



Chew on it

With Richard Chew
Founder of Elixir Health Clubs

My boys Dennan and Dane, and I are travelling around the world for a month to strengthen our spirit. Our first stop was Beijing, where Dennan and Dane had to learn to bargain while refining the art of shopping. It was evident Dane had more Chinese blood than Dennan but Dennan did well acquiring a whole wardrobe for a few years...

A huge advantage in travelling off season is the greatly reduced hotel rates, less travelers and the fact that I love the cold weather.

Madrid is far more spectacular than I imagined with the amazing Palace and an interesting cathedral next to it.

People in Madrid seem to revel in life with so much passion. We experienced walking the streets, where people are so lively and animated. And a funky market place with stalls selling all sorts of food and wines where groups of people gather to enjoy themselves. It's quite funny that while in Beijing the Chinese spoke to me in Mandarin just because I'm Chinese, and I'd have no idea what they're saying, but here in Madrid, they speak to me in Spanish, and continue to do so, even after explaining I don't understand Spanish.

Soon we are visiting Barcelona, Florence, Rome then San Diego. We're also attending fitness conventions as we travel to check out the latest trends in the fitness world and seek

out the best spin bikes to update the bikes at our Club in Bondi Junction.

We return in mid March and I look forward to catching up with many members.

RELIGION

One of my favourite topics but one I have been advised not to write about by so many people. It is like waving a red flag at a bull, but how could I not when it is so insidious in our lives. As I have mentioned before, I believe there are good people in religion, and that people may become better people with good religious philosophy, but I do not believe that religion will make people 'good'.

Religion is based upon beliefs where evidence is not required, only faith. We must realise that there are so many religions in the world with so many believing theirs is right and the others are wrong.

Please don't take offence in my opinions, it is only my opinion based on my own biased beliefs.

A member recently asked me why I don't comment on Islam...Well, I do value my life.

The reality is, I would openly comment on religious or non-religious narrow minded views. I have great difficulty in accepting views that restrict freedom, human rights and rights to individuals' sexuality. We are intelligent enough to know

what is right or wrong, we need to continuously develop our tolerance, compassion, unselfishness, forgiveness, contentment and love with or without religion.

ONE LIFE, ONE CHANCE

Knowing something is the easy part. The 'doing' takes serious diligence and discipline to continuously develop something until it becomes habitual.

Without any doubt, I am extremely fortunate that I live my dream and passion. I love working in the fitness industry, and am also fortunate in the fact that the people who work with me share the same sentiment.

Your work is a major part of your life, and your only life. You need to be enjoying it. If you don't, do you really want to live a major portion of your life doing what you do not enjoy?

You are able to change it. I realise there are other considerations, but you do need to write down the pros and cons of it, and then make the decision of your life.

I live by the philosophy that I do not want to be on my death bed looking back at my life with regrets, certainly when I have the choice to choose the course.

The question is, do you want your life to be on a course that will provide you with lots of joy? Do something about it.

NEWS

WE'D LOVE TO HEAR FROM YOU!

It's already March and it's shaping up to be a great year! Our new website was recently launched and it features our brand new blog. On the blog you'll find interesting tips, links and articles by the Elixir Team. Keep an eye out as we will be updating it regularly, and let us know if there are any topics you'd like to see covered. This year, we'd like to hear more from you. Just visit our website and click on FEEDBACK, or send us an email to let us know what is on your mind and how you are going with your health and wellbeing goals. Remember that if you need any assistance, we've got a team of Personal Trainers and a Nutritionist to assist you with accelerating your results. If you made a resolution this year to reduce your stress levels, we have some great ways to help you unwind including Remedial Massage, Introductory Meditation Courses (FREE for Gold members) and Meditation classes on Sunday mornings at Bondi Junction.

NEW PROGRAMME AT BONDI JUNCTION...

If RFK is your thing, our programme 'RFK SKILLS' will definitely interest you... 'RFK Skills' is a technique-based class designed to give participants an in-depth understanding of form and technique. Participants will be guided through the fundamental techniques used in punches, strikes and kicks, as well as having the opportunity to learn and practice more advanced skills. There is a workout component during these classes, but the focus is on the technical aspects of RFK to ensure you get the most out of regular RFK classes. Check out our timetable for class times.

CLASS UPDATE

BLIGH STREET

Our 6.30pm HATHA YOGA class on Tuesday's is now an ASHTANGA YOGA class.

BONDI JUNCTION

Our PRE-NATAL 7.15am Group Reformer Class (GRC) class on Tuesday's is now open for all members to attend. It is no longer a PRE-NATAL GRC class.

New Group Reformer Class (GRC) at 4.15pm on Saturday and Sunday

BE SURE TO WATCH 'SO YOU THINK YOU CAN DANCE'...

We are delighted to have such a strong relationship with, and to be the major sponsor of, the Sydney Dance Company. Check out their talented performers on *So You Think You Can Dance* on Thursday 4th March at 8pm on Channel 10.

DAY	DATE	BONDI	BLIGH ST	PARK ST
Good Friday	Friday, 2 April	CLOSED	CLOSED	CLOSED
Easter Saturday	Saturday, 3 April	7-1pm	CLOSED	CLOSED
Easter Sunday	Sunday, 4 April	8-12pm	8-12pm	CLOSED
Easter Monday	Monday, 5 April	8-12pm	CLOSED	CLOSED
ANZAC Day	Monday, 26 April	8-12pm	CLOSED	CLOSED

Let's salsa!

Spice it up and learn salsa from Sydney's Top Latin Dance Instructors

Book with a partner and save 25%*

INTERMEDIATE COURSE
8 WEEKS
\$140 FOR MEMBERS AND GUESTS

Limited Spaces Available

Course commences on March 29th

Book online at elixr.com.au or at Reception

*Partner must be of the opposite gender • Bookings and payments must be received together

TRAIN WITH YOUR VERY OWN GLOVES

Get your hands on a pair of Deluxe Boxing Gloves for your next RFK or RFK Skills class.

SPECIAL MEMBER PRICE

ONLY \$25

(NORMALLY \$56.00)
OVER 50% OFF



BOXING INNERS - members are reminded to wear inners during all RFK classes. They are re-useable and can be purchased from Reception for \$6.00

WILD ENDURANCE

KAT DUDA IS AN ELIXR MEMBER AT BLIGH ST.

Kat is running the WildEndurance, a 100km team trek challenge in the Blue Mountains on 1-2 May 2010.



Kat's goal is to raise \$1,000 for The Wilderness Society, an independent non-profit organisation which strives to maintain a healthy and sustainable environment. At Elixir, Kat's training regime consists of running and weights. This will increase her strength, endurance and cardio.

You can show your support by donating at <http://events.wildendurance.org.au/KatDuda>

Adversity, How to deal with life adversities...

SEMINAR

FREE

FOR OUR MEMBERS & THEIR GUESTS

Sandy MacGregor is the best-selling author of 6 books and multiple CDs and DVDs on how to use scientifically proven mind techniques to form a fundamental basis for coping with adversity. Sandy applied his techniques to find inner strength after the tragic murder of his three daughters and has since used these same techniques to reduce his weight by 22kg and control his blood pressure. A retired and decorated Australian Army Colonel, and now Civil Engineer, Sandy has improved the lives of hundreds of thousands of people with his techniques over the last 20 years.

During the seminar you will learn about:

- Sandy's story and his coping techniques
- How adversity can lead to Post Traumatic Stress Disorder
- The essential science of the mind
- How to avoid becoming a victim

DETAILS:

Thursday March 25th, 7.30pm

Bondi Junction Club

RSVP at Reception or education@elixr.com.au

You may have seen their dancers in your class... now it's time to see them on the stage!

Elixr is proud to be the health club of choice for
THE SYDNEY DANCE COMPANY.

As an Elixr member you receive exclusive
member ticket savings to 'NEW CREATIONS'
which opens on March 23rd*

"NEW CREATIONS"

BY RAFAEL BONACHELA & ADAM LINDER

WORLD PREMIERE SEASON

Sydney Theatre

March 23rd – April 10th 2010

Tickets \$20 – \$70

\$40 TICKET OFFER

Call 9250 1999 to make a booking
and quote 'SDCFRIENDS'
Saving of \$20 on A Reserve
tickets only*

BOOK NOW

Visit www.sydneydancecompany.com
for more information

SYDNEY DANCE COMPANY



ASK AN EXPERT

PETRA LOEHR is one of Elixr's Personal Trainers at Bondi Junction. She specialises in weight loss, muscle toning and core strengthening.

DEAR EXPERT,

How should I combine the different 'pieces' (e.g. Pilates / Yoga / Cardio / Weights / Boxing / Swimming) or is it enough to focus on just one component for my fitness & well-being? How should my training week look?

From, member in need.

DEAR MEMBER IN NEED,

The secret to continually improving strength and conditioning is to keep changing the type and intensity of your workouts. If you let your body adapt, it doesn't have to work as hard to perform the same workouts, so changing prevents your body from adapting.

Change doesn't necessarily mean doing something completely different. It can be as simple as performing a workout with different loads, speeds or intervals and combining different movements.

Change also means putting the different 'pieces', such as Pilates / Yoga / Cardio / Weights / Boxing / Swimming, in the right combination on a weekly basis, especially if you want to keep seeing improvements in your physique as well as your athleticism. For example, a training week could look like the following:

- Try to do two weights sessions a week. If you want to stimulate your metabolic conditioning, use lighter weights, higher repetitions and less rest during your workouts. If your goal is strength and power-conditioning, use heavier weights instead. In general, go for whole body movements which activate many muscles at the same time.
- Bring at least two endurance activities into your exercise routine and train your cardiovascular fitness to strengthen your heart. You can do this by using a combination of cardio equipment as well as throwing in a class like boxing. For those who are not into stationary cardio machines, you can jump into the pool and do laps.
- To finish the week, and to give your body the required core strength and balance it needs, join the Pilates classes and give yoga a go for deep stretching, inner strength and mind relaxation.
- And of course, don't forget to plan your REST periods. If you follow the rule: work hard and rest enough, you won't spend half your life in the gym. Just organise and structure your exercise week. Slight changes can and WILL make a big difference in your results, so keep progressing and remember that change and variety is all part of your fitness success.

INSTRUCTOR PROFILE

ELIXR PILATES

LISA Marangon



I have been working at Elixir Health Club for over 3 years, initially as a swimming instructor and now teaching aqua and spin. I am a 29 year old single mum to a 9 year old boy whose father passed on in 2006.

I started training for triathlons in 2002 after watching my friends compete in the Ironman Triathlon, a 3.8km swim, 180km cycle and 42km run, and saying "I want to do that next year". After intense training I achieved that goal, placing 2nd in my age category and qualifying for the Hawaiian Ironman World Championships. In Hawaii I placed 2nd in my age category and decided to keep racing a bit more to see how I would go against all the professionals. In 2005, after a few years of successfully competing, I decided to compete professionally. It took a further 2 years of developing my experience and knowledge on how to compete at a high level before I won my first half ironman in 2007. The following year was not a very good one as I had two bone injuries which restricted my ability to compete.

Things turned around in 2009 and I achieved so much; I competed in 12 races, winning two of them and placing 2nd in seven others. I competed in the Asian Long Distance Championships and placed 5th, and then in the Perth World Long Distance Championships I placed 7th. Racing last year gave me the ranking of number 1 in the world for long distance triathlons and I am currently winning the national series in the half ironman distance. I wish to get back to ironman this year to qualify as a professional at the Hawaiian World Championships. I will compete in the Middle East in March and then again in Korea later this year. I don't have many sponsors at the moment and I really appreciate the people that help me. I am currently studying my Certificate IV in Fitness to become a personal trainer and I am looking forward to training members in the future.

You can follow Lisa on her blog at lisamarangon.blogspot.com

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 & MARCH 2010

For more information contact Breony Johnston

T: 8113 8808

E: pilates@elixr.com.au



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

elixr
HEALTH CLUBS

Energise the Body. Calm the Mind.

elixr.com.au