



Chew on it

Richard Chew with favourite daughter Talena
Founder of Elixr Health Clubs

HAPPY NEW YEAR

Every year we wish each other a Happy New Year, the reality is every year brings us a whole variety of experiences; sometimes great adversities, some difficult times, some good times and mostly our lives just travel along.

As some of you already know that last October, my family and I suffered the most unimaginable tragedy in the passing of my daughter, Talena. We will work on strengthening our spirits, as the pain will never heal and hopefully the raw wound will be exposed less often with time.

My life journey has taken a dramatic shift but along this path, I know there will be other adversities, but I also know that there will be many more positives.

Many of the adversities will come along beyond my control but I will choose how I'll respond to them. Too often people choose the victim mentality and wallow in it. If you want to strengthen your mind to act in a positive direction when adversity is thrown at you, you need to ask yourself how to respond positively.

The key word is "respond", therefore you will need to think about it, seek advice from people you respect for their wisdom, and then act accordingly.

It is not easy but if you practice a positive response, it will eventually be habitual.

So a Happy New Year is really in your mind and your actions. You are the only person who can determine how it is going to be and I trust you will mostly make wise choices.

COUNSELLING & NURTURING CENTRE

In memory of my favourite daughter Talena, I am planning to set up a non-profit counselling and nurturing centre in the Eastern suburbs to provide counselling services for bereavement, depression and

drug dependency, to be named The Talena Centre.

The difference with the centre is that I will be seeking extraordinary counsellors to provide personalised and caring services where clients will feel comfortable in a serene environment similar to Elixr.

Should you be able to assist me with recommending any excellent counsellors, or help point me in the right direction, I would greatly appreciate it.

Please call me at Elixr on 8113 8800 or email me: rc@elixr.com.au

I DON'T UNDERSTAND

Why do our history books glorify conquerors such as Julius Caesar, Genghis Khan, Napoleon, Alexander etc who were all mass murderers?

There is no glory in war. The glory is man-made propaganda to con young men to sacrifice their lives.

There are laws to convict murderers but when Iraq was invaded illegally under the UN Charter and thousands of people were killed, why were Bush, Blair and Howard not brought to justice?

Victors have historians to glorify their win and losers are deemed war criminals.

On another matter, why do we have politicians heading up various ministries that they have absolutely no qualifications to manage?

PILATES BENEFITS & MYTHS

I am, of course, a great advocate of Pilates but I am also a great critic of Pilates. On a very similar vein in martial arts, being a martial art exponent since I was seven, there are some amazing practical techniques but many beliefs are simply ridiculous.

Some sensible elements of Pilates fundamentals and pragmatic exercises that Elixr utilises, along with adhering to

exercise science principles, define Elixr Pilates.

Elixr Pilates is well supported by leading fitness educators and exercise physiologists.

Elixr ensures credibility and integrity in our method of Elixr Pilates and it is evident in the results from you, our members, who are enjoying the classes and feeling the benefits from it.

It irks me when some Pilates instructors make claims straight out of old wives' tale books.

Some Pilates instructors claim that Pilates training produces longer leaner muscles. It is simply not true. One of the most important principles of exercising is overloading, meaning that your muscles must be challenged for it to become stronger. And when they become stronger, the muscles thicken.

The muscle thickening does not mean bigger overall. Your body muscles will tone and provide you with a healthy look and feel.

Like any resistance training, you can train to have a toned body or train to the extreme and have a body building body.

Unfortunately, some Pilates instructors are heading towards the domain of physiotherapy where they have absolutely no training, qualification or understanding.

I even read an article in the newspaper where a Pilates studio claimed a client of theirs with epilepsy, had less seizures after training Pilates.

Pilates is a wonderful system of exercise when performed correctly along with exercise science principles, let's not make it to be more than what it is. It is an exercise system with all the inherent benefits of exercising sensibly.

NEWS

HAPPY NEW YEAR!

We hope you enjoyed your Christmas and New Year. The beginning of a new year is a great time to get cracking on your health and wellbeing goals, and Elixr can help you to get started and remain committed throughout the year.

Your Elixr membership includes a complimentary fitness programme every six months. During your 45 minute appointment, an Elixr fitness programmer will chat to you about your goals and work with you to plan the best way to achieve these goals. They'll show you how to use the fitness equipment and determine the right classes for you. See Reception at any Elixr location to book in for your programme session.

If you feel like you need a refresher on Pilates, Yoga, Real Fitness Kickboxing or Meditation, our Beginners Introductory Courses are available to all members and non-members, and are a great way to renew your motivation. Fitness members receive complimentary access to RFK, Essential members receive one complimentary course, and if you're a Gold member you can do them all! Registration forms are available at Reception and on our website, elixr.com.au

For those focusing on nutrition this year, book in to see Elixr's resident nutritionist, Fay Fain. Fay has over 20 years experience in Health, Nutrition and Natural Therapies and can help you with all aspects of nutrition including weight loss and detoxing. Contact Fay at nutrition@elixr.com.au for more information.

If you're after a treat, we've got Remedial Therapists at Elixr that do everything from massage to acupuncture! See reception for more information.

We'd like to welcome Diana D'Alessandro, Claudia House and Michelle Yeun to the Elixr family as MemberCare Receptionists. Diana and Claudia join our Bondi Junction team and Michelle will be based at our Park Street Club. Please join us in welcoming the girls with a friendly hello and introduction on your next visit.

CLUBKEEPING

To help us maintain our high levels of pool hygiene, all members are reminded to wear a swim cap whilst in the pool. Caps can be purchased from Reception at our Bondi Junction club.

Please be courteous to other members and use lockers only whilst you are in the club, and check that your locker is left unlocked when you leave so that it is available for others to use. Lockers are cleared out each night by staff and any remaining items will be held in lost property before going to charity.

IN THE STUDIOS...

NEW CLASSES AT BONDI JUNCTION

Keep an eye out for these new additions to the Bondi Junction timetable:

Wednesday 7:15am GRC in the Bronte Studio

Wednesday 10:30am Pilates Mat in the Mind Body Studio

Tuesday and Thursday 12.15pm GRC in the Central Studio

Friday 9.30am GRC in the Bronte Studio

Your feedback is important to us

If you would like to contribute to this newsletter or have any recommendations on how we can improve the services we provide, please do not hesitate to contact us at info@elixr.com.au

THE WORLD'S HEALTHIEST CURRY RECIPE

From www.telegraph.co.uk

This chicken and blueberry curry with goji berry pilau rice is full of natural healthy "superfoods" and makes four servings.

TO COOK THE CURRY:

1. Blend 20g of chopped coriander, 200g of fresh or frozen blueberries, two tablespoons of freshly grated ginger, and $\frac{3}{4}$ of a teaspoon of salt with 500g of low-fat Greek yoghurt, and set aside.
2. Place four cloves of chopped garlic into a saucepan with three tablespoons of olive oil and heat on a low-medium flame until the garlic starts to turn brown - this should take no longer than one or two minutes.
3. Add one teaspoon of turmeric, mix well and heat through for 20 seconds. Mix in two tablespoons of ground cinnamon and one teaspoon of chilli powder and cook for 20 seconds.

4. Add 500g of chicken breast, cut into bite-sized pieces, and seal, stirring frequently - this should take no more than five minutes.
5. Now slowly pour the yoghurt mixture, mixing into the chicken, and bring to a simmer on a low heat.
6. Simmer for 10 minutes uncovered, stirring from time to time. Mix through one teaspoon of garam masala. Garnish with extra coriander.

TO COOK THE PILAU:

1. Place two teaspoons of cumin seeds and two tablespoons of olive oil into a saucepan and heat on a low-medium flame until the seeds begin to pop - this should take no more than three minutes.
2. Add one small sliced onion and cook until soft. Then add one teaspoon of turmeric powder, stir and heat for 20 seconds. Add one grated carrot. Cook for two minutes.

3. In the meantime, boil $1\frac{3}{4}$ cups of water.
4. Place the onion mixture, one cup of basmati rice, $\frac{1}{2}$ teaspoon salt and the boiling water into a large microwaveable bowl and mix with a fork.
5. Cook uncovered in the microwave for 4 minutes (700W), $3\frac{1}{2}$ minutes (800W) or 3 minutes (900W).
6. Mix and cook for 4 minutes (700W), $3\frac{1}{2}$ minutes (800W) or 3 minutes (900W).
7. Cover and continue to cook for 4 minutes (700W), $3\frac{1}{2}$ minutes (800W) or 3 minutes (900W).
8. Add 50g of goji berries and a handful of peas and let stand covered for 10 minutes.
9. Fluff the pilau with a fork, and serve.



Let's salsa!

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WATER, HYDRATION AND METABOLISM

by Will Jenkins



Everyone knows that drinking water is important but many of us don't realise how crucial hydration is to our metabolism. When you are trying to lose weight or tone up, it's important to increase your metabolic rate using both nutrition and exercise. As well as trying to boost your metabolism, you should also identify factors that could be slowing your metabolism down. Drinking more water won't necessarily increase your metabolism but if you are 'under hydrated' then your metabolism will slow down!

Most people should drink around 2 litres of water per day, although you will need to drink more than this if you are over 70 kilograms in body weight. Your athletic

performance will be affected if you are just 2% dehydrated and remember that if you feel 'thirsty' during training it is likely that you are already dehydrated.

ABOUT THE AUTHOR

Will has worked as a Personal Trainer and Strength and Conditioning Coach for over 12 years in three countries. Will has a Degree in Sports Science (3 years) and a University Diploma in Personal Training (2 years) and extending to international qualifications from the NSCA, ASCA, PICP, CHEK. Will has been a strength coach for amateur and professional athletes in both the national and international arena. He is also a published fitness writer.

PERSONAL TRAINER PROFILE

ELIXR PILATES

RACHEL Dodoo

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Rachel Dodoo's talent in throwing events was recognised at an early age and by 11 she was training for discus with respected coach, Ernie Shankelton. Rachel represented NSW at national competitions every year and was eventually persuaded by her coach to take up hammer throwing. After intense training, Rachel was selected to be a part of the South West Sydney Academy of Sport (SWSAS) and also the Emerging Athlete Programme at the NSW Institute of Sport. Rachel received a well-rounded athletic education including media interview techniques and nutrition in sport.

Rachel represented Australia at the Youth Olympics in 2006. She focused on completing school and then decided to try something new, living in London for 2 years. The fitness industry called her once more and she began working at Virgin Active in Mayfair. Rachel saw many world-class trainers there and found the industry appealing. She completed business training with Virgin and learnt even more about the fitness industry.

After returning to Sydney, Rachel looked for a job in a similar health club but wasn't sure if such a place existed. Rachel heard about a boutique health club in Bondi Junction that was 'nice and fancy' and when she arrived at Elixir she knew she had found her club. She was soon hired as a Member Care Receptionist at Elixir Bligh Street and completed her Certificate III and IV in fitness at Fitness Institute Australia. For Rachel, being a part of the Elixir family was a great advantage throughout her studies.

Rachel travels regularly to Ghana to visit her family and she enjoys cycling (it has become her main form of transport). She has been encouraged by Elixir member and World Class Triathlete, Anne Besser, to pursue cycling as a sport. Rachel recently participated with Anne in the Sydney to Gong for MS and looks forward to competing in cycling in the future.

elixr Pilates

BECOME A PILATES INSTRUCTOR

Elixir Pilates offers an education program for Pilates enthusiasts. Enhance your existing skills or embark on a new career in Pilates.

COURSES COMMENCING FEBRUARY 2010

For more details contact
Peter Lamb
T: 8113 8808
E: pilates@elixr.com.au



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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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