brand new to Australia. Once you try them, your other shoes will never feel the same again.

Fivefingers have been tried and tested for everything from kayaking to yoga, windsurfing to rock climbing. You'll be amazed at what you can do when you're wearing them. Machine washable and incredibly durable, they are your most reliable training partner.

'I like to go barefoot as much as possible, but now I am finding myself wearing my Fivefingers

around the house! they may look strange, but they are amazingly comfortable' Emma Terracini, Membership Advisor & Group Marketing Coordinator.

In conjunction with Fivefingers we are offering members the opportunity to win a pair.

There are two pairs up for grabs – simply fill in an entry form at your Elixr club reception.*

www.fivefingers.com.au

**competition closes November 30, 2008.*



Examining the Benefits of Resistance Training

Resistance training (or weight training) is often a misunderstood and overlooked exercise method. Many gym members equate lifting weights to muscle bound bodybuilders. However, weight training is a vital component of a fitness regime.

While it is very beneficial to focus on specific classes, it is beneficial to periodise your training and take a more strategic approach (as much as it is necessary for success at weight loss to combine Yoga and Pilates with cardiovascular training).

Strength and conditioning training through the use of weights is an integral part of any fitness program. More than 90% of gym members have old or recent injuries, strength imbalances and/or postural deviations which require special training. Targeting specific muscle groups and strengthening them through the use of resistance training is often necessary before any proper training program can commence.

Once the weak muscles causing problems are strengthened, one

can then focus on proper strength or cardio training while being sure they are not going to make a problem worse or cause an injury.

Hunched Shoulders

A very common problem which is at epidemic proportions among the population, especially people who work desk jobs, is a postural problem called 'Thoracic Kyphosis'. This condition is when the upper back slumps over to varying degrees, thereby causing the shoulders to hunch forward causing the head to tilt. This condition is a prime cause of chronic back pain and can lead to severe conditions such as spinal degeneration and arthritis. However, this condition can be easily prevented or resolved with a simple resistance program that targets the back muscles.

Lower back Pain

Another common problem is lower back pain. The causes for this ailment are varied. This condition is often caused by strength imbalances and/or weaknesses in what is known as the 'Posterior Chain' (the muscles running up

the back of the legs through to the back of the head) in addition with trunk instability. These issues combined with environmental factors, such as sitting all day long with poor posture at work, frequently equate to lower back problems and subsequent pain.

Lower back problems are also reversible with a strategic resistance training program. Using resistance training to strengthen these muscles first before launching into any other training regimens is highly advisable.

Running

Another example as to why resistance training is so important is in running. Many people spend whole sessions on pure treadmill activities. While this is very beneficial for aerobic endurance, there are other factors that need to be considered, such as the impact of jarring causing loss of bone mineral density which consequently increases the chances of osteoporosis. This is a greater risk for women when their

estrogen levels are heightened, as the estrogen levels increase causes bone mineral depletion. Introducing resistance training minimises this risk, as bone mineral density is increased with each workout.

Balance

No one exercise form is the ultimate, and gym members need to consider a holistic approach to their training, spending time in the Yoga and Pilates studios as well as time on the weights floor and cardiovascular equipment.

Michael Stockl – Personal Trainer



Pilates

Joseph Pilates, born 1880 in Germany, developed a system of exercise influenced by yoga, gymnastics, martial arts, as well as Eastern and Western philosophies. During his lifetime he wrote two books: 'Your Life' (1934) and 'Return to life through Contrology' (1945). Here are some of his most famous and memorable quotes from these books which bring insight into his philosophies of life and exercise:

'Physical fitness is the first requisite of happiness.'

Performing Pilates 'is the equivalent of having an internal shower.'

'If your spine is inflexibly stiff at 30, you are old. If it is completely flexible at 60, you are young.'

'Never fail to get as much sunshine and fresh air as you can.'

'In ten sessions you will feel the difference, in twenty you will see the difference, and in thirty you will have a whole new body.'

'PATIENCE and PERSISTENCE are vital qualities in the ultimate successful accomplishment of any worthwhile endeavour.'

Practice your exercises diligently with the fixed and unalterable determination that you will permit nothing else to sway you from keeping faith with yourself. At times you may feel tempted to take a night off, don't succumb to this momentary weakness of indecision, or rather wrong decision.

Decide to remain true to yourself... and perform your exercises daily, let them stir your sluggish circulation into action...'



In the club

Park Street

Revolving Doors – Farewell and Welcome!

Park Street Elixr will this month farewell Member Care extraordinaire Chris Richmond who has been with Elixr since August 2005. Chris has not only been a constant source of warmth and assistance to all our Elixr members but he has never failed to go out of his way to help staff members with any issue they may face, be it covering a shift or helping to satisfy a chocolate cake craving! Chris always finds a way to better any situation he finds himself in. Chris has dedicated his life to encouraging leadership in others and we have all learnt by following Chris' example. It is with great sadness we say goodbye and wish him much luck in his future endeavours! We hope you will still visit us Chris...

In his place we welcome Carlos who joins the Elixr team as a Member Care Receptionist. Carlos is a qualified Personal Trainer and he will be welcoming all the early birds who come into Park St in the mornings. Carlos is multi-lingual, so feel free to have a chat in another language and the rest of us will just look on in envy and ignorance!

Nat and Nelly @ Park St



Wentworth

Staying Motivated – Wentworth In the Club

I hope that every body is feeling well and motivated through this time of the year. It is definitely a harder period to stay focused and motivated through!

To help with this, I would like to remind all members about the complimentary programming sessions available to you all.

These sessions allow you to meet one of our trainers and go through your goals, be shown around the club floor and be shown how to also use a lot of the equipment. You can use this session to find a way to stay motivated while trying to convince yourself to get out of bed and down to the club for those early morning classes!

A good way to stay motivated is to keep a set of personal goals on you or at home in a place where you will read them everyday. This can help you to keep a positive frame of mind and to stay motivated until you get yourself back into a routine.

Another thing I like to do is to go through my goals in my head daily – this really helps me to push myself along.

I know it can be hard and I have been there and dropped off before as well, but it is harder to get back into it once its gone then to just keep that routine going and staying motivated.

If you need a hand with anything please don't hesitate to approach myself or any of the Wentworth staff – we are always here for you!

Adam Van Spanje, Club Manager Wentworth



Bondi Junction

Spring is here so undergo a transformation – Let's talk about addiction.

No, not drugs, sex and rock n' roll but how many of us become addicted to the same exercise regime.

I have noticed that many members do the same class or exercise program day after day without variation! It's time to free ourselves from the safe and comfortable and take a walk on the wild side. It's always easier to stick with the familiar but our body and mind need to be stimulated by undertaking something new. So why not try a different exercise discipline? You may be surprised by the benefits.

All of our instructors will ensure any first timers and beginners are looked after in any of the classes.

Those of you who do GRC need only to take a short walk to the spin room and feel the power of the bikes. Imagine yourself in the Tour de France. Steep hills... long open roads and sprint tracks await you. In the beginning you may be at the back of the pack but with a bit of persistence and some heavy sweating you could rival Cadell Evans!

Our Yoga enthusiasts could enter the world of Real Fitness Kickboxing and be very surprised that inner peace can be achieved through methods, other than Yoga. RFK requires an internal strength and focus that one usually relates to yogis. And how often do we get the opportunity to release our stress by beating up a big black bag that won't hit back?

Those of you who favour all that sweating in cardio classes could experience the peace and precision of Yoga and GRC. Stop the sweating and enter the world where you can dare your body to perform postures and poses that seem impossible.

Of course those of you who only frequent the weights floor the challenges are endless. Enter any studio and you will be transported into a new world. Weight training may make you feel strong, but believe me Yoga and GRC will introduce you to a complete set of new muscles!

The outcome of trying new things may have many benefits beyond the obvious. New challenges yes, new experiences, new training techniques yes! But there is also the possibility you will really enjoy it, or meet members you have never seen before. The club is yours; please experiment it all of it and take pleasure in what is on offer.

Chris Charnas, Club Manager Bondi Junction



Yoga Workshop at Elixir 2009 – places are limited

Great news Yogis and especially those who are dedicated to Ashtanga!

Elixir will exclusively host the visit of Manju Jois to Sydney in 2009.

Manju Jois, the oldest son of Sri. K Pattabhi Jois and worldwide recognised authority on the Ashtanga

Yoga system, uses only the ancient practices, offering truly authentic guidance for all who wish to follow Ashtanga's life enriching path.

Save the date for Manju Jois's visit to Elixir...

15th – 28th March 2009

- Advanced practitioners and yoga teacher workshops

- General student workshops
- Ashtanga classes exclusively for Elixir members

Workshop places will be limited so register your interest now by emailing yoga@elixr.com.au



Prenatal Program enters its 1st Trimester!

Elixir is proud to announce the arrival of its Prenatal Yoga and Pilates program!

The program is now 10 weeks old, with the classes, or should we say participants... growing by the week!

Prenatal Pilates and Yoga classes are available at Elixir Bondi Junction and Bligh Street in the CBD.

The classes are available to current Elixir members or to new members via the Prenatal membership.

Please spread the word to your friends and family who are in this very special time of their lives.

Further information please visit elixr.com.au

ELIXR EDUCATION

BECOME A PILATES INSTRUCTOR!

Kick start your new fitness career by enrolling in our next STOTT PILATES® instructor trainer courses.

There are accreditation courses for both Matwork and Reformer beginning soon.

Be quick as places are strictly limited!

Get in early and secure your place in Australia's leading Pilates Accreditation course.

For more details contact: Peter Lamb
Ph: 8113 8808 Email: pilates@elixr.com.au

Elixir Education is an official STOTT PILATES® Licensed Facility

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TAKE THE NEXT STEP – BECOME A YOGA TEACHER!

Applications for Elixir's 2009 Yoga Teacher Training Course are now available.

This is a Hatha Yoga course designed for aspiring teachers and the serious student.

It is taught over 10 months by the inimitable Trevor Tangye, and only a small number of students will be taken to enable a true apprentice / master relationship.

To gain entry to the course, students must have a long standing personal yoga practice and be able to perform most of the Ashtanga Primary comfortably, including Padmasana.

For more details contact: Peter Lamb
Ph: 8113 8808 Email: yoga@elixr.com.au



Town Hall
27 Park Street
Tel: 8113 1100



Sofitel Wentworth
2A Bligh Street
Tel: 8113 3300



Bondi Junction Club Entrance
Level 2, 9 Bronte Road
Tel: 8113 8800