

# Towards Healthy Cooking

**Chandri Bhat** is a cookery expert and consultant based in India with over forty years of experience in her field.



Tofu or bean curd is rich in protein and lends itself to a variety of dishes. It is a boon to those who wish to eat healthy, especially to vegetarians.

## Tofu capsicum Kabab.

You will be surprised how easy it is to cook this exotic looking tasty dish. You will need bamboo skewers (satay sticks) for this. They are inexpensive and available in super markets. Soak 8-10 sticks in water one hour before you prepare this dish.

- 250 g firm Tofu
- 2 red capsicums
- 2 green capsicums
- 2 Tbsp of honey
- 1/2 cup dry roasted peanuts
- Salt and pepper to taste
- Olive or vegetable oil to brush

**Directions:** Pat the tofu dry on a kitchen towel and cut into 2 cm cubes. Cut capsicums into halves and discard the seeds. Cut them into pieces to match the tofu cubes. Mix all of them together and toss in honey. Blend the peanuts in a mixer to a coarse powder. Take care not to make it too fine or like paste. Mix with salt and pepper. Toss the tofu and capsicum cubes in peanut powder to coat. Thread alternate pieces of tofu and capsicums on the skewers. Brush lightly with oil and brown them under a grill. Serve hot with chilli garlic sauce.

## Crumbed chicken bites

Here is a healthy snack to nibble on without guilt.

- 2 boneless and skinless chicken breasts, sliced into 1/2 inch wide pieces
- 1 Tbsp Worcestershire sauce
- 1 Tbsp honey
- Salt and pepper to taste
- 1/2 cup whole wheat flour
- 1 egg
- 1/2 cup oats
- Olive oil to sprinkle
- Salt and pepper

Toss the chicken strips in Worcestershire sauce, honey, salt and pepper. Leave aside for 1 hour. Heat the oven to 200 C. Dip the chicken pieces into flour and shake away the excess. Then dip them into egg and finally into oats. Lay out the pieces on a greased baking sheet. Lightly sprinkle with olive oil and bake till golden brown and cooked through. Serve with your favourite dip.

**Directions:** Preheat oven to 400 degrees. Set up a breading station by putting the flour, in a baking dish. Whisk eggs and pour into another baking dish and sprinkle oatmeal into a 3rd baking dish. Dip the chicken pieces into the flour first, shaking off any excess. Then into the egg mixture, again shaking off the excess and finally into the oatmeal. Lay on a baking sheet and bake for 15-20 minutes, or until golden brown on the outside and cooked through.



# O2 Breathe Life

The Quarterly Newsletter from O2

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# O2 Car Rally for the Visually impaired

28th Feb, Sunday was bright & beautiful, the parking grounds at Savera looked like a 'CARNIVAL' which also had a group of pretty cheer leaders. It was a special event, the event was a Car Rally for the Visually Impaired and there was a line up of 81 drivers with their cars, who were all charged up to take all their special friends on a fun journey.

The event was called O2 Car Rally for Visually impaired was conducted in association with MMSC (Madras Motor Sports Club) & NAB (National Association for the Blind). For the NAB there was one more reason to celebrate because it was their 50th Anniversary. The rally was safe and was based on time, distance and

speed format. The main stars were the Navigators, who were visually impaired and they guided their drivers reading from Braille Charts. The Chief Guest for the morning was Actor Karthi popularly known as Paruthiveeran The Actor was happy to be a part of the special event and he won a lot of hearts.

The prize distribution later that evening had entertainment by Nethrodaya which is an Orchestra of all who are visually impaired. Writer Shivasankari gave away the prizes and also a donation to the NAB. Big FM and R.J.Dheena were very much part of the event and they were the Radio partners. There was also a live booth set up at the venue.



# Making a Difference!

The last few months @ O2 have been packed with activity! starting with our Women's day celebrations, then our Anniversary celebrations at Moggappair, going on to the Car Rally for the Visually Impaired, our cool summer offers and then our swimming camps, moving on to our junior fitness programs, workshops of the fitness and rehab forum, our ongoing fastrack weight loss schemes...all these and more keeps us all at O2 extremely busy!



My teams at all the centres do not know how time goes by...believe it or not but our Monday to Sunday whizzes past! our lives at O2 revolve around cardio machines, weights, strength training, measuring tapes, weighing scales, t shirts and sweat bands! our trainers and physios spend their time looking after the wellness of all our members who trust us with their bodies. When we pause to reflect on our jobs we realize what a huge responsibility we shoulder! What keeps us going? the thrill on the face of a lady member when she fits into clothes two sizes smaller, the confident strut of a male member who has discovered his biceps, the pain relief of those who recover from an injury and most of all the energy being exuded from healthy members! these are our rewards at the end of each day, need we ask for more?

The other day I was asked what puts a spring in my step...what gets me out of my bed every morning? It did not take me any time to reply...I look at each sunrise as a new beginning, I anticipate the difference I can make in my capacity to any area of my work, love to put a smile on someone's face and keep touching hearts along the way...and at the end of the day when I rest my head on my pillow a sense of satisfaction puts me to sleep.

With so much to be done I can only bow my head in gratitude and ask how can I drag my feet? to every disgruntled face I want to say if you can breathe you can smile!!

Till we catch up again take care and keep smiling...

Nina

## Actor Srikanth on O2



Dear Friends, there are many Gyms with good equipments, ambience etc. but what's more important is the trainers under whom you get trained and stay healthy and fit.

'O2' does just that with very good set of trainers especially the chief trainer 'Sanosta'. The trainers at O2 assist everyone with good care and interest encouraging everyone to come regularly and workout the right way. For the first time I feel guilty when I miss my workout. Clean space, good equipments, right set of trainers and perfect location makes 'O2' the Right Gym.

Best Wishes Srikanth.

## Testimonials

Hi, I'm Sridevi, and I'm 25 years old. Like most people I used to wonder if exercising could really burn those extra pounds that have been part of me for years now and had serious doubts if going to the gym would ever help me gain back my fitness. After a point when my weight reached 94kg I really had to start working out and during the course of looking for a gym I was told by my friend about O2 HEALTH STUDIO.

When I joined O2 and enrolled myself for Fast Track program, I was not confident of losing even a single kilo, but was assured that I would lose at least 10kgs in 3 months. I smiled and walked away...

Once I started my session I was very happy to have well organized trainers like Mr. Bala and Mr. Isec who guided me in my Physio training and made sure that I was doing the right thing at the right time, unlike in many other gyms where most of the time you don't get personal care & attention. Thus I give a lot of credit to Mr.Arun & Mr.Francise, who made sure that the needs of the members are taken care off at every moment.

I must mention the Physico therapists Miss Lavanya & Mr. Gracier who motivated me every day helping me to become what I am today. You will find it hard to believe, but I have shed 19 kg in 3 months, which was much more than anything I had expected myself. If you are wondering what food intake could have helped me to achieve this heights, and if it was self imposed diet restrictions or was I guided by someone then I must mention that the credits goes to Dietien Janani, who made sure that I constantly had a healthy food intake rather than starving in the name of diet.

Thus, I have rediscovered myself and all the thanks go to the O2 team.....ROCK ON!!!

Started at 94 Kgs Now at 76 Kgs



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.

# Swedish Massage

ARE U TIRED OF SEARCHING FOR REAL MESSAGES IN CHENNAI? STILL HAVEN'T RECEIVED THE REAL SWEDISH MASSAGE? DROP IN TO OUR SPAS TO ENJOY THE REAL TRADITIONAL WAY

### What is a Swedish Massage?

The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

Swedish massage was developed in the 1700's by a Swedish doctor named Per Henrik Ling.

### Purpose of Swedish Massage

The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles. Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. It stretches the ligaments and tendons keeping them supple and flexible. Swedish massage also stimulates the skin and nervous system and soothes the nerves themselves at the same time. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management. It also has many specific medical uses.

### Swedish Massage Techniques

Swedish massage techniques include: long strokes, kneading, friction, tapping, percussion, vibration, effleurage, and shaking motions. The usually sequences of techniques are:

1. **Effleurage:** Gliding strokes with the palms, thumbs and/or fingertips
2. **Petrissage:** Kneading movements with the hands, thumbs and/or fingers
3. **Friction:** Circular pressures with the palms of hands, thumbs and/or fingers
4. **Vibration:** Oscillatory movements that shake or vibrate the body
5. **Percussion:** Brisk hacking or tapping
6. **Passive and active movements:** Bending and stretching

Feel free to state your preference for pressure during Swedish massage. It can range from light to firm.

Swedish massage usually includes some deeper work on areas of specific muscle tension.

- \* Massage calms the nervous system and promotes a sense of relaxation and well being.
- \* Massage reduces tension and anxiety.
- \* Massage improves blood circulation, which delivers oxygen and nutrients to the cells.
- \* Massage stimulates the lymphatic system, which carries away the body's waste products.
- \* Massage prevents and relieve muscles cramps and spasms.
- \* Massage therapy can help with pain management in conditions such as arthritis, sciatica, muscle spasms.

Massage is not a good idea if you have a fever, infections, inflammation, osteoporosis and other medical conditions. If you have any questions about whether a massage would be right for you, please speak to your SPA Consultant.

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**K. Ganesan, MPT (Sports), Pilates Instructor, O2 Besant Nagar, is a STOTT Certified Instructor in Mat & Reformer. For further details contact Ganesan at +91-9884463520**



# The Pilates Story & Testimonials

**M**ost of us know good posture when we see it, and we are inspired by how free and strong it makes a person look, but there are so many reasons to attend to ones posture I think it is worthwhile to take a moment to get really motivated.

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.

The Pilates Methodology is based on sound scientific principles that squarely address the structural realities of the human body. Among its many benefits, it seeks to promote good posture by balancing the body and distributing the normal physical stresses of standing and moving among the appropriate bone and muscle groups.

## Lakshmi Mukund

I have been doing this program for over 2 months and overall there is major improvement in my posture and I feel much lighter. Flexibility has improved with visible inch loss.....

## Gowri Srinivasan

I am not sure what the official definition for Pilates is. I would define pilates as "deceptively simple moves to achieve a commendable level of stability and flexibility". After the first ten sessions I noticed that my posture was better and the chronic nagging pain in my lower back was missing. It's my one hour to unwind and de stress. And to me that is the edge that Pilates has over any other form of exercise.

## Jayanti Prakash

I took a break from Pilates for just 2 weeks and ended up feeling terrible - slothful, fat and ugly! Just one day into the routine and I already feel so light. All it takes is just 4 classes of Pilates to see its amazing positive effects on your body. My posture got better, and thanks to constant stretching of the spine, I not only felt taller, but think that I have actually added half to an inch to my height, no kidding! I had always been an active gym user and used to jog for kilometers at steep inclines. Unfortunately, about a year ago, I was told that I have incipient osteoarthritis of the hips. Osteoarthritis can be quite painful and I had unbearable pain occasionally. I most certainly did not want a hip replacement. I had also heard that Pilates would probably be of great help to me & have been doing for the last 7 months under Ganesan's able guidance. My hip pain is almost gone. I have reversed my incipient Osteoporosis diagnosis to just Osteopenia, which, hopefully can be dealt with firmly. My bones are getting denser. I am much more flexible than ever before. As I said before, I feel tall and so fit. Guess the icing on the cake is that my clothes fit me so well now. Is there any reason for me to stop what I am doing? Guess NOT!!

## Upasana Rajaram

Even though its only been a couple of weeks since I joined, I can already feel the difference. Pilates is something effective and everybody should try it.

## Mrs. Mallika kandaswamy

Attending the pilates classes in o2 has given me confidence in my own health. It works on all my body muscles without leaving me tired and exhausted. I feel refreshed after my session and ready to face the day ahead. I look forward to these classes. I haven't experienced this in any form of exercises so far.

More moments from

# O2 Car Rally for the Visually impaired



Participants of the car rally with the navigators ready to set out

Life is beautiful despite odds is something we realized participating in the O2 rally for the visually challenged. Our experience was not just limited to the joy of being a runner up in the novice category but we saw the blossoming of a lovely friendship we continue to share with our navigator - **Mr.Peer Mohammed**.

Thanks to the O2 team for giving us the opportunity to understand the true meaning of life & to offer people like us ways to show our responsibility towards community welfare.

We will not just talk but share & howl about this rally & ensure many more of our friends participate every year from now.

- PREETHA , BADRI , VASANTH



An elated Vasanth and his family with their navigator - Mr. Peer Mohammed



Ms.Shivasankari and Ms.Nina Reddy at Prizing Ceremony with the Navigators.

## CREDITS

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Jeffrey Vardon is Director - Group Exercise at O2. He is a dance lover who trained in Classical Ballet for 15 years. Jeffrey is a Reebok certified fitness instructor and the artistic director of the Hot Shoe Dance Company.

# Food for the "Soul"

Dance has always been and will continue to be soul food. It's something very personal-an outer interpretation of an inner feeling.

The word dance can be associated with an expression, feeling, emotion, demonstration ... it is a basic connect with your inner being and dance finds a space in everyone's life cause there are many emotions that find their own connections through expression-physical expression.

When I take a class I could pick out a romantic person though he or she is at a hip-hop session... its just your body language, your facial expression, the whole thing that captivates the dancer to form an expression in movement....dance.

As we find like-minded people forming a core group of friends, the same way you find your style of dance to call it your own-how would you know which style is yours?

You feel very comfortable, you find the moves matching your body mechanics, you enjoy that mood in the music, you generally enjoy emoting in that particular style of dance because it brings out the real you; one finds that connect with the style.

This is when you enjoy dancing and the dancer becomes the dance. You

are part of it, you are in the music, in the rhythm, in the lyrics, in the line of your soul and there is no separation. We are all so unique and want to be different and may think dance styles are limited. Well let me list out a few styles of dance and martial art forms that are now used to rhythmic motions.

Court room dancers, lancers, line dancing, barn dances, ball room styles like the foxtrot, quick step, tango, waltz, new vogue, Latin styles like cha cha, jive, Paso Doble, rumba, samba, solo styles like hip hop, jazz, Latin jazz, afro jazz other Latin styles, like meringue, salsa, Cuban. Coming onto Indian dance forms bharatnatyam, kuchi pudi, kathak, odyssey ,...a few martial art techniques like kalari and chao,... I can go on cause there are many more.

If you ask me which is my favorite? I would say rumba-also called the dance of love. I feel I can nail this style as it allows me to push my body to the fullest in movement and I find my connect with this technique. An elegant, medium paced rumba elevates my soul and gets me high on life...

# Knowing Thyself

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. Mobile: +91 98402 99329



Its always "Good To Know" isn't it? We normally pay a lot of attention to things we use in daily life and promptly forget the fact that we are the most important of all the things that come in to our life.

Ignorance is no bliss when it comes to your health be it Physical or Mental. The problem is actually worse if you do not know that you have to maintain your Physique as well the Mind. Yogis often say what you see in a person is 1% and what you don't is 99%. We all have similar bodily structures and functions but what makes us or breaks us will be our mindset. Truly speaking not many people do have an idea or understanding about their mind.

Yoga is the best form of activity for your body as well the mind in terms of benefits as well as practicality.

Yoga makes you aware of your physical parameters such as Flexibility (-the ability to bend, rotate, stretch etc..) Strength, Coordination (Balance), Endurance( the ability to sustain a given dose of physical

activity) Agility ( the ability to move your body from one position to another) and so on.

Regular practice of yoga throws light on your subtler aspects like what kind of person you are? Optimistic or Pessimistic or Neutral? Cool or Hot headed? How Focused you can be? How attentive you are? Your ability to stay connected or simply put Mentally present? Your efficiency to let go and get on? How good you are at unlearning and relearning? How good are you at communicating your mind? What sort of a team player you are? .....and so on.

In pure yoga terms as you are practicing your recommended routine of yoga regularly you will see yourself getting organized by and by. Apart from improving your physique and mindset yoga also helps you to accept yourself. This is possible through powerful self objectivisation techniques.

Go ahead! Find a yoga class that's suitable for you asap



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Exercise for the Health of It - Part 7

You Don't Have to be Hard Core to Perform

# Core Exercises

## What is your "core"?

The core is simply the middle part of your body, front and back. It consists of many different muscles that run the entire length of your trunk and torso. Core muscles act to stabilize the spine and pelvis. They also make it possible to stand erect and act as a solid foundation for movement in the extremities.

## A strong core distributes your body weight and protects the back

Abdominal muscles get most of the credit for protecting the back, and weak abdominals are usually blamed for low back pain. While the abdominals are important, it is actually weak and unbalanced core muscles that are linked to low back pain. Weak core muscles can result in a loss of the appropriate lumbar curve causing stress in the back area. Stronger, balanced core muscles help maintain appropriate posture and reduce strain on the spine. Training the muscles of the core can also correct postural imbalances that can lead to injuries in the elderly as well as in athletes.

## Core strength training improves athletic performance

The most important benefit of core training is to develop functional fitness - that is, fitness that is essential to both daily living and regular activities. However, athletes gain a tremendous benefit from core training. During competition and practice many athletes must perform powerful, rapid muscle contractions of the arms and legs. Power movements originate from the center of the body out. Before power muscular contractions can occur in the limbs, the spine must be solid and stable. It is the core muscles of the trunk and torso that stabilize the spine from the pelvis to the neck and shoulder which allows the transfer of their powerful movements. The more stable the core, the more powerful the extremities can contract.

## How do you strengthen the core muscles?

Core conditioning exercise programs need to target all core muscle groups to be effective. There are many exercises that will strengthen the core. Some inexpensive exercise equipment that will aid this training include medicine balls, stability balls, dumbbells, and balance tools such as balance boards and wobble boards. But you don't need equipment to develop core strength. Exercises that use your own body weight are very effective, including sit-ups, crunches, push-ups, squats, lunge with twist, and hip lifts. Also, exercise programs such as Pilate's and yoga are excellent ways to build core strength. Here are two basic exercises that you can add to your present workout.

## Abdominal Bracing

Bracing involves the contraction of the abdominal muscles. You can do this technique anywhere and at any time. To correctly brace, you should attempt to pull your navel back in toward your spine. This action primarily recruits the transverse abdominus muscle group. Be sure to breathe evenly while bracing.

## The Elbow Bridge Plank

Start by lying face down on the ground or exercise mat. Place your elbows and forearms underneath your chest. Prop yourself up to form a bridge using your toes and forearms. Maintain a flat back and do not allow your hips to sag towards the ground. Hold this position focusing on tightening your abs until you can no longer maintain a flat bridge. For beginners, start with 10 seconds.

**Final note:** If you are just beginning, make sure you work with your trainer to find exercises that work best for you, and to ensure that you are performing them correctly.



# The Duchess Club

www.theduchessclub.com

An action packed quarter again at the Duchess Club! Interesting meetings with celebrities, overseas trip to the beautiful New Zealand and a colorful All Women's Car Rally! The theme of the rally was "Be a Sport" and the rally saw a turnout of almost 70 teams and was sponsored by AVT.

## Way to go Ladies!



The Duchess Car Rally being flagged off by the Organizing committee and our main sponsor and well wisher Mr. Ajith Thomas



Ace squash player Joshna Chinappa along with Actor Riyaz Khan flag off the Duchess All Women's Car Rally



The Duchess Club group on the recent trip to New Zealand enjoying the vast open spaces filled with stunning rugged landscapes



The scenic mountain tops and lakes of New Zealand was a spectacular location for the members of the Duchess Club



The Duchess Club members meeting with the beautiful Zeenat Aman



**Earnest Vijay**, is Fitness Director at O2. He holds a Masters Degree in Sports Physiotherapy, from the Prestigious Guru Nanak Dev University, Amritsar & Certificate in Orthopedic Manual Therapy from Australia. He is also an ACSM certified Health Fitness Specialist.



# Fitness Injuries & Management

**W**e go to a health club or take up a physically active recreational sport to get fit and healthy, but unfortunately sometimes we get injured causing frustration, agony and pain.

First we have to understand exercising to stay physically active is like an athlete playing a sport, prone for injuries. But the good news is the positive benefits of becoming physically active outweigh the risks.

There are three types of people who get injured, one the beginners, who have been sedentary all along and suddenly want to become more active, the second type of people are weekend warriors, who exercise sparingly and the third type people are the intensity violators or abuse their system with too much of physical stress!!

The common injuries in a sports field or in a health club setting can range from external factors (ball hitting you on the shin, or dropping a dumbbell on the foot) or intrinsic factors (over use). The injury can be acute, say a sudden ankle twist. Overuse injuries are the most commonly seen ones due to repetitive trauma. The regions that are prone for injury are the neck, shoulders, elbow, wrist, back, knee and ankle, well we have almost covered all the regions of the body. Women have weak upper body strength and we should be mindful when training them. They are prone for **neck injuries**. Overhead exercises, e.g.: shoulder press, when done with too much load or wrong technique can cause a catch in the muscle or the nerves.

**Shoulder injuries** are common in men, e.g.: rotator cuff injury, with overhead press in arm fully abducted & externally rotated position, deep pectoral press

or fly. Exercises that trap your scapula or back bone can also cause shoulder injury. Poor exercise technique when executing lat pull down can be another reason. Individuals who have history of dislocation or rotator cuff injury should practice safe shoulder exercise. Technique and load is the key.

Other commonly seen injury is the medial epicondylitis or pain in the inner side of your **elbow**; this is primarily due to tight gripping of the weights. A firm grip and a change in the grip type should be emphasized. The **wrist** is also prone for strain (TFCC strain) due to wrong wrist position in upper body exercises. Even pushups become painful at wrist. Neutral wrist position is advised.

**Lower back** injuries are the other most common one. 90% of the people whether they exercise or not they get it. The strain to the lower back primarily happens because of poor inner core strength (Transverse abdominus & Multifidus muscles); poor lifting techniques, being overweight, high incline walk/running on treadmill, doing too many crunches in hope that it will reduce the tummy, wrong choice of exercises for wrong people (jack knife/Russian twists/dead lifts for people with history of back pain & beginners). When the lower back is irritated it takes a while to resume exercises without discomfort in the back, moreover it gets stuck in a corner of your brain.

Most of the injuries happen due to lack of warm up (preparation for exercise) and cool down, Muscle imbalance, lack of adequate stability and wrong execution of technique. We will see more of injuries to the lower limb, prevention & management in the next issue.

## O2 Anniversary celebrations at Moggappair





# FONDUE INAUGURATION @ THE SAVERA



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