



## Chew on it

With Richard Chew  
Founder of Elixir Health Clubs

### TRIP ABROAD

My boys, Dennan and Dane, and I had a wonderful time together travelling the world to strengthen our spirits.

Our first stop was Beijing where Dennan and Dane got in touch with their Chinese roots and learnt how to haggle with the best in a huge shopping market. However, their 'Waspy' genetics led to the salesman smiling after each purchase, and my boys with empty wallets.

Barcelona was lively with people, food and amazing buildings (well, except for the much lauded Gaudi's architecture which to me belongs in Disneyland). Gaudi's La Familia has to be the ugliest cathedral in the world.

Bologna, Florence and Rome are rich with culture, art and divine gelato. We saw some truly amazing sights; Michelangelo's statues, Botticelli's painting, and the Vatican...OMG! It was also a pleasant surprise after Spain to find many Italians actually make the effort to converse in English.

Pasta, pizza, pasta, pizza...I really started yearning for my flied lice!

In San Diego, where we attended a major fitness convention, I saw no new revolutionary equipment or programs. There were a few silly concepts, like a group class with cross training machines, and a group class with arm cycling machines. I couldn't think of anything more boring.

I am pleased to say that we are leading the field in Pilates.

At the convention I saw a variety of new spin bikes, and was particularly impressed with one innovative model. Our instructors are presently testing this new bike.

San Diego, sadly, must be the capital of homeless people. I even asked a policeman why there are so many homeless people and he answered "It must be the good weather."

It's always nice to come home. Sydney is simply a wonderful city with our vast variety of Asian and Western food. A beautiful city with genuinely friendly but slightly reserved people. A little short on culture and heritage, but we can always go to Europe to get our fix for that.

### GOSSIP

Why is it that people have a fascination for gossip and judging other peoples' lives? Tiger Woods, Michael Clarke, Lara Bingle, Matthew Johns...leave them alone!

Tiger Woods having to go to a rehab clinic for sex addiction? Well, wouldn't that be the case for most men? And I'm guessing not many would want a cure.

I don't think there are many people around without some indiscretions. It's much wiser to work on keeping our own lives in harmony rather than worrying about the private issues of others.

### PATIENCE

It seems that people are always rushing somewhere to wait. We are so impatient that we have anxieties when we miss an entry to a revolving door.

How often have you been annoyed when driving and honked aggressively at someone who's blocked your way at a traffic light crossing?

Then you need to ask yourself, how often have I done the same thing?

Patience and tolerance can be developed, and when your level of patience and

tolerance goes up, you will become a calmer and happier person.

When my patience is tested, I work on finding a way to accept the situation and therefore not let it affect me negatively. I can't say I succeed every time, but when someone blocks my way at a traffic light, I think of the times that I've also inconsiderately blocked someone else.

Next time your patience is tested, work on finding a way to accept or rationalise it, and you may find yourself more relaxed.

It is not easy, but the more you do it the easier it becomes until it's habitual.

### ONLY MY OPINION

If I have offended you with any of my opinions and comments, I do apologise. I write not to offend but to stimulate and challenge your thinking, as well as challenge my own thinking.

### SELF DEFENSE WORKSHOP

Self-defense relies mostly on common sense and not allowing fear to take control of you.

I am teaching a self-defense workshop this month at Elixir Bondi Junction on Thursday 29th April at 7.45pm.

The workshop is based on simple yet very effective methods, and is suitable for everyone. The knowledge will assist you in your confidence and provide you with tools to avoid harm's way. My son, Dennan, will also be there assisting, as he has had some experience in self defense situations (much to my displeasure).

The workshop is free of charge, and all members, guests and friends are welcome. Please book at reception as workshop numbers are limited.

# NEWS

## OUR PARK STREET CLUB IS HAVING A MAKEOVER

The first of our three clubs, Park Street, is having a major makeover.

Our 'Mother Club' was opened back in June 2002, and although the club is homely, we decided it's in need of a refreshing new look and feel.

I don't want to give away too many surprises...but there will be a new studio in place purely for RFK classes, new gym equipment will be added, and the club's new layout will be simply breathtaking.

With the new RFK studio, our Yogi's will have their own tranquil space dedicated for Yoga classes.

We envisage minimal disruptions as the majority of works will be carried out after hours or during non-peak times. Works are starting on Friday 09th April.

Be sure to ask reception at Park Street to show you the Storyboard so you can see how things will look once it's complete in late May.

We appreciate your patience during this exciting phase.

## ELIXR HOSTS THE BIGGEST LOSER

*The Biggest Loser* has asked Elixir to help conduct a unique challenge for the remaining contestants.

The challenge issued to the contestants was to participate in a Group Reformer Pilates class.

Host Hayley Lewis, trainer Michelle Bridges, and Elixir Pilates Director Rachel Crompton, all took part in *The Biggest Loser* MasterClass Challenge.

Be sure to watch the challenge on Friday 16th April on Network 10 at 7.30pm.

If you happen to miss the challenge, it can be viewed on [biggestloser.com.au](http://biggestloser.com.au).

## ANZAC DAY OPERATING HOURS

DAY	DATE	BONDI	BLIGH ST	PARK ST
ANZAC Day	Monday, 26 April	8-12pm	CLOSED	CLOSED

# Self Defense

## WORKSHOP

### FREE

FOR OUR MEMBERS  
AND THEIR GUESTS

Learn how to confidently get yourself out of harm's way by attending this 60 minute workshop

### PRESENTED BY:

**Richard Chew**  
Martial Artist with over 40 years experience

### DETAILS:

Thursday 29<sup>th</sup> April, 7.45pm  
Bondi Junction Club  
RSVP [education@elixr.com.au](mailto:education@elixr.com.au) or call us on 8113 1111



# What food is right for me?

## SEMINAR

### FREE

FOR OUR MEMBERS  
AND THEIR GUESTS

### PRESENTED BY:

**Fay Fain**—Elixir Resident Nutritionist  
B.A Dip Ed (UNSW) D.Nutr, D.Arom, D.Bach f.r

### DETAILS:

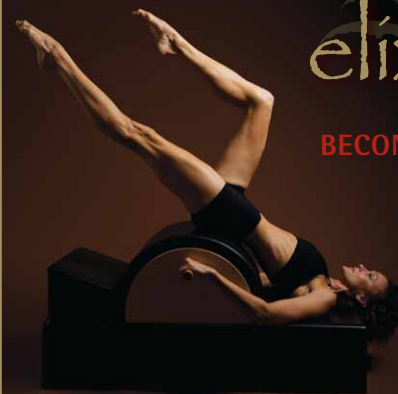
Thursday 22<sup>nd</sup> April, 7.30pm  
Bondi Junction Club  
RSVP [education@elixr.com.au](mailto:education@elixr.com.au) or call us on 8113 1111



# elixr Pilates

## BECOME A PILATES INSTRUCTOR

Contact Breony Johnston  
T: 8113 8808  
E: [pilates@elixr.com.au](mailto:pilates@elixr.com.au)



OUR COURSES ARE RECOGNISED BY FITNESS AUSTRALIA

## Pilates • Yoga • Fitness • Aqua

Sydney Town Hall 27 Park St T: 02 8113 1100	Chifley Square 2A Bligh St T: 02 8113 3300	Bondi Junction L2, 9 Bronte Rd T: 02 8113 8800
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