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presents

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\*Offer valid till the 15th December 2007.  
\*Only one coupon can be presented per bill

## Fitness targets for Women

-By Anusha



Appearance no longer defines only a good-looking face. A slim, well-toned body not only increases physical fitness, but also boosts a woman's confidence and self-esteem.

A woman's fitness regime targets various aspects such as:

- Weight loss
- Beauty
- Building strength and stamina
- Improving flexibility
- Diet and nutrition
- Managing menstrual periods
- Fertility and pregnancy
- Targeting Abs
- Menopause and Women after 40
- Relaxation and Meditation
- Disease Management

It is thus important to have the right mix of exercises and nutrition to achieve a particular target. Fitness solutions in O2 start with an assessment of your fitness level in order to design

the best work out routine to reach your goal.

Our weight loss programmes contain a well-designed package of aerobics and exercises with an ideal diet capable of generating a steady and adequate weight loss. We conduct body conditioning classes exclusively for women which are low-intensity weight training to tone up and strengthen your muscles.

At O2, mental fitness is as important for us as physical fitness. We offer relaxation and meditation classes to cope with stress and make you feel energetic. Women today are very active and vibrant after their 40s than ever before. Anti-aging care, fighting osteoporosis, and an anti-aging diet are key aspects of our modified low-impact exercise routine keeping in mind the physiological and hormonal changes after menopause.

We help women to look better and feel better every step of the way.

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# Breathe Life

The Quarterly Newsletter from O2

Volume 1 | Issue 1 | October 2007

*\*For Private Circulation. Not for Sale.*



## Mirror, Mirror, On The Wall...

Who's the prettiest of all? So goes the refrain in the popular fairy tale. Modern reality on the other hand, demands not just a pretty face. Fitness, good health, talents, good looks – all of these and more make up the package deal that is The Personality!

Fitness is the new style mantra – the one-way ticket to the good things in life.

Fitness is an attitude – a positive attitude towards oneself. It is the desire to face the rigours of modern life and come up trumps, the intense need to feel good any time, any place, and recognition of the virtue of positive selfishness!

Fitness is synonymous with good health. There is no running away from the fact that one is what one eats. But before you run for cover, let me clarify that eating right does not mean giving up all those tasty delicacies. It just calls for being sensible 80% of the time. Is that a tall order?

Fitness is a skill. It is the ability, both inherent and developed, to harness the physical and mental faculties to perform tasks with precision. Fitness comes with correct exercise under the guidance of a skilled instructor. It's a way of life that enhances health, looks and talent. Clearly, fitness creates a winner!

-by Lulu

www.o2healthstudio.com

## Reaching Out on our 6th Anniversary

A place that brings you in touch with your own physical and mental strength, that fills you with a zest for life that others begin to notice and envy - we have always thought of O2 as more than a fitness studio where you spend your mandatory hour or so. Perhaps this is why the last six years have seen the visible growth of the O2 community, in a city becoming increasingly concerned with health and fitness every day. People may walk in for all manner of reasons, but they stay on with us because its fun to be fit and in the company of others who share your passion for life and living.

Six years of looking good and feeling great, a milestone that feels good to us at

the O2 Health Studio. In these years, we have become the integral part of many lives, helping more than 15,000 people find their chosen path to health.

'Breathe Life' is meant to take us further along the journey with our members and well-wishers. We hope this newsletter helps Chennaiites make health and fitness a top priority in their lives. Drawing from our expertise in the fields of fitness training, dance and aerobics, food and nutrition, yoga, meditation and stress management, we are sure it will give you enough food for both thought and action! Breathe Life is also meant to draw the O2 community closer as we share news of happenings and events, and celebrate each other's achievements. Happy reading!



# PositiveStrokes



## Beginning with Acceptance

Hi! Would you know the mantra for well-being? Well, mine's kind of simple...accept, understand and appreciate and it all starts from our physical plane!

Its only when we have a positive self-image, the right attitude, love and appreciation for ourselves, that we are able to aspire and achieve optimum wellness. Like everything in life, its all about choices. One has the choice to be well or not so well. Being fit does not mean being thin being fit is about being healthy, physically, mentally and socially.

All of us can't be thin, but every single one of us can be healthy. By just focusing on eating light and exercising right, its quite possible to achieve optimum fitness and health. Learning to accept our bodies and not aiming at achieving unrealistic goals, or the so-called socially imposed ideals would free us from unnecessary stress, insecurity and unhappiness. It is only when we understand our limitations that we are able to work 'with' our bodies and not 'against' them.

But all this does not mean that you are hopeless, and its OK not to do much. It just means feel good, take care of yourself, kick yourself all the way to the nearest gym, eat only foods that energize you. Do not obsess and do not limit yourself to being the fittest and the healthiest you can be. You can then be assured that even your genetics can't stop you from reaching the stars!

We at O2 believe in getting high on life by walking our talk. Come, breathe life and join us on this joy ride to fun and fitness!

Nina

## Where to find Us

**O2 Health Studio**  
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E-mail : enquiry@o2healthstudio.com

**O2 Health Studio-Reliance**  
No 6, Haddows Road,  
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Chennai - 600006  
Phone : 91-44-30353522  
E-mail : o2healthStudio@vsnl.net

**Body Lyrics at Savera Hotels**  
146,Dr.Radhakrishnan Salai, Chennai-600004  
Phone: 91-044-28114700  
Fax: 91-044-28113475  
E-mail: hotsave@md2.vsnl.net.in  
Web: www.saverahotels.com

### Careers at O2:

Do you have qualifications in fitness training, physiotherapy, or dietetics and nutrition? If you have the skills, we have a vibrant and inspiring work environment for you. Apply with details to:  
**o2healthStudio@vsnl.net** or  
**enquiry@o2healthstudio.com**

October 2007

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## PEAK FORM

**Earnest Vijay** is Fitness Director at O2. He is a Specialist in Sports Physiotherapy and Fitness. A Master in Sports Physiotherapy Degree from Guru Nanak Dev University, Amritsar, he is a certified health/fitness instructor from the American College of Sports Medicine (ACSM), as well as a certified therapist in Orthopedic Manual Therapy from Australia. Vijay has been the Asian Federation of Sports Medicine's (AFSM) Traveling Fellow in 2006.



## Keeping pace

I was working in the field of exercise and physiotherapy since 1998. But it was only in 2003 that I came to grips with the larger issues of health and fitness. O2 was the first of its kind in the year 2001, making people aware of the need to stay fit.

The concept and idea of exercise has changed a lot over the past few years. There used to be a time when going to a gym meant that you were a body builder, or were going there to lose weight. Being in a gym to stay fit is a relatively new trend. Now I see people from the ages of 10 to 80 hitting the gym for health and fitness! This has also become inevitable, with shrinking or disappearing play grounds and parks, increasing population and pollution, weird weather patterns, people seeking more comfort and privacy, and the need to fight time and stress. Health clubs are a necessity in today's world.

At the same time, exercise has become more specific and scientific. At O2, we have a tailor made program for each individual. No one fit can be made to suit all any more. Exercising options have also expanded considerably. From a treadmill to a cycle, elliptical, rower, climber, or to group exercise

sessions, people have plenty of choice. This extends to gear, shoes and other accessories, making fitness far from drudgery. Today's health professionals and sports coaches are also better equipped to encourage patients and athletes to reach their optimum fitness.

Health clubs are not only more accessible, they are fast becoming a way of life! If you look around, you will see that there is space for everyone to stay fit. Be it a walk on the beach, a jog, swimming, dance, yoga, or a planned exercise regimen with your personal trainer, you have the chance to choose fitness over fatigue, and health over ailments. Take your first step towards fitness at O2.





**Venkat** is a Bachelor in Physiotherapy, with qualifications in Yoga and Naturopathic Sciences. He has been practicing Yoga for the past 12 years and teaching Yoga for the past 8 years. His combination of ancient Yoga techniques with modern scientific methods encompass all aspects of fitness viz., Flexibility, Strength, Endurance and Agility. He also trains people in meditation and concentration Techniques besides providing Yoga therapy and corporate training programs.



'Yoga' comes from the word 'Yuj' meaning "To unite". The objective of practicing Yoga is to make the body and mind work in unison. Since Yoga is all about the science of life and living, it gives practicing individuals a deeper understanding about themselves.

Even as a beginner, you can easily understand the dictum 'Mind over Matter' within a few days of practice. When you are more experienced in Yoga, you will understand the fact that you are an assortment of chemicals, and the mind is actually all over the body. A mature Yogi understands that everything is the same, that is 'All is energy and it changes constantly'. A true Yogi must demonstrate the qualities of consciousness, namely Sensibility, Serenity and Equanimity.

My attempt is not only to help you to attain a perfect state of mental and physical well being, but also to educate you to maintain the same. To achieve this, I rely on ancient yogic texts, modern science such as Anatomy, Physiology, Biomechanics and Exercise therapy, and tried and trusted life principles such as 'An ounce of practice is worth tons of theory'!

## Harmony in Action

In a systematic re-acquaintance with our body, we start with loosening and warm up exercises, practice Suryanamaskar and yogic positions and finish with breathing exercises and Relaxation. I do not believe in the statement that 'Yoga is slow in terms of benefits'. In fact, you will see a good level of improvement in physical, mental and emotional well-being within 12 sessions. Each session is different and every individual is challenged to their capabilities, so please don't expect yoga to be boring!

If you haven't already made Yoga a part of your daily health regimen, why not come for a trial session? My class timings are: Tuesday, Thursday, Saturday 7 to 8 am and 11am to 12noon.



## Ah...ooh...ouch... low back pain!

- By Earnest Vijay



Most of us, if not all would have experienced pain in the lower back at least once in our life-time. Low back pain can be very debilitating and annoying, preventing us from carrying out our day to day activities.

Low back pain, defined as the pain in the lower back and buttock area, has been a major concern to most clinicians as there no specific diagnosis for it as yet. It is usually self-limiting and 90 percent of the population recover spontaneously with the first attack. However some of them develop chronic episodes, and recurrence after the first attack is not uncommon.

There have been several classifications and causes for low back pain. The most commonly seen is a mechanical low back pain.

It can happen with a trivial picking up action even a pencil from the floor, to riding a bike or lifting a suitcase from the loft. Thanks to the mouse/couch potatoes, lack of physical activity, poor ergonomics, lack of awareness on back hygiene and sustained poor posture, there has been an alarming increase in the numbers of LBP sufferers.

Desk job workers and manual workers can both be affected by LBP. It causes deficiency in skill and productivity and is therefore bad for both the company and the individual. Increasing numbers of women and children are also reporting LBP, brought on by standing for an extended time in the kitchen, sitting on the floor for poojas, improper seating in the school, and carrying heavy bags.

## 10 Basic Tips for Back Hygiene

- 1 Avoid/reduce sustained posture sitting/standing for long hours
- 2 Avoid/reduce cross leg sitting, squatting on the floor
- 3 Avoid/reduce sleeping on the stomach, soggy beds.
- 4 Avoid being overweight. Avoid slouching and slumping postures.
- 5 Avoid/Reduce wearing high heels, running on hard surfaces, and smoking
- 6 Do use chairs with back rest, arms and swivel.
- 7 Do keep things close to you on your desk. Take stretch breaks every hour.
- 8 Do maintain correct posture, during all activities. A small cushion in the small of the back will help during long drives and at busy signals. Be upright; imagine being pulled from the top, with your navel gently tucked IN.
- 9 Do bend your knees to pick objects from the floor, keep them close to the chest, and take help if it's heavy.
- 10 Aerobic exercise along with specific back exercise will help to relieve pain and recover faster. Walking/ Cycling/ Swimming can be chosen according to the type of your problem



# FOOD FUNDAS



**Chandri Bhat** is a cookery teacher and consultant based in India with over thirty years of experience in teaching cookery. She has travelled across India, Europe, Sri Lanka, and Singapore to learn cookery from the best schools as well as unconventional but more authentic sources. Besides her very popular classes, she has also made a name for herself as a consultant to domestic appliance and food manufacturers, food stylist for print and film advertising, and consultant to leading restaurants.

## Making healthy food Tasty

It is a myth that healthy food is mainly soups and salads. Not all soups and salads are healthy and almost all your daily recipes can be adapted for healthy cooking.

While trying to make a dish healthier, the following points should be considered.

1. Reduce the total calories.
2. Cut down on fats
3. Opt for healthier fats
4. Decrease the GI (The GI or Glycemic Index is a measure of the speed at which the body absorbs the sugar content in food derived from sugars, carbohydrate or starches, during the process of digestion.)
5. Opt for complex carbohydrates instead of refined ones.
6. Increase the fiber
7. Make the dish nutritious and balanced

For achieving these and making the dish tasty and satisfying, the cooking methods may need to be altered. Let us consider some examples.

## Vegetable Bhath, or Upma

Made with semolina it is one of the quick and popular breakfast dishes in South India. Semolina is starchy and refined. To make it tasty, a generous amount of ghee or oil is usually included in the recipe, making it a high-fat recipe. On the other hand, just reducing the fat in the recipe will make it sticky and unpalatable. So how can we make it healthier?

- ★ Use either corn rawa (bansi rawa or polenta) or whole wheat rawa, instead of fine semolina or sooji. This change will add fiber, increase volume of the end product as these absorb more water than sooji, and lower the GI.
- ★ By opting for a healthier sooji, the fat in the recipe can be reduced, without making the end product sticky.
- ★ Use poly unsaturated or mono unsaturated oil instead of ghee.
- ★ Increase the vegetables in the recipe. By doing this, the GI is further reduced and the nutritional value in terms of vitamins and minerals is improved.
- ★ You can further reduce the total calories by reducing the portions as this version will make you feel full with lesser quantity because of its increased fiber and keep the hunger away for a longer period.

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JNTU,HITEC City Road  
Ph: 40862290, 40862330

**Banjara Hills**  
Lundia Jewell Mall,  
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Ph: 64542195, 64522195

**Raidurgam**  
Gachibowli,  
Tolichewki Road  
Ph: 64575627, 64575628

# CELEBRATION

## Madras Day at MALGUDI

It was definitely a festive occasion. Malgudi restaurant at Savera hotel was decked up on the morning of the 25th of August with dupattas and fresh flowers, a huge rangoli in flower petals welcoming guests at the entrance. And the guests? They were exclusively female, women from the Duchess Club, the Inner Wheel and Soroptimists International. Several among the Duchess Club ladies wore the traditional 'madi-saar' or nine-yard saree, with flower-bedecked tresses and antique jewellery. These charming ensembles lent an air of authenticity to the celebration of 'Madras Day'.

19th to 26th August marked a number of celebrations across Chennai around the 368th anniversary of 'Namma Chennai' or Madras, as a lot of us have known it for much of our lives. The event at Malgudi was special because it brought well-known cookery and food expert Chandri Bhat in close interaction with the women through a live demonstration of two traditional delicacies the perfectly textured and porous sweet Mysore Pak, and

the thin and flavoured Elai Vada.

Talking all the time she cooked, with a wealth of anecdotes and examples from culinary history, Chandri Bhat enthralled her audience, who watched all the action closely on four TV monitors placed to allow each person a full view of the cooking process. Not forgetting to add the small but significant tips that separated an average dish from a truly spectacular one, Chandri Bhat turned out the best Mysore Pak a lot of us had tasted in a long while, and wafer thin aromatic Elai Vadas, that had to be peeled off the banana leaves and eaten. The passion this renowned cook has for her work was clearly evident at each step of the way.

Sushila Nataraj conducted an interesting an informative quiz on Chennai city that revealed some fascinating aspects of our 368-year-old history. The final twist to this celebratory morning was a typical South Indian brunch complete with crisp kheerai vadais, and rounded off with a divine payasam. Viva le Madras/Chennai!





Anupama Gopal is a Certified Fitness Instructor who has trained with Reebok, and has been in the fitness industry from 1994. She is qualified in Business Administration and so enthusiastic about fitness that it took her just six months to take over her class as an instructor, after entering it 13 years ago.



## Falling in love with Exercise

*Picture this all too familiar scene every morning....*

*The shrill noise of the alarm wakes you up.....as you open one droopy eyelid you are unsure whether it is really the alarm or noises you are hearing. The warm blanket is comfortable and sleep is so endearing.....and that one droopy open eyelid shuts itself close.....!!!*

For all of us who hate to exercise, would it not be great if we could be allergic to working out? Then, we would not have to admit to friends, loved ones and office colleagues that we simply hate to exercise. Telling them that our throat swells up or we break out into hives by exercising might be easier than confessing the truth!!

The truth is, there are tons of exercise haters, even though its now well-known that regular physical activity even at moderate levels- reduces the risk of heart diseases, cancer, hypertension, obesity and enhances physical and mental functioning.

**Check out if what comes between you and exercising are any of the following factors:**

**Intimidation.** There is a lot of fear because there are many people making these claims of guaranteed results and you don't know what works. You also may feel embarrassed that you do not know how to use the machines at the gym, have no rhythm in step class, or do not own the right exercise clothing.

**Lack of time.** A lot of us are under too much pressure to manage a one hour workout every day. Career moms, working executives, students, may find there are not enough hours in a day. If you have trouble managing your time, exercise is often the first thing to be relegated to second place. A rerun of Friends often sounds better than a trip to the gym!

**Negative image of exercise.** Does just saying the word "exercise" bring up bad memories of inexperienced trainers, sweaty gyms, painful injuries, horror stories of friends?

**So is it possible for an exercise-hater to change? Look forward to our tips on how to change 'hate' for exercise into 'love'!**

These actually cause a lot of us to start out with a negative perspective.

**Slow results.** Seeing and feeling the benefits of exercise does take time, and many people give up long before they get there. Some people are still looking for the magic pill or the 'drink this and you'll lose weight', and think there is a better, faster, easier way, so why exercise?

**Money.** People think they cannot afford a health club or the equipment or gear they need, to get involved in a particular activity. They also have a fear of wasting money on something they may not like.

**Lack of support.** Without the encouragement of a spouse, friend, or family member, it's easy to give up.

## O<sub>2</sub>'s Corporate Initiative

The climb up the corporate ladder can bring many health concerns to the fore, if individuals and corporations are not sensitive to the need for preventive programs. We are proud to announce pioneering initiatives by us in the field of health and fitness, in association with Fitness and Rehab Forum. We have successfully put in place fitness programmes for companies like Reliance, Scope International, TCS and several others. Companies approach us to conduct fitness awareness campaigns in their organization, setting up of health clubs and gyms, and devising fitness regimens for individual executives and groups.

For fitness needs of your staff or organization, contact us at 42323231, 28332121 or e mail us at [o2healthstudio@vsnl.net](mailto:o2healthstudio@vsnl.net) or at [enquiry@o2healthstudio.com](mailto:enquiry@o2healthstudio.com).

## O<sub>2</sub>Events

**Reflexology** takes away the strain and stress from a precious area of your body your feet. Karthick Ramjee in action at an event to discover the health benefits of reflexology and fresh foods on 15th July, 2007. The event also saw Chandri Bhat demonstrating recipes with fruits and vegetables, sprouts and grains.



**Football** is surely 'the beautiful game' as described by its best player Pele. Fitness fiends and friends of O<sub>2</sub> played a football match on the 10th of June, 2007 that had an equal display of talent and sportsmanship.



## World Heart Day Cycle Rally

Cycling outdoors is great fun with friends! We paid a tribute to World Heart Day in association with Bharat Scans with a Cycle Rally on 30th September that highlighted this fun form of exercise.



## The 2007 Duchess Utsav

A riot of colour, creativity and awesome feminine enterprise! That was the 'Duchess Utsav' on the 5th and 6th of October, which saw a large turnout of interested and committed shoppers.





# NIVI ENTERPRISES

Chennai's ECR and OMR are now home to a line of stylish and unique restaurants promoted by **NIVI Enterprises**. These spaces have been specially designed to meet the needs and expectations of upwardly mobile IT professionals looking for a pleasant and satisfying dining experience for themselves and their families.



This Indian restaurant for fine dining has a show kitchen with Awadhi, Lucknowi and traditional Indian dishes. The menu includes the famed Galavati kebab, Gosht Nawabi Biryani, Paneer Chandini Tikka, and Rara Gosht, to name a few. The Kebab Court promises quality food, a relaxed atmosphere, and great service.

*The Kebab Court, opposite to the Prarthana drive-in theatre on ECR, Injambakkam, Chennai 600 041. Ph : 65243399*



This multi cuisine restaurant is located on the ECR, Uthandi, a mere 5 minute drive from Prarthana drive-in theatre. The Farmhouse has emerald green lawns, a terrace garden, Gazebos for private dining and serves Indian, Tandoor, Chinese and continental food.



*The Farmhouse, East Coast Road, Uthandi, Chennai 600 096. Ph : 24492894*



This authentic Southern cuisine family restaurant offers the best of vegetarian and non-vegetarian delicacies from Andhra, Tamil Nadu, Kerala and Karnataka. The aesthetically designed interiors evoke the glory of the land and its traditions, and are a window to South Indian culture.

*204 A, Swadesh, East Coast Road, Akkarai, Chennai 600 119. Ph : 24530660*



This appetizing destination treats you to the delicacies of Indian, Tandoor and Chinese cuisines. Experience tantalizing culinary delights and be enthralled by their mesmerizing flavours. Come and enjoy the food and the delightful ambience designed to soothe your spirit.

*Plot no 1 & 2, Customs Colony, Thoraipakkam, I.T High Road, Chennai 600 097. Ph - 24963850*



Master chefs from Delhi offer you authentic North Indian food either out doors for that rustic touch or indoors in a comfortable air-conditioned area. Indulge in vegetarian and non-vegetarian delights ranging from koftas to biryanis and from kebabs to spicy kormas.

*204 A, Swadesh, East Coast Road, Akkarai, Chennai 600 119. Ph : 24530660*

[www.o2healthstudio.com](http://www.o2healthstudio.com)

## THE RIGHT MOVES

**Jeffrey Vardon** is Director - Aerobics at O2. He is a dance lover who trained in Classical Ballet (Russian style called "SKESHITT") for 14 years. He moved on to contemporary dance with his training at the Victorian Dance Company at Melbourne, Australia. Jeffrey is a Reebok trained fitness instructor and the artistic director of the Hot Shoe Dance Company which has carved a niche in Chennai for the last six years.



## Seductive Salsa

**'Wow, what a body!'** This is an expression that may come spontaneously to you when you see a professional Latin dancer. Any Latin American style of dance demands a lot of hip movement, and Salsa, the latest dance craze, demands even more so.

The pelvic move which pushes the hip from side to side, called the Hip Isolation, is much needed in this particular dance. This works vigorously on the oblique, and in order to exercise control over your moves, you have to tighten the glutes. The result? A complete work out of the entire mid-range of your body, that produces the upper 'V' shape much desired by dancers.

Salsa tones the legs by continuous 'mambos', and the hands get strengthened by the complicated knots they wind and unwind themselves into, in a combination. What makes Salsa such a hit among the young today is that it is a social dance, and very popular because of its adaptability to other styles. Street Salsa has become a popular form in some places, with youngsters taking to dancing on the streets.

All age groups can do the Salsa it is as fulfilling for the young hot blooded dancers as it is for the not-so-young enthusiasts. Have you tried it yet? Get to a Salsa class and you may soon find yourself to be the life and soul of a party!

[www.o2healthstudio.com](http://www.o2healthstudio.com)