



# Breathe Life

The Quarterly Newsletter from O2

Volume 1 | Issue 3 | November 2008

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## Women's Health Initiative

O2 Health Studio at Nungambakkam, celebrated its 7th Anniversary with a Women's Health Initiative from August 1st to 15th 2008. During this period, O2 conducted free Health and Fitness Counseling for women at its centre at Nungambakkam and in many corporate offices.

A team of health fitness professionals that included Doctors, Physiotherapists, Dieticians, Fitness Instructors, Aerobic and Yoga Instructors, conducted an awareness program for women to stay fit and healthy. Earnest Vijay, Fitness Director, O2 Health Studio says, "Women are a special population and they benefit in an enormous way through exercise, not only on the physical plane, but also in terms of self esteem, confidence and morale.

It has been scientifically proven that healthy and fit women, live longer with stronger bones, with less chances of developing cancer and heart disease, and without many physical ailments. Exercise can be done during and after pregnancy too, it has health benefits for both mother

and child, with less labour pain, easier deliveries & active babies."

We took wellness to the door step of corporate offices like Reliance, Tata Tele Services and Polaris where people are pressed for time. "O2 has also introduced the innovative 'Fast Lane Fitness,' a 30 minute workout session for those for whom the lack of time is an excuse", says Dinesh, a fitness expert at O2.

"Lots of women with irregular eating habits and a sedentary life style with little or no exercise were detected during this initiative. Also what we found during these screening sessions was that an enormous amount of people are suffering from Neck and Back Pain", says Lokeshwari, Physiotherapist.

"This initiative was a great boon for women from all walks of life. It destroyed many myths about diet and exercise and was a very motivating for many women to have or follow a healthy life style", sums up Devi, Dietician at O2. O2 at Nungambakkam also extended its free counseling for women at their premises till the 31st of August. A lot of women benefited from this initiative. Health often equals happiness, and at O2 we are committed to keeping the fairer sex smiling through such efforts!



# Dreams

*don't die...*

It seems like yesterday that the first plans for o2 started unfolding...what was born then was only out of passion and impulse! We had very little knowledge of the know how and the requirements of a health club then. It was just a stylized space in air conditioned comfort...a hall for group exercise with an additional gym and friendly atmosphere. At that point we did not realize we were pioneering fitness studios in the city of Chennai...!



Seven exciting and eventful years have gone by for us @ o2...today we are proud promoters of five fitness studios in the city and hopefully more soon...each unique in its own way...but with the common thread of professional management system of trained and able staff...we also stand out by our attitude of providing personal attention and service to all our members what we in our term call personalized training and not personal training!

This issue is an ode to thank all the hundreds of members who have been with us and trusting us through all our endeavors and of course to all in my team for being with me through thick and thin.

Dreams don't die....not if you believe in them, nurture them and work @ them dil se!

Nina

Breathe life between 9 am & 5 pm

OFF PEAK

40% DISCOUNT on Annual Gym Membership  
Timing: 9 am to 5 pm

- Certified Instructors • Fitness Screening
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- Virtual Cycling

HEALTH STUDIO

Gym - Aerobics - Dance - Yoga

Nungambakkam 2833 2121 4232 3231	Velachery 4549 3237 4549 3094	Mogappair 4554 8636 4554 8404
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\* Conditions apply

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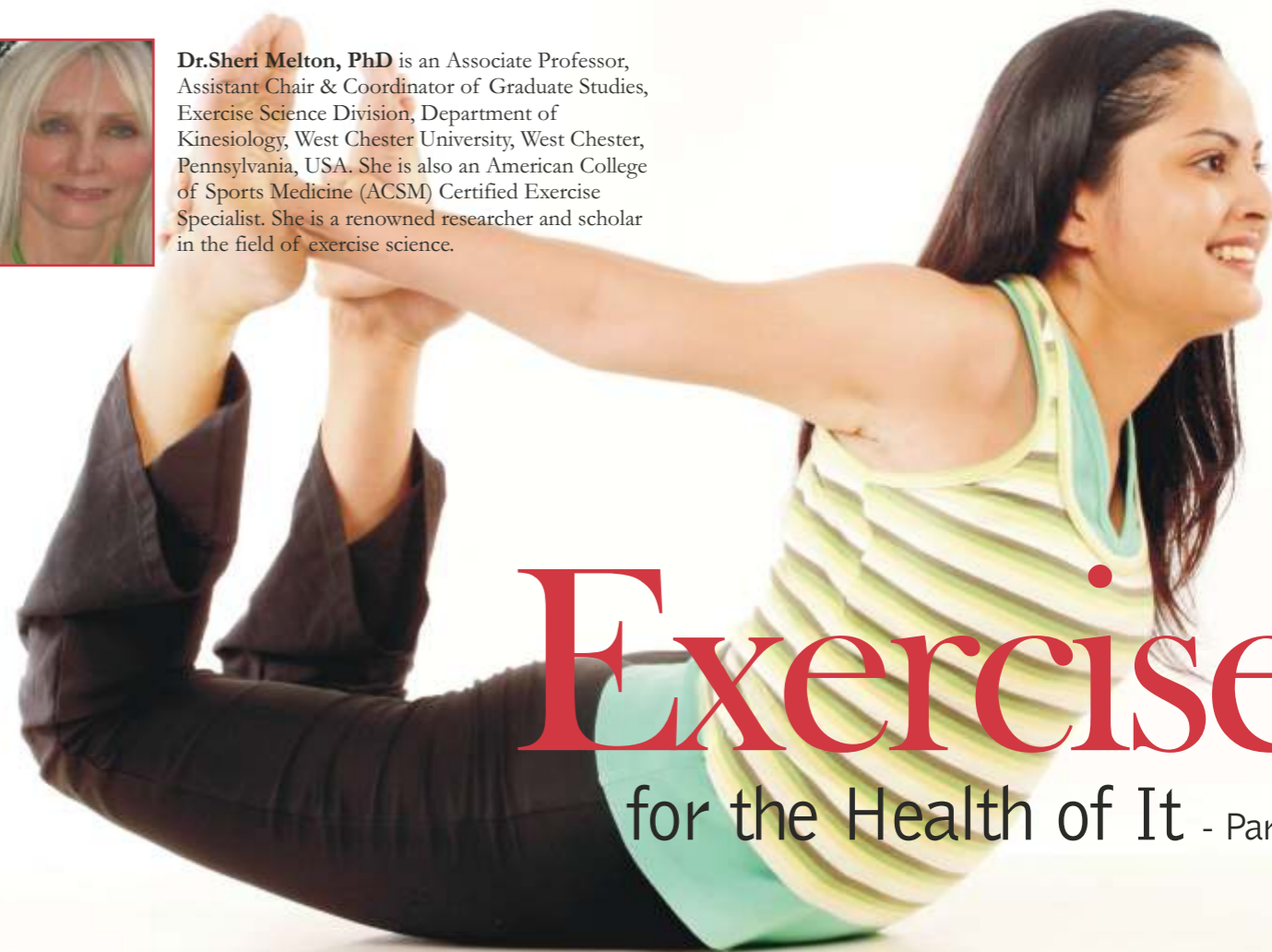
Catch up with the Duchess Club women as they move towards ever expanding horizons!

## CREDITS

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# Exercise

for the Health of It - Part 2

**If** you don't use it, you lose it! That is the old saying that pertains to many facets of health, including flexibility. Flexibility is generally considered the ability to move one or more joints through a complete range of motion. As you age, your muscles tighten and the range of motion in a joint can become restricted. Flexibility generally decreases 20% to 30% from age 30 to 70. The good news is that you can gain and maintain flexibility at any age all you need to do is perform simple stretches on a routine basis.

### Major reasons why we should have a regular stretching routine:

- Stretching increases flexibility and functional range of motion, e.g., it improves our ability to perform Activities of Daily Living (ADL's), tasks such as bending to tie your shoes or reaching for something in a cabinet.
- Stretching improves circulation.
- Stretching improves muscle symmetry and promotes better posture.
- Stretching helps to prevent accidents and injury.
- Stretching reduces the incidence of low back pain.
- Stretching can relieve stress and promote mental relaxation.
- Stretching offsets the loss of flexibility due to aging and helps restore youthful activity.
- Stretching may delay the onset of muscular fatigue and increase the level of certain skills and muscular efficiency.

### Regular stretching can be a powerful part of your exercise program.

Here are some guidelines that will help you gain and maintain flex-appeal:

- Frequency:** At least 3 days per week, daily is optimal
- Intensity:** To a position of mild discomfort (stretching too far causes pain)
- Duration:** Hold each stretch for 10 seconds working up to 30 seconds your entire stretch routine will take only about 10 minutes
- Repetitions:** Perform 3-5 for each stretch
- Type:** static stretches, e.g., stretch and hold; all major joints, e.g., hamstrings and lower back, shoulder girdle.

### Other tips:

- Never stretch a cold muscle - do some light warm-up activities first; a good time for stretching is after your workout. However, it is advisable to stretch prior to competing or performing strenuous activities. In these cases, be sure to warm-up properly before stretching.
- Stretch slowly and smoothly - never bounce!
- Breathe normally during movement.





# O2 Velachery

## Opens with a Bang!

Another feather in the cap for all of us at O2!!  
This new edition of O2 was inaugurated by actor Suriya, who won so many more hearts we realize once more why he is so special! O2 Velachery has a view of the 100 feet bypass Road, and cannot be missed. Adequately equipped with state-of-the-art equipment, it also boasts of 'Virtual Cycling' for the first time in India.

The Virtual Cycle helps you burn calories before you can realize it, without straining your joints! It is exciting and designed to beat the boredom of exercise. It simulates closely the reality of cycling outdoors. You hear church bells, birds chirping, all along the course. When you climb up hill, the motor brake makes it difficult to cycle and when down hill, its vice versa. You have to cycle slowly and negotiate curves using the Steering frame. Overall, it is an amazing audio-visual bike exercise! As for the bonus? It is great for the heart & muscles.

The evening of the inauguration had all the well wishers and friends of O2 gracing the event in large numbers, putting aside their own busy schedules. Actors Vivek and Prashant were present the entire evening and lent a lot of charm and warmth to the opening. RJs Dheena and Suchi also brought cheer to the celebratory evening.

Besides a full-fledged Gym, O2 at Velachery also offers Sports Training, Sports Rehab, Steam, Massage, Diet Counseling and Complimentary Swimming Pool Dips at Hotel Savera

**The Inaugural Annual Gym Membership is Rs.11, 999/-**



Suriya on virtual bike



RJ Dheena, Ms. Nina Reddy & Actor Prashanth



**Earnest Vijay** is Fitness Director at O2. He is a Specialist in Sports Physiotherapy and Fitness. Vijay has been the Asian Federation of Sports Medicine's (AFSM) Traveling Fellow in 2006.

## Start Young Start Strong



**C**an children do strength (resistance) training? There is a prevalent theory in our country, which says children shouldn't strength train! What does science say?

### Children do Gain Strength:

Previously it was thought that strength gains can't be achieved during pre puberty, due to lack of circulating testosterone ( Hormone Responsible for Muscle Bulk ) However, recent studies have indicated that strength gains can be achieved in pre pubertal boys and girls, this strength gains are due to neural adaptation ( Waking up of muscle fibers that are present )

### No stunted growth:

Contrary to the traditional belief that strength training is dangerous for children or that it could lead to bone plate disturbances, the American College of Sports Medicine (ACSM) contends that strength training can be a safe and effective activity for this age group, provided that the program is properly designed and competently supervised.

### How & when to start?

Generally speaking, if children are ready for participation in organized sports or activities, such as Little League cricket, soccer, swimming or gymnastics, then they are ready for some type of strength training.

"Kids can start with some basic resistance training concepts that don't require expensive equipment or a gym membership."For example, using the body's own resistance to do sit-ups, push-ups, pull-ups and other exercises is a good way to start. Light weights, bands, tubes, and light weight medicine balls are all good choices. Kids who really want to try a program should find a trainer to help them design a well-rounded program.

### Benefits:

A properly designed & supervised, resistance training program can significantly,

1. Increase strength
2. Reduce body fat levels
3. Prevent injuries
4. Improve motor fitness & sports performance skills
5. Improve psycho social well being
6. Improve overall health

### A word of caution:

1. Focus on participation and proper technique, rather than amount of resistance
2. The child should do 8-15 repetitions / exercise with proper form
3. Training should ne comprehensive to improve motor skill & fitness
4. Avoid overly intense or maximal resistance training
5. Training should be varied & be appropriate to size, strength & maturity of the child
6. Resistance training should be carefully supervised by a competent Instructor

**We at O2 do have kids' program, which comprehensively takes care of their fitness. Start young, Start strong!**





# Traditional Thai Massage

**D**iscover the amazing variety of massage therapy styles and techniques. You're almost certain to find one that suits you perfectly!

**Massage is The Ultimate Protector, Preserver & Rejuvenator of Life.**

The benefits of massage are well known, but Massage Therapies at O2 Health Studios and Body Lyrics take these benefits to a new level. Feel your tension melt away, and allow your body and mind to relax, preparing your way for a wonderful experience.

**We offer a range of massage options such as:**

- 10 Sen lines Thai Traditional Massage
- Deep Tissue Massage
- Thai Foot Reflexology and
- Ayurveda Kalari Massage
- Swedish Massage

Massage duration can be tailored for you to suit your needs. And of course, our massage therapists are specially qualified and experienced.

**For Appointments please contact our Health Studio Receptions or call us at +91 9840320632**

**10 SEN (SIB) LINES TRADITIONAL THAI MASSAGE – POINTS ON WHEELS**

Thai Massage is based on the theory that the body is made up of 72,000 sen, or energy lines, of which 10 Sensib hold top priority.

Thai Massage also involves peripheral stimulating, meaning it acts as an external stimulant to produce specific internal effects. This point serves as the main division between Thai and Western massage. It brings penetrating massage and gentle yoga movements into a profound healing system. You don't need to take off your clothes to receive a Thai massage.

**The benefits of receiving a Thai massage include:**

- Relief of muscle pain, tension and stress
- Unblocking the energy channels leading to deep relaxation
- Increased flexibility, joint mobility and range of motion
- Delays your aging process
- Spinal adjustment
- Improved circulation
- Increased energy levels
- Helps to heal long term injuries
- Balances the energy flow through the body



Venkat is a Bachelor in Physiotherapy, with qualifications in Yoga and Naturopathic Sciences. He has been practicing Yoga for the past 13 years and teaching Yoga for the past 9 years.

# Yoga & Consciousness

**D**o you know what you are doing? How many instances have you been in a situation where you were just blinking or did not have any clue about what you were doing or your mind was simply absent? Just think...

If you know what you are doing at any given time or at all times then you can claim that you are conscious. It is about being one with your present activity physically and mentally.

Being conscious keeps you mentally clear and adds clarity to your decision making. A clear mental plane always gives a better output in whatever it conceives. On the contrary, if you are just subconscious most of the time, your activities as well as output will be random and not up to the mark. Yoga helps you to systematically improve your consciousness.

Yoga asanas help in improving the physical consciousness by improving aspects such as flexibility, endurance, balance, coordination, strength, agility etc.

Factors like gravitational force, internal pressure (eg. Intra-abdominal pressure, intra-thoracic pressure, intra-cranial pressure) direction of blood flow, joint reaction forces, muscular tension etc. vary greatly from position to position during Yoga practice. These factors contribute in the development of physical consciousness.

Breathing Exercises in Yoga or the so called Pranayama techniques work by breaking the normal cycles of breathing which is anywhere between 16 to 20 per minute. Through Pranayamas one can either decrease the rate of respiration to 2 or 1 per minute or increase the same to about 120 times. While doing so, the brain centers for breathing work in a different manner than usual which makes you so aware of yourself. However this effect persists for a short time only. But by prolonged regular practice of Pranayama one's consciousness can certainly be developed.

The next level is training your eyes to focus on certain energy centers within your body and some external objects. These techniques involve the use of visual cortex.

The final stage is about cultivating a stream of mental energy and sending them through psychic channels so as to achieve greater levels of consciousness.

In short yoga has a wide range of graded exercises and internal kriyas to develop your consciousness.

Let's pay attention to our Yoga practice.







**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.



## The Dance of the Leaves

Dance is movement and you see movement all around you. The trees also move in the breeze and the dance of the leaves seems to fascinate me.

**M**ovement has been my passion and if you asked me when I started to put movement to rhythm I wouldn't remember. My memory only goes back to the age of 5 when I was asked to dance at home when my family would visit and I used to love being on show, till I started feeling tired, and only then would need to be forced to dance for uncle and aunty.

Later I felt the need to be under proper guidance and formal training was absolutely necessary to take me to the next level. More than wanting to do the right thing, I always felt like exploring new areas in my body which allow for rare and beautiful movements, and with a mixed background from classical ballet to Bharatanatyam and chao, I expected something new to evolve.

For ones work to be fresh all the time, you need to be inspired and since I find something like the movement of trees fascinating, I don't need to travel far. Peoples'

mannerisms, movements on the streets, interacting with common people - you learn so much and the way of life could birth a thought, that one thought grows into an idea, the idea unleashed evolves into a situation - a situation would involve people. Have you seen movement in this procedure? From a thought to a situation.

This is how I see dance. Dance has been around ever since evolution or creation, if you prefer to call it. Dance has only evolved into a science in a modern world with us using complicated techniques to push the human body to the ultimate. Here I feel we should not lose out on that one element - the connection of the dancer with the dance. A performance is complete when the dance embraces the dancer and the dancer envelops the dance sending him into another realm where he should take his audience with him. Like the tree takes with it its leaves, when it sways with the rhythm of the wind.

# Save Your Knees!

**Paranthaman MPT (SPORTS)** is the Manager of O2 Health Studio, Mogappair



**K**nee pain can be a spot of bother for any one. It is a myth that knee pain occurs only for the old. It can affect people at any age, thanks to the lifestyle changes of recent times.

During adolescence, children may complain of pain in the knee, especially in the front of the knee, due to a condition called, Osgood Shlatter disease, which is an inflammation of the growth plate at the tibial tuberosity. This is something that occurs where there is a challenge between the fast growing bones and the muscles which are trying to catch up!



Actor Vivek at O2 Mogappair

There are other commonly involved knee problems in the young and middle-aged, like the ligament injuries, commonly seen in sports. The ligaments are structures that give protection to the joint. They can be damaged in a high intensity sport. The Medial collateral ligament (Inner knee pain); Anterior Cruciate Ligament (which leads to a feeling of Instability) are common. The Meniscus (Ring like cushion), can get injured with twisting or sliding.

Do you know there is something known as a Runners Knee / Movie-goer's knee, where the knee gets stiff and painful in the knee cap (Front of the knee)! Well, how do we prevent all these problems? It is by following proper knee hygiene and exercise.

We at O2 Health studio specialize in the prevention and treatment of knee problems. O2 also has a **reinforced jogging track** to help protect knees. Our **variable resistance machines** are the first of their kind in Chennai, which work to strengthen legs, with minimum strain on the joints.







# The Duchess Club Trips



## Voyage to the Rainforest

Distant frontiers have turned into familiar vistas for a group of women from the Duchess Club who venture forth each year to an exotic new destination. This year's visit to Sarawak in the rainforests of Malaysia brought the ladies face to face with the hospitable members of the Iban tribe, with their fascinating customs, warm hospitality and close-knit community culture. For each of us who enjoyed these moments, the experience was truly unforgettable. Are you already wishing you can be part of our next adventure?



## Presenting the Exotic Indian Cuisine



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### E.C.R

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Injambakkam, Chennai 41. Ph: 2449 4444

Open for **Lunch**: 12 noon to 3 p.m.  
**Dinner**: 7 p.m. to Mid Night.  
Free Home Delivery. Outdoor Catering Undertaken

# Duchess Club Events



The Duchess Club rally has turned into one of the most exciting auto events in Chennai. Here's Aishwarya, wife of Actor Dhanush and Actress Suhasini getting the rally on 3rd of August 2008 off to a flying start!

## Women of Substance

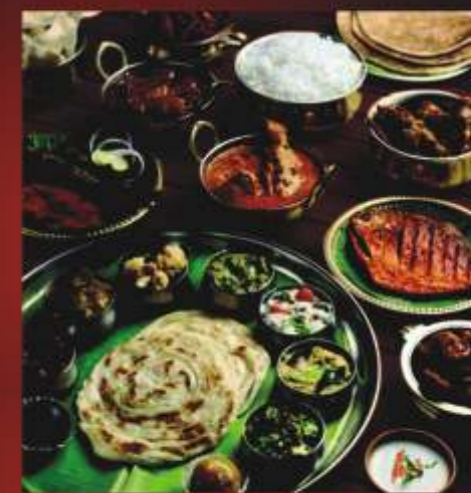


Celebrating the spirit of creativity and entrepreneurship is an important aspect of the fun and camaraderie that mark the annual Duchess Utsav. This year's Utsav, held from the 12th to 14th September 2008 brought happy moments for all who had used the occasion to showcase their talents, as well as all those who had come to savour the same.



We warmly cherish the moments spent with Suhasini and Kirron Kher. These women provide us with plenty of inspiration and hope. The Duchess Club will always be a forum for women to prove their mettle in ways that do us proud.

## Spicy Paradise



Experience the spicy Andhra food at the Zameendar of Chennai, treat your taste buds enjoy the authentic Nellore cuisine prepared by our Andhra culinary experts, also savour the finest Hyderabadi and Tandoori Cuisines.



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GET SET TO SWEAT.



# Towards Healthy Cooking

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



Here is a recipe that is easy and quick to prepare. It is healthy and nutritious, low in calories. Teamed with a slice of multi grain bread or a bowl of low GI pasta, it will make a satisfying meal. You may add a light soup or a salad to the meal, if you want to make it more substantial.

## Chicken with Mushrooms

Chicken mixture	Serves 4
Cooked chicken breast	500 gm
Ginger paste	1 tsp
Garlic paste	1 tsp
Vinegar	2 tsp
Salt and pepper	
Vegetable mixture	
Button mushrooms	200 gm
Green capsicum	1
Red capsicum	1
Sliced Onion	1 cup,
Soya or olive oil	1 tbsp
Minced Garlic	2 tsp,
Chili sauce	1 tsp
Vinegar	2 tsp
Soya sauce	2 tsp
Salt	to taste

1. Cut the chicken breast into strips and mix with ginger paste, garlic paste, vinegar, salt and pepper. Marinate for 1 hour.
2. Meanwhile, slice the mushrooms. Cut the capsicums into halves, discard the seeds and cut into thin strips.
3. Combine oil and garlic in a microwave safe dish and cook on full power for 1 minute. Add chili sauce, vinegar and Soya sauce, cook for 30 seconds. Add mushrooms, capsicums, onion and salt and cook for 5 minutes, stirring twice.
4. Place the chicken with the marinade in another microwave safe dish. Cook covered on full power, for 6-8 minutes.
5. Add the vegetable mixture to chicken and microwave on full power for 2 more minutes. Serve hot.

