



Chew on it

With Richard Chew
Founder of Elixir Health Clubs

APPRECIATION

We take so much for granted in life that we don't realise how good we really have it. The problem is we often focus on a few negatives and blow them out of proportion, rather than appreciate the abundance of positives we have in our lives.

If you were to write down in two columns, the positives and negatives in your life, you will find the column for the positives will be far more extensive.

Make a habit of focusing on the positives in your life and it will make the negatives so much easier to resolve.

I was once advised during a time when I had depression, "If you can handle the worst case scenario then it is really not that bad."

As most of you who've been reading the newsletter for the past few months would know, I am facing the absolute worst situation in my life; yes, it is that bad. I have the choice of wallowing in my sorrow or taking every little step to come to terms with the tragedy of losing my beautiful daughter.

I have sought the help of grief counsellors, masseurs to release pain from my body, AcuEnegetic therapist, mediums, family, friends... the fact is I am open to anyone who can help me.

Although I'm in a very painful place, it is still very different to depression, which I think of as an ugly place.

Depression is not an uncommon ailment and I am so pleased to see that its coming out in the open, rather than the taboo it used to be, and hidden away.

I don't believe anti-depressant pills or any mood altering drug to be the answer. It's the typical Western medicine technique of treating the symptoms and not the causes. Western medicine is simply amazing in many ways, particularly in fixing the body, but it does not impress me when it comes to problems with the mind.

If you have depression and have been on medication that you feel is not really

treating the problem, is it not time to search for a different modality of therapy that could treat the source of the problem?

There is a good chance there's a person out there with the right therapy that will help you, but you need to find that person.

I found "Journey Therapy" to be a powerful therapy that lifted my depression years ago after only one session. Google "Journey Therapy Brandon Bray" on the internet for more information. It is a therapy I highly recommend for many issues.

If I may be of service in recommending a therapist, please feel free to contact me on 8113 8800 or chat with me in the Club. It truly would be my pleasure.

Going back to the original topic of appreciation...we so often look back at the good old days but we are also very selective in our memories when we look back. I have no doubt during the good old days there were difficult times that took up a lot of our energy and we did not recognise the wonderful times we were having at the time.

Let's now move ahead 10 years where the good old days are the present. The problem is most people do not realise the unique moments they're having until it has long past.

Now come back to the present and focus on appreciating the wonderful people and times in your life that will one day be behind you.

Do remember, "the present is the good old days of the future."

POPE

The pope recently stated "gay marriage" is an attack on creation, this coming from an institution whose long history on paedophilia is rather appalling.

The current pope was the Prefect of the Congregation for the Doctrine of the Faith whose duty was "to promote and safeguard the doctrine on the faith and morals throughout the Catholic world." His track

record of safeguarding the morals of the Catholic world is not so good.

By the way, this tribunal of the Congregation for the Doctrine of the Faith was formerly known as the Inquisition, which trialled over 100,000 people for heresy, torturing and then burning over 3,000 innocent people at the stake.

Our world population is way out of control, presently at over 6.7 billion people, double the number of 1965 - and we wonder why our planet is suffering.

I have a dilemma in giving to charity to feed the Third World when only a portion of the donation gets to the needy. Also, the charity is usually Christian based who ultimately want to convert the poverty stricken; and once converted they are encouraged to go forth and multiply. What is wrong with that picture?

I don't believe religion turns people into good people, but obviously there are good people in religion. Unfortunately, the extremists create havoc in our world.

I fail to understand why these self proclaimed moralistic religious people are so mentally deficient in wisdom!

PROUD AUSTRALIAN

Lately what has been troubling me are people using the terminology "Un-Australian" - an idiotic term Australians have borrowed from our Bible Belt American friends.

Is it "Australian" to have White Australia Policy from 1901-1973? Can you imagine Sydney without Thai food or Sushi?! Is it "Australian" to support the bombing and invasion of Iraq, killing thousands of innocent people?

I am a very proud and patriotic Australian but it sickens me when "Un-Australian" is brandished about.

Let's just do the right thing without the Un-Australian, Un-Christian or "Un" whatever it is.

ASK AN EXPERT

GRETCHEN HODGKISS is one of Elixr's fitness instructors and is the Director and Head Trainer of Fit Space Training in Sydney. She specialises in giving people achievable exercise options so that everyone is able to maintain long-term fitness.

DEAR EXPERT,

I've been training fairly solidly for two years. I change my gym routine about every 6 weeks, and I'm active 5 days a week. I have a well balanced diet, sticking to roughly 1500 calories per day, but I can't seem to lose the fat around my abs or tone up anymore. Is it possible that this is as good as it gets?

From, Muffin Top

DEAR MUFFIN TOP,

First of all, congratulations! Exercising consistently for 2 years and eating well means that you are almost certainly very healthy and your body will thank you with a longer and better quality life.

When it comes to re-shaping your body, we need to look at your diet and your exercise. It's a great idea to vary your exercise regime, like you are now. The key is to vary the intensity. If you usually train on your own, try joining some group training or do a spin class so you are pushed further from your comfort zone. If most of your exercise is aerobic, such as running, rowing,

walking, try incorporating more resistance training. This will also help to improve your muscle tone. Aim to surprise your body with something completely different and you will get results.

Now to your diet. This may surprise you, but I believe you need to eat more. 1500 calories a day is recommended for sedentary females. Because you are training 5 days a week, you need a little over 2000 calories a day. This number is affected by your age and the intensity of your training, so treat it as a rough guide and increase your calorie intake gradually. Here are the most important guidelines for a healthy diet:

- Have some protein with every meal or snack. For example, have yoghurt with your fruit and include fish, meat, eggs or dairy into a salad for lunch.
- Eat every 3-4 hours.
- Eat breakfast as early as possible every day.
- Drink at least 1.5 litres of water every day, more on the days you are training.
- Limit alcohol and coffee.
- Aim to cut out sugar completely. It is the sugar in our diets that makes us fat, not the fat.

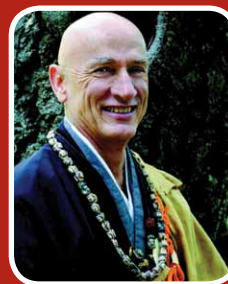
By eating real food and enough of it, your body will function better and your metabolism will increase, leading to a decrease in the body fat and better body tone. Good luck!

Personal Trainers
Massage Therapists
Nutritionists
AVAILABLE AT ELIXR



See Reception for more information.

Zen Master & Yoga Master Jun Po Denis Kelly



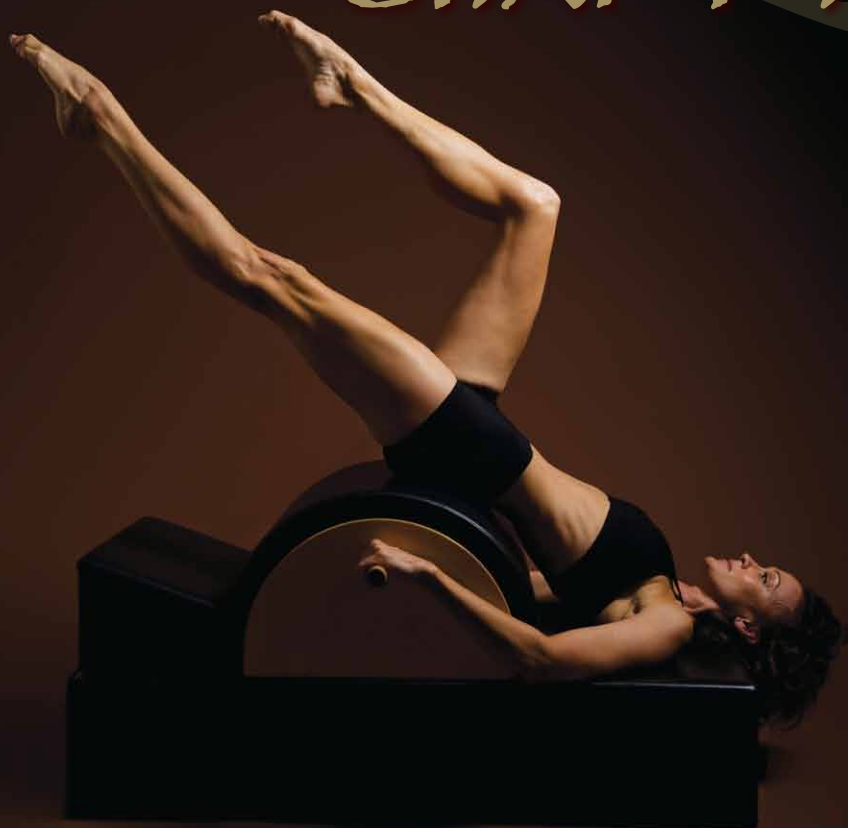
In February 2010 Zen Master and Yoga Master Jun Po Denis Kelly will be visiting Australia for the first time and will be holding a two day workshop at Elixr. This will be a rare opportunity to learn from a master teacher who is steeped in the traditions of both Zen and Hatha Yoga. Jun Po Denis

Kelly is a recognised Rinzai Zen Master and has also been practising Hatha Yoga for more than three decades having personally trained with BKS Iyengar and Pattabhi Jois in India. Jun Po's teaching combines the best of Zen and Yoga integrating the profound physical practices of Yoga postures and breathing with the penetrating and awakening practices of deep Zen Meditation. On this tour Jun Po will be joined by one of his senior Yoga teachers which will allow for beginners as well as advanced students to attend this event.

DATE: 27-28 FEBRUARY 2010
TIMES: 10AM-1PM & 2PM-5PM
LOCATION: ELIXR Blich Street
COST: \$240

For more information visit www.junpoaustour2010.net
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MELLE STEWART

Elixr Health Clubs Member, Bondi Junction

I joined Elixr early in 2009 with a New Year's goal of getting into great shape for my work, health and impending wedding. I have always been a fit and active person, but had a challenging year in 2008. I lost my motivation to exercise among other things during this time, and as a result I put on weight and my level of fitness reduced. When I joined Elixr, I took part in all of the excellent beginner's courses to learn about the different classes and it was a great help to have a fitness program set by Andy. The program and the variety of classes on offer at Elixr helped me to stay motivated and right from the start I began to see results. I also booked in very early to see Fay Fain, nutritionist extraordinaire!! I met with Fay once a week for several months and under her watchful and helpful eye I was able to shift the excess weight I had been carrying. I was measured and weighed each week, which kept me on track. One of the great things about working with Fay is that she has helped me to make changes to my eating habits and patterns while still maintaining a balanced diet with lots of different foods. As my fitness improved, I was set a more challenging program by Andy which I took on the road with me when I went overseas to work for several months. Armed with the program and Fay's advice I continued to slim down while I was away. I booked in to see Fay again once I was back from overseas and she told me that I had lost over 20 kilos in those past 6 months. I was thrilled with the results as I knew I had achieved them by committing to a varied and interesting exercise plan and a healthy and balanced diet. I am extremely grateful to all of the helpful staff and trainers at Elixr, especially Fay, for their amazing guidance and support since I joined. My wedding day went off without a hitch on December 6th and many guests commented on my new and improved physique - some Elixr converts may be on their way! The most rewarding part was that other than my new and improved exterior self, I also felt incredibly content and confident on the inside. I celebrated New Year's Day, weighing 20 kilos less than I had at this time last year and as a result I am starting this year stronger than ever before, both physically and mentally. I remain focused on maintaining my healthy eating habits and further improving my fitness and strength. Roman has set me a third program which is interesting and a great challenge. In the short term, I hope to be able to complete this program and also be able to walk home afterwards!





"I didn't know"

Chris Charnas
Club Manager Bondi Junction

It has been said many times and I know that I've heard it hundreds of times before – "I didn't know". Every time I hear it, in retrospect, the solution seems so simple. It has made me think, "is there an easy solution?". My first thought was to use Google to find the answers but that didn't work, it just created more questions. I narrowed down my search to include just gym memberships but still I had no luck. So I asked myself which questions I have been asked the most and what it is that all of these questions have in common. Bear with me and let's see if there is a way through this maze of "I didn't know".

One of the most common "I didn't knows" I hear from members is "I didn't know I could freeze my membership". Everyone should get the most from their membership and details about freezing your membership are in your agreement. All right, I can hear the groans, "who reads agreements?". I know I tend to read through them 'very quickly'. I thought about it for a bit longer, and then bang, it came to me:

What if I just changed one word? Let's change the phrase from "I didn't know" to "I didn't ask". It seems simple, but does it work? Let's explore this theory.

When entering any agreement, whether it is for a mobile phone, internet, lease or fitness membership, it is important to understand most, if not all, of what is detailed in the Agreement. Are you thinking that "no one told me"? Getting back to my theory, if you'd asked, you would probably know the answer.

I didn't know I had to wear a swimming cap or shower before I used the pool". I know, I hear you – repetitive and boring, but you know the answer by now, your Agreement. Or of course, you could try my theory and just ask. Alright, you don't have time or you're just not bothered. But when you look around the pool and see that you are the only one without a cap, what do you think? I am so cool I am starting a new trend? No you are not. The best way to keep the pool clean and enjoyable for all members is to follow these two simple steps; shower and cap. Does my theory still stand up well? Yes? If you are still not sure – just ask!

Now, for a few things that do fall into the "I didn't know" category but are not in your Membership Agreement. Again, try my theory; just ask.

Programming – all members are entitled to a program, This is a 45 minute session with a programmer who is happy to talk to you about your goals and how to get the best results. They will look at your present workout, show you how to utilise all areas of the club and design a specific program that has your goals in mind. Just ask at Reception who are ready to assist and they'll book you in for your program.

Mobile phones – we love them and we all know good etiquette but do we take others into consideration when using them in the club? Why do some members take their mobiles into class? Alright I understand that sometimes there is an emergency, please just let the instructor know. Taking a mobile into class will disrupt your fellow member's workout. And do you really want to stop your workout to answer your mobile? I hope not. And if you need to carry your mobile with you in the club, that's fine, but just remember if you had a great time last night and want to talk to your friends about it, the rest of us may not care. Next time you could ask us along and we might show more interest. "Just ask" we are happy to discuss appropriate use of mobiles in the club.

Bring a friend to try the club – yes we are happy for you to bring your friends and family to try the club but please, let us know. Elixir is for you the member. How would you feel if you came in to do a GRC class and missed out because the last token had gone to a non-member? Or even worse, what if you brought a guest in, and they could not get into a class. By calling up first and speaking to one of our staff, they should be able to help you avoid any disappointment. They can book you friend into an appropriate class and ensure their experience is a pleasant one. Just ask.

Have I mentioned my "just ask" theory? Well, I will leave it with you to try out and see if it works. If in doubt or you just want to find something out – just ask. Reception is there to help and if they are unable to answer your question they will find someone who can. You must think by now that I love the sound of my own keyboard. Well yes, and no. I always start with great enthusiasm but as my typing skills are slower than most, by this stage I am beginning to fade. Apart from that, I deleted my first draft. Ah, not fun, but I have learnt; read when the computer asks 'do you want to save these changes?' rather than mindlessly clicking "No" – oops. Until we chat again, enjoy your workout and I hope that some of these points will make your time in the club more enjoyable.

ABOUT THE AUTHOR: Chris has been with Elixir since 2005. I'm sure if you have met with Chris you would agree that he has an easy-going style and a "can do" attitude that filters throughout his team. With over 15 years experience in the fitness industry, Chris still trains regularly and enjoys Personal Training sessions at Elixir.

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