

# Towards Healthy Cooking

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A bowl of hot tasty soup is most comforting on a cold night. Chicken or vegetable stock may be used if available, instead of water in these recipes.

## Avocado & mushroom soup

Serves 6-8

Butter/Olive oil	2 Tbsp
Onion	½ cup, chopped
Potatoes	½ cup, peeled and chopped
Avocado	2, peeled and sliced
Mint leaves	2 Tbsp
Water/stock	4 cup
Milk	2 cup
Mushroom	200 gm, sliced
Salt and pepper to taste	

### Directions:

1. Heat the butter/ olive oil in a skillet. Add onion and fry till softened.
2. Add potato, avocado, mint and 4 cups of water or stock. Simmer till the vegetables are cooked. Then cool and blend till smooth.
3. Combine mushrooms with remaining water or stock. Simmer for 2-3 minutes.
4. Add the blended mixture, salt, pepper and milk. Heat thoroughly serve garnished with sprigs of mint..

## Chicken and Leek Soup Serves 4

Chicken joints	500 gm
Onion	1, roughly chopped
Celery leaves	few
Carrot	1 small, sliced
Salt	½ tsp
Water	4 cup
Butter/olive oil	2 Tbsp
Leeks	1 cup, sliced
Celery stalks	¼ cup, chopped
Tomato Puree	½ cup
Salt and pepper to taste	
Parsley to garnish	

### Directions:

1. Combine chicken with onion, celery leaves, carrot and salt. Add water and simmer till the chicken is cooked.
2. Strain and reserve the stock. Cool the chicken and shred the meat.
3. Heat the butter or olive oil in a skillet. Sauté the leeks and celery till soft.
4. Add the reserved stock, tomato puree and shredded chicken. Add salt and pepper to taste. Simmer for 5 minutes. Serve hot, garnished with chopped parsley.


## Corn and seafood chowder

Serves 4

Butter/Olive oil	2 Tbsp
Onion	1 cup, finely chopped
Celery stalk	¼ cup, chopped
Parsley	½ cup, chopped
Mixed dried herbs	½ tsp
White fish fillets	250 gm
Shelled prawns	250 gm
Water	2 cup
Salt and pepper	
Sweet corn, cream style	1 cup
Milk	2 cuph

### Directions:


1. Melt the butter in skillet. Add onion and celery and cook till they are softened. Add parsley, mixed herbs, fish and prawns. Add water, salt and pepper and simmer till the fish and prawns are cooked
2. Lift the fish with a slotted spoon and transfer to a plate. Cool slightly and flake the fillets.
3. Add the flaked fish back to the skillet. Add sweet corn and milk. Simmer for 3-5 minutes. Taste and correct the seasoning and serve hot.



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# O2 Breathe Life

The Quarterly Newsletter from O2

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# 11 Healthy Years of O2

It amazes me to cross one anniversary after another at O2 ... And believe me it only gets better every year... I still remember the first four years when we had only two branches. Even then all the planning that would go into it was no less than what it is today, and with our seven centres today the action is much much more!

What makes our anniversaries at O2 so special has always been the active participation of our members in all aspects of entertainment. The members take it upon themselves to put the whole program together piece by piece..from choosing the concept to the music the clothes the choreography , it's a treat for us from our dear members!

What is interesting is the whole

process during the rehearsals. The members start off as just acquaintances with only the common thread being the members of the same gym and at the end of the event the bond is complete..they become friends for life!

The vibrant pictures in this issue are proof enough of the energy, the camaraderie and the beautiful bonding...

This is an ode to our dear members who make our lives so colourful... Cheers to all of you my dear members for a memorable evening!



# Making a Difference

- Nina Reddy



**M**ind over muscle. Dealing with people in our business at O2 is both interesting and challenging..there is never a dull day! Do you want to know what really keeps us in business? Well it's all of you!

If there is anything that none of us are ever happy about it is our own bodies! We constantly reflect on the way we look and keep working at the perfect look or shape..this is great for us as a business but not so good for all of those who keep losing hope .

We at O2 believe that exercise is a way of life and being fit and healthy is the only way to live our lives to the fullest. The high that we get from our workouts cannot be replaced with anything else. Our motivation comes from constantly setting and resetting our fitness goals..it would be losing weight sometimes, or it could be building more muscle, getting more flexible, setting new targets for cardio vascular activities, getting a leaner meaner look or it could be just trying out something really different because we would like to shake our bodies out of complacency. What we

do not do is setting unrealistic goals so that half way through we lose hope, get bored and give up exercise.

For years I have seen some members who come to the gym regularly and religiously but have remained the same in shape and size: unchanged! We are glad to have them with us but its important for them to see results to stay motivated. This can happen only if we can converse with our bodies! Spending time to really understand ourselves and what our needs are of primary importance. Then an honest approach to fulfilling those needs by a patient systematic approach. A good conversation with our mind and muscles would be the next thing to completely ensure their support. It's then taking the support and advice of able reputed health professionals to help you get to your destination.

To me my body is a gift from god and every day I cherish and nurture it..remember each of us is special and blessed!

Wishing you a great year ahead... Cheers to life



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## Weight Management

**P**hysical inactivity and inappropriate nutrition are directly reflected in the growing burden of overweight in the Indian population predominantly in the urban areas. Almost 30-65% of adult urban Indians are reported to be either overweight (BMI>=25) or obese (BMI>=30) or have central obesity.

Studies among urban school children have also reported a rising trend in overweight and obesity. The incidence of obesity in India is about 9% and is mainly concentrated in urban areas.

Obesity is positively associated to many chronic disorders such as hypertension, dyslipidemia, type 2 diabetes mellitus, coronary heart disease, pregnancy, bone metabolism and certain cancers.

### Cause of Obesity:

The cause of obesity cannot be described simply, because many factors contribute to its development. Ultimately, Positive Caloric Balance (taking in more calories than are expended) leads to obesity. Factors contributing to obesity can be categorized into Genetics and Lifestyle.

Evidence exists that inheritance contributes to the development of obesity. Although genetics can contribute to the development of obesity, the primary reason that people become obese is lifestyle. To lose weight a negative caloric balance needs to be established. The balance can be achieved by decreasing the caloric intake, increasing the caloric expenditure or both.

### Food Intake:

when excess calories (particularly fat calories), are consumed the energy is stored as fat. Several studies show that people who are obese tend to consume a higher percentage of calories from fat than people of normal weight. Dietary recall studies provide little clear information about this issue because people tend to under report dietary intake and over estimate activity.

### Changing Life Style includes the following:

1. Reduce total intake of calories
2. Reduce Fat intake
3. Increase Physical Activity
4. Change eating behaviors.

Most Healthy Adults who need to lose weight can institute a short term low calorie diet (LCD) 800-1500kcal/day without major adverse consequences. Anything less than 800kcal/day is called as the very low calorie diet and is not recommended.

### Exercise Prescription for weight management:

- The American College of Sports Medicine (ACSM) recommends a combined approach of exercise and moderate caloric restriction
- Existing data clearly suggests that people who are successful in maintaining weight loss engage in regular aerobic exercise
- Adding exercise to everyday life can significantly alter weight eg: expending just 100 calories/day, beyond daily caloric need for a year creates a caloric deficit of 36,500kcal!! (7700 calories = 1kg of Fat; Roughly you can keep off 5kg fat a year)
- Additionally, Exercise helps to retain Muscles and Metabolic Rate, during weight loss, plus the benefits of cardiovascular health. Regular physical activity also reduces the age related weight gain.
- The ACSM recommends that individuals engage in a minimum of 150 minutes of moderate intensity exercise per week per week and further states that additional exercise 200-300 mins/week is more likely to be associated with successful weight control
- The following are specific recommendations for weight loss with exercise :
  - \*Frequency: 5-7days/week
  - \*Intensity: Initially moderate intense (60-75%of HR max; Heart Rate Maximum = 220- Age, say if you are 20 years old then HR max will be 220-20 = 200 beats per minute ; So a moderate intensity will be a pulse rate/heart rate = 200\*60%= 120 BPM to 200\*75% = 150 BPM; You can check your radial pulse in the outer side of your fore arm, just above your wrist on the palmar aspect; Another simple way may be to choose a speed where you can talk, but not laugh)
  - \*Duration: Progress from short, easily tolerated bouts, to 45 to 60 minutes daily.

ACSM Recommends that the weekly weight loss goal should not be less than 1kg/week. It also recommends that people restrict the fat intake to less than 30% of the total calories consumed. In the next issue, lets deal about the myths about weight loss and the behavior modifications that are necessary for weight loss and maintenance

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Exercise for the Health of It - Part 10

# The Pressure is on to **Keep Fit**

**B**lood pressure (BP) is a measurement of the force of blood pushing against the walls of your arteries and is reported in mm of mercury (Hg) by two numbers: systolic BP/ diastolic BP. A good, or normal, resting blood pressure is below 120/80. High blood pressure (hypertension) means that the blood is exerting a higher than normal pressure against the arterial walls, and, over a period of time, can damage your body's organs and lead to serious health problems. In fact, chronic hypertension is a leading risk factor for cardiovascular disease, renal failure, stroke, and even death. It has been reported that every fifth individual in Chennai is hypertensive\*. It is a "silent" disease. In other words, individuals do not usually have symptoms of high blood pressure. Therefore, it is wise to know your numbers.

Hypertension can be treated by prescribed medications, diet modifications, and exercise, but why not prevent it from occurring?



Breathe Life

You can take action to prevent high blood pressure by:

- Reducing sodium (salt) intake--most adults should have less than one teaspoon, or 1,500 milligrams, of sodium a day;
- Maintaining a healthy weight;
- Moderation of alcohol consumption; and
- Being active--the NIH recommends regular aerobic physical activity such as brisk walking at least 30 minutes per day, most days of the week. If you are using heart rate to determine your training intensity, use a range of 70 to 85% of your age-predicted max (220 bpm minus age). Or, you can simply use a subjective rating of your perceived exertion "somewhat hard" to "hard".

Ask your trainer to help you devise an exercise routine that is right for you. Remember...

...an ounce of prevention is worth a pound of cure!

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**Dr. Bijal Vasa** is well qualified & experienced in the field of physiotherapy. Her expertise is in helping people reach their desired goals in the area of prenatal and postnatal care. At O2 she conducts classes at Besant Nagar and Nungambakkam.



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# Posture & Pilates

**B**ad posture produces bad movements. In this current world it is difficult to find a person with the perfect anatomical posture. Change in posture is predominately due to the change in the length tension of the muscles. This changes the length tension on the other muscles to alter that change and thus the posture changes. While working out for strength and cardio make sure your current posture is understood and you do not work more on those muscles which have changed. Major changes are seen in the postural muscles and the muscles around the spine in low back and upper back. Stretching or active lengthening is required for those muscles which are short and tight. Strengthening is required for those muscles which are long and weak.

### Why Good Posture?

Good posture is essential due to the fact that the spine supports the weight of the body. The natural curves and discs in the spine absorb shock and allow freedom of movement. The natural curve of your spine should be an S shape. Movement becomes more fluid, weight is comfortably supported, and the wear and tear on spinal discs is reduced when the spine is in the proper, natural S shape. Good posture can help us to attain maximum flexibility, strength, resiliency, and mobility of the spine.

Poor posture is an energy sapper. If your spine is incorrectly balanced, your muscles need to work harder to keep your body upright all day long. Lazy posture also causes your upright structure to collapse in places, like a poorly constructed building. In turn, this can compound many physical ailments, such as digestive problems, poor circulation, chronic low energy, lower back pain, headaches, and shortness of breath.

Poorly aligned postures cause asymmetrical muscle development, meaning

certain muscle groups are constantly overworking to hold the body upright, while others become significantly weakened. Even our favourite sports, such as golf, tennis, and running, encourage lopsided and uneven muscle development – as does carrying a briefcase or handbag on one side of your body, or balancing an infant on the same hip for hours on end. Even at work we tend to sit for long periods of time this can cause the spine to take on a shape other than the desirable S shape.

### Pilates for Good posture

Good posture is a goal well worth aiming for, and regular Pilates workouts can help you achieve it – because postural awareness is built right in to every exercise. The Pilates Methodology is based on sound scientific principles that squarely address the structural realities of the human body. The exercises encourage bilateral, even muscle development and flexibility at the same time. A good Pilates workout doesn't have to be long or exhausting – but it can and will rebalance your body over time.

The body's movements are all powered by the core. The torso and the back work with one another to support our spine in any and all of its movements. Since the core is where the body primarily draws its strength of movement from, the stronger it is, the less overall pain you will have to endure in your daily life. Also the exercise follows the principal of kinetic chain where the strengthening is done in a chain incorporating various muscle of stabilizers and mobilizers together in bringing about the necessary change. The goal is also to help you regain what has become known as your "neutral spine," or the aforementioned S shape.

Kindly check with your certified trainer/instructor before incorporating the exercises.

# Healthy Moms Give Birth to Healthy Babies

**E**xpectant parents who want their children to have the best of everything should accord top priority to exercise before delivery. Studies have proved exercise is beneficial not only to the pregnant woman, but also to the developing child.

It is generally accepted that a woman can better approach childbirth with calm and confidence if her muscles are in good tone and she has learnt how to control them, if she has understood breath control, if she is taught to relax herself at will and if she has taken nutritional and other measures to maintain general good health.

The human body is so constructed that in order to remain healthy it must be exercised regularly and correctly. According to the American College of Obstetricians and Gynecologists (ACOG), exercise during pregnancy is encouraged.

### Benefits of exercise for the mom

Women who engage in regular, moderate exercise for at least 20 minutes, 3-5 days a week throughout their pregnancies:

1. Tend to have shorter and less complicated labours;
2. Have more energy during pregnancy and recover faster following delivery;
3. Return to their pre-pregnancy weight sooner than less active women;
4. Gain less weight during pregnancy;
5. Tend to experience an improved body image, enhanced self esteem and a general sense of wellbeing;
6. Experience less tension, anxiety and fatigue;
7. Experience a decrease in the common discomforts of pregnancy;
8. Maintain cardiovascular fitness; and
9. Increase muscular strength.

### Exercise Programs that benefit pregnant women have these essential components:

1. Cardiovascular (endurance) exercise- Activities such as walking, aerobics, and jogging provide the most important benefits of exercise during pregnancy. Pregnant women should do endurance exercise for 30 minutes 3-5 times per week.
2. Resistance Training- Maintaining or increasing muscular strength allows the muscles to support the "loosened" joints and prevent injury, relieve discomfort, and prepare new moms for a strenuous life with a newborn. Strength training can be done 2-3 times per week on alternating days.
3. Stretching- Stretching exercises increase range of motion and flexibility. Pregnant women move more easily, have fewer aches and pains with pregnancy, avoid injury and typically have shorter labours and deliveries. Stretching exercises are encouraged daily.

### Benefits of Exercise for the baby

James F Clapp, M.D. and his associates have studied both short-term and long-term effects of exercise on developing babies. When a pregnant woman exercises, blood is temporarily shunted away from her abdomen, hence the uterus. The foetal heart rate temporarily decreases in response to the decreased uterine blood flow. After the mother finishes exercising, the foetal heart rate increases before it returns to its regular baseline rate as uterine blood flow normalizes. This adaptation, Clapp discovered, helps developing babies better endure the stresses experienced during labour and delivery, as well as the transition to life outside the womb.

The newborns tend to be alert and less startled by their environment. They also readily settle themselves, requiring less comforting. Long term, babies experience no stunting of growth or development.

Based upon Clapp's research findings it is now safe to say that regular exercise, continued throughout pregnancy, is not only good for the mothers, but also good for the babies.

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# MUSCLE MANNERS

I am gymming for the last 15 years and look forward to that 60 minutes where I spend time increasing my quality of life. The atmosphere needs to be good and as much as a gym tries hard to create it, the hard core gymmers need to contribute to this effort with their courtesies and concern to the others gymming...

Every workplace area has its own code of conduct and the gym is no exception.

## MAKE YOURSELF HEARD

If something is broken or needs attention, don't start moaning to your colleague. He's probably in there to escape the whining, not to get an earful. Tell the PT or front desk - your muscles will thank you.

## USE THE ROAD RULES

The man carrying the weights has the right of way - regardless of how big or small his weights are. Get out of his way immediately but don't turn this bypass into a bobbing and weaving Irish dance. Always yield to the left.

## TRY TO GO LOW TECH

Unless you're on the cusp of an important merger or an expectant dad, switch off your phone during your workouts. Your chatter tells everyone you're not serious about training. Work your body, not your jaw muscles.

## IT'S NOT A RACE

It's acceptable to compete on the sports pitch. It's not acceptable to compete with a guy on the next treadmill. He may be a novice or he may have a heart problem. Compete against your toughest opponent - yourself.

## EYES FRONT

Treat the gym like an exam. Feel free to look up and see what's going on but don't eyeball the guy next to you even if you're desperate to nab his work out tips and get yourself an equally enviable physique.

## REFLECT ONLY IN MOTION

Mirrors are there to check your form. Use them to make sure you're working the right muscles, not to target black heads, and never check out your abs; they'll still be there, in the same condition, in your bathroom mirror later.

## DO UNTO OTHERS..

Treat the weight room like a picnic spot, leave it exactly as you found it. Put the dumbbells back on the rack and strip the barbells of weights once you're done with them. Think of it as your recovery period.

## LEAVE NO TRACE BEHIND

The only thing you should leave behind you on the bench is the muscle shape indent caused by the usage of large weights. Don't leave large sweat swathes of your DNA for the person. Wipe up or put a towel down first.

## BE STRONG AND SILENT

In the office the less a man knows, the more noise he makes. In the gym, a man who can lift more, the more noise he tries to make. Don't drop your weights, it's an admission of weakness' and one everyone will hear.

## TALK IN TEXT SPEAK

Keep the social conversation short and to the point. Remember, the guy on the machine next to you doesn't want to hear about last night's drunken exploits.

## RESPECT PERSONAL SPACE

Give all other gym users at least two arms length of space in every direction. Accidents can happen in the weights room, so don't let your well being be determined by the grip strength if the over enthusiastic guy doing shoulder raises on the bosu ball right next to you.

## LEAVE KARAOKE TO THE CLUBS

The last thing the gym wants to hear is you belting out Rock on! Focus on keeping your breathing rhythmic, not keeping time with lyrics. Timed metrical breathing will get more oxygen to your muscles so they'll lift more.

## THE RULE OF ONE

It's good manners to share a machine. But never ask to work in with someone if you're training with a partner. The rest between sets will be too long, which will reduce the intensity for everyone's workout.

Keeping these few guidelines, I am sure gymming with you will be a pleasure and do not forget your body odour is not pleasant, so a quick spray in the locker room would freshen your presence. **Happy gymming!**



**Abdul Samad., D.A.M.T., C.M.T.,** is the Spa In-Charge at O2 Health Studio, Hotel Savera and Temple Tree. Graduate and affiliated Teacher of TMC, Thailand. Qualified Therapist of Chivasom International Academy Practicing Therapeutic, Western and Eastern Massages for 14 years in India & Abroad.  
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# Therapeutic Massages

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As you lie on the table under crisp, fresh sheets, hushed music draws you into the moment. The smell of sage fills the air and you hear the gentle sound of massage oil being warmed in your therapist's hands. The pains of age, the throbbing from your overstressed muscles, the sheer need to be touched—all cry out for therapeutic hands to start their work. Once the session gets underway, the problems of the world fade into an oblivious 1hr to 2hrs of relief and all you can comprehend right now is not wanting it to end. But what if that hour of massage did more for you than just take the pressures of the day away? What if that gentle, massage helped you combat cancer? What if bodywork helped you recover from a strained hamstring in half the time? What if your sleep, digestion and mood all improved with massage and bodywork? What if these weren't just "what ifs"?

Evidence is showing that the more massage you can allow yourself, the better you'll feel. Here's why.

Massage as a healing tool has been around for thousands of years in many cultures. Touching is a natural human reaction to pain and stress, and for conveying compassion and support. Think of the last time you bumped your head or had a sore calf. What did you do? Rubbed it, right? The same was true of our earliest ancestors Healers throughout time and throughout the world have instinctually and independently developed a wide range of therapeutic techniques using touch. Many are still in use today, and with good reason. We now have scientific proof of the benefits of massage – benefits ranging from treating chronic diseases and injuries to alleviating the growing tensions of our modern lifestyles. Having a massage does more than just relax your body and mind – there are specific physiological and psychological changes with occur, even more so when massage is utilized as a preventative, frequent therapy and not simply mere luxury. Massage not only feels good, but it can cure what ails in you.

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# Features of the O2 Health Studio 11th Anniversary Celebration

1. Actor Arun Vijay and Ms.Nina Reddy
2. Actress Devayani, director Rajkumar and Nina Reddy
3. Performance By Ms.Priydarshini
4. Actress Varalakshmi and Ms.Nina Reddy
5. Kalyana Malai Mohan and Ms.Nina Reddy
6. Dance Performance by Ms.Arabi and Mr.Krishna
7. Ms.Nina Reddy, Ms.Shailaja, Ms.Sujatha, Ms.Anu, Ms.Camela
8. O2 Nungambakkam Team Awarded as winners-Cricket
9. O2 Ashok Nagar Awarded as Winners-Volley ball
10. Actor Arun Vijay, Jagadish and Actress Varalakshmi
11. Dance performance by Hot shoe dance company
12. Dance performance by 'S' community
13. O2 and body lyrics Staffs



1



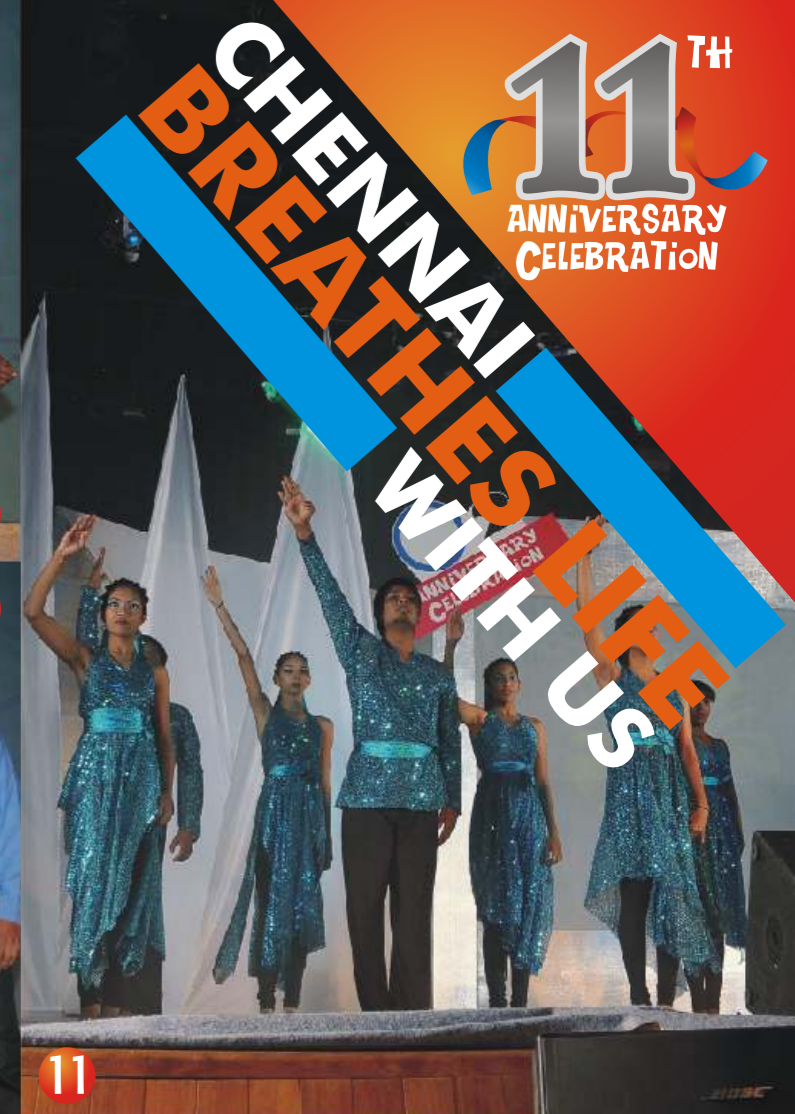
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**Deepika Daniel** is a nutritionist and manager at O2 Health Studio. She can be reached at [deepika@o2healthstudio.com](mailto:deepika@o2healthstudio.com)



# Is your diet Heart friendly?

**A**lthough you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating habits or you simply want to fine-tune your diet, here are few diet tips. Once you know which foods to eat more of and which foods to limit, you'll be on your way toward a heart-healthy diet.

### Control your portion size

How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories, fat and cholesterol than you should. Keep track of the number of servings you eat. Eating more of low-calorie, nutrient-rich foods, such as fruits and vegetables, and less of high-calorie, high-sodium foods, such as refined, processed or fast foods, can maintain up your diet as well as your heart and waistline.

### Eat more vegetables and fruits

Vegetables and fruits are good sources of vitamins and minerals. Vegetables and fruits are also low in calories and rich in dietary fiber. Eating more fruits and vegetables may help you eat less high-fat foods, such as meat and snack foods.

### Select whole grains

Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products. Or be adventures and try a new whole grain, such as quinoa or barley.

### Limit unhealthy fats and cholesterol

Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of heart disease. You may also want to check the food labels of some cookies, crackers and chips. Many of these snacks – even those labeled "reduced fat" – may be made with oils containing trans fats. One clue that a food has some trans fat in it is the phrase "partially hydrogenated" in the ingredient list. When you do use fats, choose monounsaturated fats, such as olive oil, flax seeds. Polyunsaturated fats, found in nuts and seeds (Sunflower seeds), also are good choices for a heart-healthy diet. When used in place of saturated fat, monounsaturated and polyunsaturated fats may help lower your total blood cholesterol. But moderation is essential. All types of fat are high in calories.

### Choose low-fat protein sources

Lean meat, poultry and fish, low-fat dairy products, and egg whites are some of

the best sources of protein. But be careful to choose lower fat options. Fish is another good alternative to high-fat meats. And certain types of fish are rich in omega-3 fatty acids, which can lower blood fats called triglycerides.

You'll find the highest amounts of omega-3 fatty acids in cold-water fish, such as salmon, mackerel and herring. Legumes – beans, Chana, Rajma, peas and Dhals – also are good sources of protein and contain less fat and no cholesterol, making them good substitutes for meat

### Reduce the sodium in your food

Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Reducing sodium is an important part of a heart-healthy diet.

Although reducing the amount of salt you add to food at the table or while cooking is a good first step, much of the salt you eat comes from canned or processed foods, such as soups, sauces and frozen meals. Eating fresh foods and making your own soups and stews can reduce the amount of salt you eat. Beware of foods that claim to be lower in sodium because they are seasoned with sea salt instead of regular table salt – which has same nutritional value.

### Plan ahead: Create daily menus

You know what foods to feature in your heart-healthy diet and which ones to limit. Now it's time to put your plans into action.

Create daily menus using the six strategies listed above. When selecting foods for each meal and snack, emphasize vegetables, fruits and whole grains. Choose lean protein sources and limit high-fat and salty foods. Watch your portion sizes and add variety to your menu choices. This helps ensure that you'll get all of the nutrients your body needs. Variety also makes your meals and snacks more interesting.

### Allow yourself an occasional treat

Allow yourself an indulgence every now and then. A candy bar or handful of potato chips won't derail your heart-healthy diet. But don't let it turn into an excuse for giving up on your healthy-eating plan. What's important is that you eat healthy foods most of the time.

Incorporate these tips into your life, and you'll continue to find that heart-healthy eating is both doable and enjoyable.

With planning and a few simple substitutions, you can eat with your heart in mind.



**Emily L. Trulson Kumar** is a ISSA certified Sports Nutrition Specialist and Personal Trainer.

# Clean Eating Principals



**A**re you one of those people who exercise consistently and never see results? There are many people like you struggling and scratching their heads as to why the exercise makes so little difference.

### Want to know what the problem is?

### It's your nutrition.

You aren't eating clean. No amount of exercise will reshape your body without appropriate nutrition. Picture a mountain peak, its jagged beauty and sharp lines softened by a blanket of thick snow. You can't see any of the rocky details underneath the snow. It's the same as the human body. Take a look at your stomach, your legs, arms or shoulders. A layer of fat obscures any muscle definition you may have, just like the snow on the mountain. Long comes a blistering hot sun whose energy melts the snow from the mountain. Sure enough, jagged detail comes into view. The same is true of the clean energy you consume.

The blistering fuel from superior foods such as complex carbohydrates, lean protein, fruit and vegetables melts away fat and soon your muscular definition comes sharply into view. That is the beauty of clean eating.

Clean eating consists of eating five or six small meals every day. Eat your meals every two to three hours with a combination of lean protein and complex carbs at every meal. Drink at least two liters (or 8 tall glasses) of water each day. Never miss a meal, especially breakfast. Carry a cooler (lunchbox) loaded with healthy clean foods. Avoid saturated, trans fats, sugar-loaded colas and juices. Consume adequate healthy fats (EFA'S) each day. Avoid alcohol (another form of sugar) and all calorie-dense foods that contain little or no nutritional value. Depend on fresh fruits and vegetables for fiber, vitamins and enzymes. Lastly stick to proper portion sizes and no super sizing of your meals.

These clean eating principals will give you results as you continue on your fitness journey of training smarter and not harder thus giving you the results you've worked so hard to achieve.

## Congratulations!

The following staffs have been certified as Health Fitness Instructor by the Fitness & Rehab Forum.

We at O2 are proud of their achievement.



R. Rajadurai



Thamim Ansari



V. Bharath



M. Karthikeyan



## Sports Events

This year we had a whole lot of sports activities not just for our male members but also for our women. This generated a lot of excitement and bonding among the women. There was good participation from all centres of O2 especially from Velachery and Body Lyrics. Throw ball and badminton matches were held on two weekends with different groups. What was evident from the events was a great sense of camaraderie and fun because the members felt they were back in school!

## World Heart Day

World Heart Day campaign by O2 Health studio, to increase awareness among public to exercise and keep fit...



O2 Health Studio, launches first of its kind wellness radio station for its members on 21st August, by 6 pm at the parent branch at O2 Nungambakkam, by Actor Aadhi.

Now its wellness unplugged at O2!! Listen to health bytes, trivias and non stop entertaining music...



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# Yoga FAQs

Part 1

**Venkat** is a Bachelor in Physiotherapy, with qualifications in Yoga and Naturopathic Sciences. He has been practicing Yoga for the past 17 years and teaching Yoga for the past 13 years. Email: yogavgn@yahoo.co.uk



**Could you explain a bit about the 8 steps that Patanjali Yoga advocates?**

The popular and ancient Indian sage Patanjali is believed to have systematized the philosophy of yoga into the Yoga Sutras an estimated 2,000 years ago! The Sutras are a collection of 195 statements that serve as a philosophical guidebook for most of the yoga that is practiced today. It also outlines eight limbs of yoga:

- yamas (restraints)
- asana (postures)
- pratyahara (withdrawal of senses)
- dhyana (meditation)
- niyamas (observances)
- pranayama (breathing)
- dharana (concentration)
- samadhi (absorption)

The idea is that as we explore these eight limbs, we begin to refine our behavior in the outer world, and then we can begin focus inward, until we reach samadhi (liberation, enlightenment). Today most people practicing yoga are practicing the third limb, asana and the fourth limb, Pranayama which is a program of physical postures designed to purify the body and provide the physical strength and stamina required for long periods of meditation. In the West, the words asana and yoga are often used interchangeably.

**How many times per week should I practice yoga?**

This is the beauty of yoga - even if you only practice for one hour a week, you will experience the benefits of the practice. If you can do more than that, you will certainly experience more benefits, and more rapidly. I suggest starting with two or three times a week. Perhaps you can make it to two classes a week and then you can try to do 10-20 minutes at home once a week. Don't let time constraints or unrealistic goals be an obstacle - do what you can and be happy! Never be worried about practicing or rushing to get to practice. This is counterproductive. You may find that after awhile your desire to practice expands naturally and you will find yourself wanting to practice more and more. Best wishes to you.

**I recently got introduced to Yoga. I don't feel much of a difference yet! tell me How is yoga different from stretching or other kinds of fitness?**

Unlike stretching, sports, or other kinds of fitness, yoga is so much more than just physical exercises. Patanjali's eight-fold path illustrates how the physical practice (asana/postures) is just one aspect of yoga. And even within this physical practice, yoga is unique because it connects the movement of the body and the fluctuations of the mind to the rhythm of our breath. Connecting the mind, body, and breath in this way helps us to direct our attention inward. Through this process of inward attention, we learn to recognize our habitual

thought patterns without labeling them, judging them, or trying to change them; in other words, we learn to become more peaceful. Slowing down the mind in this way also allows us to become more aware of our experiences from moment to moment. In addition, yoga is not competitive nor is there a goal to be achieved. You are simply asking yourself to be present, work with your own body, at your own level, and breath. Not only will your body become more flexible by doing yoga, but mostly likely, so will your mind. Build the habit of doing Yoga everyday that will take you a long way to assure!

**Can you explain What is Power Yoga?**

Should I say its just another 'Catchy' marketing name?! No actually its more than that. Unlike the regular Yoga here you emphasize more on working the larger muscle groups through Deep lunges, Modified push ups, Squats, Rowing etc., Also the Difficulty or the Intensity of the regimen is put up by increasing Repetitions, Movement components, Speed and other fitness variables to improve your cardiovascular fitness. The basic intent is to increase workload and thereby Energy expenditure. A well designed, safely graduated Power yoga routine can actually bring about significant weight loss. On the other hand in case if just only one aspect of the workout is altered for example if they make you do Suryanamaskars pretty fast without carefully considering the form and comfort feel around the joints actually it can leave you with subtle injuries. A good Power yoga is one where Strength, Endurance, Agility and Flexibility improves in proportion with each other. So watch out!

**Could you recommend a Yoga position for my Back? I don't have a back problem as such, its only to keep it strong!**

Glad you are taking some preventive steps! The direct answer for your question is You should start practicing the Sethubandasana with variations, that's the best for strengthening weak as well as strong backs. The kind of back strengthening you can achieve through 'Sethu' (Pelvic bridging) will be athletic. To get the best out of 'Sethu' please include some lower back and side stretches before and after!

Procedure : Lie on your back, Hands by the sides, Bend both knees (the heels are atleast one foot away from the hips and the feet are at hip width). As you inhale gently raise your back up and hold the position for upto 8 breathings, then as you exhale keep your back down slowly. Repeat this practice upto 5 times per day. Best of Back!



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# The Duchess EVENTS

The last quarter has been full of action at the Duchess Club!

The annual Duchess Utsav: the fashion show showcasing young budding designers and the Duchess All Women Car Rally kept the organizers and the members on their toes active and involved...

Duchess you certainly rock!!



Stalls from across India showcasing beautiful clothes and accessories at the Utsav



Budding young designers showcasing @ the fashion show



The fashion show with stunning models.. Another successful Duchess event!



A show with a difference..a pet show @ the Utsav!



The 11th All Women's Duchess Car Rally being inaugurated by beautiful actor Dhanshika



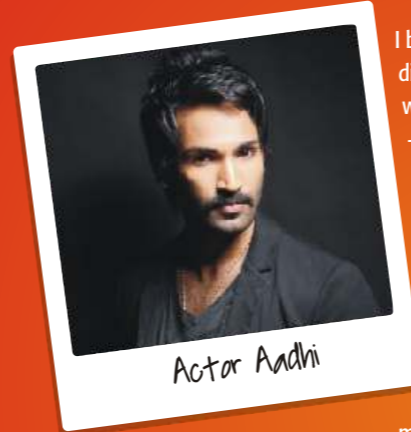
The Duchess members who created a traffic jam! Dressed for the theme 'live life queen size' for the car rally!

www.theduchessclub.com



The colorful 11th edition being inaugurated by good friend and well wisher: the talented actor Vivek...

## Testimonials from our members...



Actor Anndhi

I believe in workouts being part of our daily basic need and I also believe being consistent to the workouts is the most difficult task. But I can define working out at O2 as a completely different experience. Here the trainers fuse fun along with great workout sessions and my favorite trainer is 'Thamim'!!!

Thanks O2 Team.

O2 has amazingly coupled the art of customer service in its gym portfolio. Apart from having state of the art equipments and trainers what sets O2 apart is its customer oriented culture, each of the staff member has phenomenal commitment towards customer satisfaction. The truly transformational thing that happened to me was the association with my personal trainer - Gopi. To me he is much more than a trainer - He is a coach. His commitment towards my fitness goals is nothing less than a WOW. He has motivated me in the most treacherous part of my fitness journey and encouraged me to break my pre-conditioned limits. My sincere appreciation to the O2 management, staffs and my coach for all the great service. This is a par excellence experience!



Arnab



Vidhya Ramachandran

I am a challenging client. I am stiff and am tentative about doing any kind of exercise. Trainer Ganesh proved to be more tenacious than I am reluctant. When I came to trainer Ganesh, I was at my heaviest weight and had little muscle mass. My main focus has been to lose inches, get healthy and become stronger while not injuring myself. I have sustained a regular weight loss since I began. More importantly, I feel better than I have ever felt in years. All thanks to Ganesh and each and every one of O2 Velacherry branch who has helped me find my lost self confidence.

I joined O2 at the age of 16 soon after my std 10 boards and now im 18...nearly 3 years with O2. I was forced to join the gym because i was too fat, had a high fat percentage and was very flabby. I had no clue about workouts, dieting etc... All i wanted was to reduce weight and shape up. At first it was pain but the atmosphere in the gym and encouragement from the trainers brought an interest in me. My workout for the first 15 to 18 months was concentrated only on fat loss after which i was asked to start light weight training. This went on for a few months after which i started my personal training with Mr. Sajith. He has just one rule "Just do what i say ... don't ask any questions" ... I followed that and now my body has turned into something that i never imagined possible and am expecting to be in the modeling field pretty soon. The friendly atmosphere, best equipments and hospitality at its best are a few features amongst many that one can notice at O2 health studio.



Rahul Prakash



Sathish Shenay

I've been coming to O2, Mogappair for the last 3.5 years. Of the many gyms I've used earlier, none has better suited my requirements than O2. It has everything I want in the way of equipment is obviously important, but the best thing is the staff, They are enthusiastic and motivated, They are not just helpful, but genuinely interested in the progress of gym members. Whether you're looking to shed a few kilos or try a bit of body sculpting, there's not a more welcoming or fun team of professionals than O2 team. One of the main reasons for my joining O2 was to reduce my bad cholesterol (LDL) and I am able to not only achieve this but also manage very well, by following exercise routine and diet instructions given by O2 staff. I would and have recommended O2 to my friends

After the birth of my 2 children, I thought I would never get back into being fit and healthy. I decided to give O2 Health Studio gym(Velacherry) a try. Guess what? From being 87 kg 5 months back, today I am proud to say I lost 20 kg with the instructions and training I got from my personal trainer(Benjamin) in O2. Its worth to mention that the best part of working out in O2 Velacherry is "you" don't have to look for trainers to help you, they come forward to assist you no matter you have them as your personal trainer or not (Best Deal). When it comes to health and fitness O2 Health Studio is your only stop for the best training advice and assistance. Look better, get healthier. 100% RECOMMENDED.



Lakshmi Elumalai