

Chandri Bhat is a cookery teacher and consultant based in India with over thirty years of experience in teaching cookery.



Towards Healthy Cooking

It is a myth that healthy cooking is not tasty or interesting. If you make a little effort to understand the principles of health food and basics of cooking, it is possible to make all your cooking healthy, including desserts. Given below are some guide lines and tips for healthy cooking:

1. Avoid saturated fats. (Butter, cheese, full cream milk, cream etc)
2. Avoid hydrogenated fats like vanaspathi and margarine.
3. Use polyunsaturated and monounsaturated fat in small quantities.
4. Include skimmed milk and curds and paneer made from skimmed milk in your diet.
5. Include oats, Soya products, and plenty of fresh fruits and vegetables.
6. Avoid aerated soft drinks and sweetened fruit juices. Drink unsweetened fruit juices, tender coconut water and salt lassi instead.
7. Avoid or limit the sugar intake. Use natural sweetness from fruits and dry fruits whenever possible.
8. Include moderate amounts of complex carbohydrates like red rice, wheat, dals and legumes in your diet.
9. Avoid red meat and include fish and white meat (chicken breast)
10. Grill and bake or roast instead of deep frying.
11. All sugar substitutes may not be quite safe to use for a long period. So use your discretion. Or take expert advice.
12. Avoid refined carbohydrates which have high GI Glycemic Index.
13. Include fiber rich ingredients.

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Breathe Life

The Quarterly Newsletter from O2

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In One's Stride

Fitness and well-being are as much a matter of the mind and emotions as they are of the care and exertion of the body. With everything in place for a healthy and active lifestyle, one can hardly afford to fall prey to dark and gloomy thoughts. In fact, an emphasis on positive thinking and exercising the mental discipline that keeps us from falling into depression is recommended by most lifestyle experts and counselors today. Life may be turning more stressful in some ways, but there is also a growing realization in the twenty-first century about the mind-body connection and the need to keep the scales tilted in favour of cheerfulness and a positive outlook.

Sometimes, however, one's best efforts to look on the bright side are thwarted by challenging circumstances that seem to arrive from out of the blue. At such times, it is much easier to sink into self-pity and despair than it is to climb out of the trough with one's confidence and self-belief intact. Maintaining equanimity in tough times, taking the ups and downs of life in one's stride, these are the traits that distinguish the true winners among us.

Helping people keep pace with the joyous and somber trends of their lives by showing them a way to be truly fit - this is part of the mission of O2. As we gather more milestones in our journey, we wish you good times in yours.

Positive Strokes



Send ROSES to yourself

It's amazing how the universe works....It's so true that when we focus on our dreams and aim at realizing them, by working really hard and channeling all our energies, the whole universe pitches in to complete them for us. You get the right ideas, you make the right decisions and the right people enter your life to make the whole process complete and real.

I stopped questioning a long time back I dream, I wish, I focus my energy and just pray for grace and then watch fascinated as my dreams unfold !!.

O2 was one such dream 7 years back. But what stopped were my nurturing dreams for it afterwards I just set limits on myself and my focus got diverted elsewhere how I wish it had been otherwise. It was only recently that someone told me that it seemed as if I had just stopped dreaming..... Realization struck like lightning. I looked around, found a great team that was ready to take off and make all my dreams come true, found opportunities not utilized completely, took a hard look at myself and kicked myself into dreaming again....Mogappair is one such dream, Velacherry my next and may be some more will follow soon....

My dream is to make a difference to the lives of people through a journey of wellness. It's going to work because the intentions are right, my team's in place, my focus unwavering and I will have Grace because God loves me! And when all my dreams come true I will send roses to myself !

Wishing you all success in your own dreams,

Nina

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

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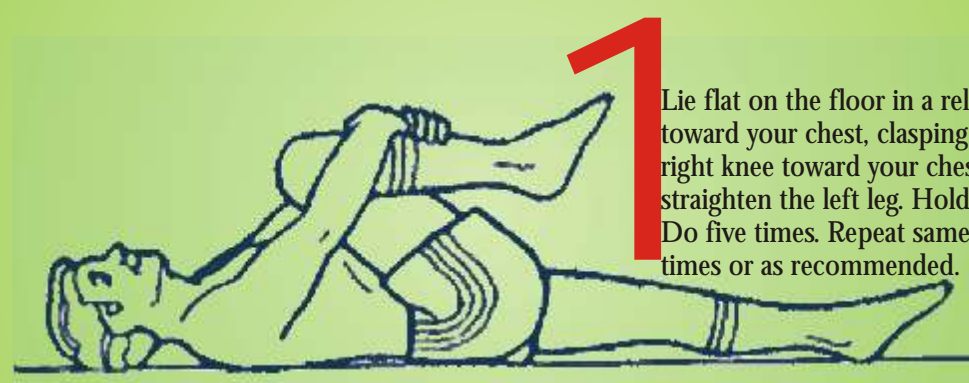
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Exercises for the Lower Back

Earnest Vijay is Fitness Director at O2. He is a Specialist in Sports Physiotherapy and Fitness.



In the last issue I had touched upon the widespread problem of lower back pain and the modern factors that lead to this problem. Here are some exercises that help strengthen the lower back and prevent the onset of LBP. Remember that no exercise program should be undertaken without the approval, instruction and monitoring by your doctor / physiotherapist. Do each exercise five times, twice daily.



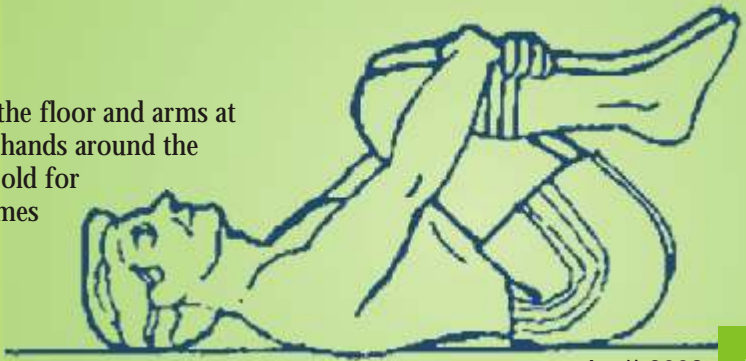
1 Lie flat on the floor in a relaxed position. Bring your right knee toward your chest, clasping your hands around the knee. Pull your right knee toward your chest firmly and, at the same time, forcefully straighten the left leg. Hold for three to five seconds. Relax tension. Do five times. Repeat same procedure with opposite leg. Repeat five times or as recommended.

2 Lie on the floor with your knees bent, feet flat on the floor and arms at your sides, palms down. Tighten the muscles of your lower abdomen and buttocks so as to flatten your low back. Slowly raise low back and buttocks from the floor and hold for five seconds. Relax. Do five times or as recommended.



3 Lie on your back with your knees bent, feet flat on the floor, hands at your sides, palms down. Tighten the muscles of your abdomen and buttocks so as to push your low back flat against the floor. Hold for three to five seconds, relax. Do five times or as recommended.

4 Lie on the floor with your knees bent, feet on the floor and arms at your sides. Bring both knees to chest, clasping hands around the knees and pulling firmly towards your chest. Hold for three to five seconds. Relax tension. Do five times or as recommended



Dr.Sheri Melton, PhD is an Associate Professor, Assistant Chair & Coordinator of Graduate Studies, Exercise Science Division, Department of Kinesiology, West Chester University, West Chester, Pennsylvania, USA. She is also an American College of Sports Medicine (ACSM) Certified Exercise Specialist. She is a renowned researcher and scholar in the field of exercise science.



Exercise for the Health of It

There is an abundance of scientific literature that demonstrates the benefits of exercise and how regular physical activity positively influences our health and quality of life. But does exercise actually prolong life? We really can't answer that question definitively; however, there are two recently published studies that have shown a strong relationship between exercise capacity and the risk of early death.

One study followed 15,660 male veterans for 7 years after they completed baseline exercise treadmill tests. The researchers found that the all-cause risk of death among these men was directly related to the amount of exercise they could perform during that baseline test. In other words, the higher their exercise capacity, the lower their risk of death. The reverse was seen among men with the greatest level of fitness--their risk of dying was reduced by 70%¹.

The second study followed 9000 patients who had been referred for exercise stress testing because of the suspicion of heart disease. Investigators found that for patients whose exercise capacity was less than 85% of that predicted for patients of similar age and sex, the risk of non-fatal cardiac events (e.g., heart attack) and of death from all causes, was significantly increased².

Since exercise capacity is indicative of cardiovascular fitness, one of the five health components of fitness³, and, since low exercise capacity is related to the risk of early death, both of these new studies emphasize how vital it is for all of us to maintain reasonable cardiovascular fitness. Inadequate aerobic fitness is the result of a sedentary lifestyle, which is unfortunately a common and critically important risk factor. It is a risk factor over which most of us have complete control.

References:

¹ Kokkinos P, Myers J, Kokkinos JP, et al. Exercise capacity and mortality in black and white men. *Circulation* 2008; DOI: 10.1161/CIRCULATIONAHA.107.734764.

² Peterson PN, Magid DJ, Ross C, et al. Association of exercise capacity on treadmill with future cardiac events in patients referred for exercise testing. *Arch Intern Med* 2008; 168:174-179.

³ The five health related components of fitness are cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.

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at Moggappair

O2 Branch II opened on the 30th of Mar'08 amidst the goodwill of hordes of friends and well wishers. The over 5000 square feet spacious and chic Gym was appreciated by the crowd and the people of Anna Nagar.

O2 at Mogappair will be unique with its 'state-of-the-art facility', which includes an Indoor Jogging track & Calisthenics section. Known for its versatility, O2 will be hosting the aerobic hall, gym, wet area and the indoor track, all at one sprawling level!

Further, O2 is adding a few more exercise forms like Zumba, Hip Hop, Bollywood Dancing etc. Needless to say, the excellent facilities at this new branch of O2 are backed by well-qualified and trained staff, led by Mr. Paranthaman, himself a sports physiotherapist.

O2 is also offering a one of its kind group exercise program for children, women, silver hairs and IT professionals. It also has an in-house Physio Clinic, with a focus on preventing and rehabilitating injuries, making exercise safer and accessible for people with musculoskeletal injuries and for special interest groups.

Celebrities Prasanth and Narain, well known actors supported the event by inaugurating the CARDIO & Strength machines. Anchor Ramya supported the male celebs enthusiastically by stepping onto the EFX. Salsa by Jeffery Vardon and team kept the invitees enthralled. Anu and Viji the couple who helped with the tasteful interiors, multifaceted that they are lifted the spirit of the crowd with their soulful music. The event was followed by a sumptuous supper.



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.



Menopause & Yoga

Menopause is a part of every woman's life. It is the stage when your menstrual period stops permanently. This stage usually occurs between the ages of 40 and 60, and is associated with hormonal, physical and psychological changes. These changes can occur gradually or abruptly. It can also occur when the ovaries are removed or have stopped functioning. Menopause is not an illness but a natural biological process, though the risk for Heart Disease and Osteoporosis rises after Menopause.

Some common symptoms of menopause are irregular menstruation, changes in sexual

desire, hot flashes, vaginal dryness and urinary problems, changes in appearance, mood changes, sleep disturbances, palpitations and backaches. Not all women experience these symptoms, some are not even aware of any other changes in their body.

Menopause is divided into two stages: the Premenopause and Postmenopause. Premenopause is the time when you begin to experience the signs and symptoms though you are still ovulating. You experience uneven rising and falling of your hormone level that often cause you to feel hot flashes and variations in your periods.

Postmenopausal stage is when you are about 12 months past your last period and your ovaries no longer produce estrogen and progesterone, nor release eggs.

Menopause does not really require medical treatment since it is a natural biological process.

Basic Yoga for Menopause

Yoga exercises actually focus on relieving the symptoms of Menopause and in preventing any chronic condition that may occur during the postmenopausal years such as heart disease and osteoporosis.

The chief aim is to stretch and strengthen Lower back, Abdominal and Thigh muscles to make them endure the discomfort from muscle cramps, and to promote relaxation through Breathing exercises and Relaxation techniques.

Long term yoga schedules consisting of Suryanamaskars, Pavanmuktasans, Sethubandasan, Bhujangasan, Dhanurasan and Trikonasans coupled with Rhythmic breathing techniques will make the physical and hormonal changes manageable.



Jeffrey Vardon is Director - Aerobics at O2. He is a dance lover who trained in Classical Ballet for 14 years. Jeffrey is a Reebok trained fitness instructor and the artistic director of the Hot Shoe Dance Company.

Want to be fit?

Want to be fit and look good! That I'm sure, is on all your minds, but what are you doing about it? Evidently not much. The first reason one gives is "I do not have the time." Well time is yours and its left to you to spend it right and prioritize your activities

A sedentary life style predicated obesity and the complications attached are many, to name a few heart and joint related diseases which practically means you have total ill health. Instead of waiting for symptoms signaling health deteriorations, I strongly suggest you initiate an exercise program recommended by a

professional. An effective workout, a diligent eating plan and sufficient rest should leave you with a healthy life span.

An Effective Workout

An accurate workout would help you meet your goal and it would be result oriented. To be proud of a fit body your workout should be balanced a good cardio routine which works on your cardio respiratory system would not leave you breathless when you need to walk up the stairs during an elevator problem. Now this could involve a game of squash, foot ball or a 30-40

minutes of treadmill / elliptical and even an aerobic or kick boxing class. Your muscles need to be strong and so a strength training program at the weights section is essential. Let your consultant prescribe your program to help you look the way you want. Flexibility is often neglected, so stretches or a yoga session will definitely help.

Diligent Eating Plan

The body goes through different activities during the day and so the right foods should be taken at the right intervals. A clear balance of protein which is the building block of the body to handle

repairs, sufficient carbs to energize your activities and a minimum amount of saturated fats which is also necessary, should set your eating plan in order.

Sufficient Rest

Our bodies need the rest to good 8 hours for total recovery and to be fit for the next day's activity. Most of us starve ourselves of rest and expect results from our machines... impossible. This is what we need to realize. A minimum of 6 hours rest is what all of us thrive on, but why give the body a minimum. You maximize your rest and maximize your gain.

The Duchess trips

1. The 'Big Five' of the Duchess Club who organize the trip taken at Mauritius.

Anu Sachdev, Nina Reddy, Rathi Nilakanta, Anu Agarwal and Sujata

2. "Bali Beckons" check us out in our Balinese Sarongs ready to take Bali by storm!

3. The Duchess group on a boat trip on the Kwai River at Kanchanaburi, Thailand. Don't you wish that you were with us?

4. The Duchess Gang at Mauritius Ready to Holiday on the sun-kissed beaches.

5. "Camkan Calling" The Duchess at Siem Riep, Cambodia.

Next Trip is to "Surreal Sarswak", Malaysia between July 9th - 16th 2008 to witness the world Rain Forest Music Festival, check out the Orangutans, the head hunters o-f Borneo and get a taste of "longhouse" experience in the heart of the jungles of Borneo. And then chill out at Kuala Lumpur.

Call Rathi 98410 73060 or Anu 9940103458 for more



The Duchess Quest '08

The Duchess Quest '08 was held on Saturday 8th March '08 at Savera Hotel, Chennai to cherish "International Women's Day". This was the 3rd Consecutive year and was a great success. Mr. Bharat Epur M/S Quizwallahs conducted this quiz about "Women for Women". Attractive prizes worth more than 1 Lakh were given away to the winners. The branding sponsor was Gaitonde and the Associate sponsor was Mitsubishi Motors.



Winners

- 1st - Arti Boaz & Kavita Lunawat
- 2nd- Meera Krishnaswamy & Vinata Sai
- 3rd Aparna Sriram & Shamika M

Best Names

- 1st "No Man's Land" Sandhya & Shalaba
- 2nd "Two Wise to Lose" Sherene John & Ponni
- 3rd "Raath Ho Ya Sacera Duchess Quest ka 1st prize hai Mera" Snita Shenoy & Zin Milan Jacob