

Towards Healthy Cooking

Grilled Tofu With vegetable Noodle salad (Serves 2)

Tofu is one of the best sources of proteins for vegetarians. It has many health benefits. Here is a healthy, tasty and filling meal for two, with tofu.

Ingredients for tofu

Tofu	200 gm
Salt, pepper to taste	
Olive oil	to brush
Sauce	
Garlic	2 tsp, minced
Few Coriander leaf roots washed well	
Ginger	1 tsp, minced
Pepper corns	½ tsp
Olive oil	2 tsp
Shallots	2 tsp, sliced
Chili flakes	½ tsp
Vegetable stock	1/3 cup
Tamarind juice	1 Tbsp
Roasted peanuts powdered coarsely	1 Tbsp,
Honey	2 tsp
Salt	to taste

Split tofu through it's thickness into two rectangular pieces. Sprinkle both sides with salt and pepper and brush lightly with

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



olive oil. Grill either in sandwich toaster or on a non stick tawa till slightly browned. To prepare the sauce, Crush garlic, coriander roots, ginger and pepper corns to a paste. Heat the oil in a small non stick fry pan. Sauté the shallots till softened. Add the crushed paste and chili flakes, fry for few seconds. Add vegetable stock and tamarind paste. Simmer for 2 minutes. Add peanut powder, honey and salt. Bring to a boil and pour over the tofu.

Noodle vegetable salad

Thin glass noodles	100 gm
Olive oil	1 tsp
Bean sprouts	½ cup
Shredded carrot	½ cup
Cucumber strips	½ cup
Apple Strips	½ cup
Salt & pepper	
Apple cider vinegar	1 Tbsp
Raisins	2 Tbsp
French mustard	2 Tbsp

Prepare the noodles as per directions on the pack. Toss with 1 tsp of olive oil. Combine the noodles with rest of the ingredients. Serve with the tofu.



O2 Breathe Life

The Quarterly Newsletter from O2

Volume 1 | Issue 5 | September 2009

*For Private Circulation. Not for Sale.

Rejuvenate your senses at Temple Tree, the all new oriental Spa on ECR.

temple tree
THE SPA

Farm House Restaurant Complex,
13/143, East Coast Road, Uthandi, Chennai - 600 119.
For appointments call : 2453 0801 or 98403 20632.
Spa timings: 10 a.m. to 8 p.m.

ACME FITNESS
THE EQUIPMENT STORE

www.acmefitness.com
1800 425 7557 (Toll Free)

GF 18, Gems Court, K N K Road, Chennai - 6.
Ph: 044 2833 0660 / 70 Email: sales@acmefitness.com

Bangalore | Mumbai | Delhi
Cochin | Pondicherry | Pune

• Treadmills • Cycles • Elliptical Cross Trainers • Home/Commercial Gyms • Accessories

GET SET TO SWEAT.

Where to find Us

O2 Health Studio - Nungambakkam
17/10, Shyam Garden, Khader Nawaz Khan road, Nungambakkam, Chennai-600006.
Phone : 91-44-42323231, 28332121
E-mail : nungambakkam@o2healthstudio.com

O2 Health Studio-Reliance
No 6, Haddows Road, Nungambakkam Chennai - 600006
Phone : 9382646330
E-mail : o2healthstudio@vsnl.net

Body Lyrics at Saverahotels
146, Dr. Radhakrishnan Salai, Chennai-600004
Phone: 91-44-28111979 Fax: 91-44-28113475
E-mail: bodylyrics@saverahotel.com

O2 Health Studio - Mogappair
No. P.C.-5, Bazaar Road, Mogappair, Chennai - 600037
Phone : 91-44-45548404, 45548636
E-mail : mogappair@o2healthstudio.com

O2 Health Studio - Velachery
No.1, 100 Feet Bypass Road Velachery, Chennai - 600042
Phone : 91-44-45493237, 45493094
E-mail : velachery@o2healthstudio.com

O2 Health Studio - Besant Nagar
E 153, 7th Cross Street, Besant Nagar, Chennai - 600 090
Phone: 044 45511670
Email-besantnagar@o2healthstudio.com

Website: www.o2healthstudio.com

Honey, I Shrunk Myself

The Honey, I Shrunk Myself (HISM) contest, an eight-week scientifically designed programme for fat loss concluded with a grand finale on 9th August 2009 at Hotel Saverah. This contest was run by the The Hindu-NXg, ACME Fitness and O2 Health Studio. The finale saw a breath-taking performance by the HISM contestants on Fitness Fusion (bollywood dance, step aerobics & yoga), followed by a ramp walk. The costumes for the finale were designed by Mr. Nadeem and team from the Institute of Design and the make over were done at The Cut Above, beauty saloon at the Hotel Saverah. Mr. Jeffery Vardon, Group Exercise Director, O2 Health Studio choreographed & compered the events of the evening. Mr. Ram, Editor in Chief, The Hindu was the chief guest and Actor Prasanna, Actress Sandhya and Mr. M. Ravi, Additional Commissioner of Police (Head Quarters) were the Guest of Honour for the event.

Mr. N. Ram, spoke about how fitness has become an important aspect of life today and how each and every one of us should take it seriously beyond the competition too. Sustaining the weight lost was as important as losing it, he said. Mr. Ramesh Raja, MD, ACME FITNESS, also reiterated the importance of being fit.

Ms. Nina Reddy, Director, O2 Health Studio, in her speech, enlightened the audience about the programme from a personal point of view and also shared some points, given by the contestants. She also said with right exercise, diet and supervision,

it could be a fun affair. She further added that a harsh reality was that parents of obese children overfed them without realising how harmful it was. Dr. Earnest Vijay, Fitness Director, O2 Health Studio, explained the procedure behind selecting the winners.

The Contest! A group of participants - shortlisted by our panel of experts underwent an exercise and diet regimen prescribed by Health Fitness specialists at O2. Their progress was periodically scrutinised by experts. The Contestants had 5 days of gym work out and a group exercise class on a Saturday. This group exercise also saw the first of its kind Aqua Aerobics at the swimming pool at Hotel Saverah by our own Jeffery Vardon, which was the highlight of the program. The other programs included Step Aerobics & Salsa by Mr. Jeffery Vardon, bollywood dance by Mr. Senthil and team, Yoga by Mr. Venkataganesh and a cycle rally from Hotel Saverah to Marina Beach. The Cycling event also saw healthy eating as a group.

The Program was tailor made to suit individual requirements in diet and fitness. Mr. Dinesh, an American College of Sports Medicine (ACSM) certified Health Fitness Specialist was in charge of the contest, carefully titrating the exercise program. There was never a sense of boredom of exercise, for the Physiotherapists, Instructors and the Nutritionists at O2 were constantly in touch with the participants to understand their needs, emotions and energy levels.

Continued on page 11...

Making a Difference!

We at O2 have organized several events over the years - But for all of us this is the most meaningful and the most satisfying. This is because we have been able to make a difference & actually see the difference in about 8 weeks. The transformation in this group has not just been physical, but has been as a whole Emotional and Psychological. For all of us it has been an eventful, fulfilling journey & has given us an insight into the world of this special group.



What makes this group special? OK - Lots of things - They are all really young poised on the threshold of life. But halted because of certain limitations. 8 weeks ago when we met for the orientation this was the scenario - Some of the group had low self esteem, looked tired & had a poor self-image!

We decided all that this group needed was a hand to hold & a heart to understand and simple techniques for a Fitter life - O2 & Acme just stepped in to do that. And the amazing transformation happened

OK. But how does the initial damage happen? I think its us parents who over feed our children not realizing that extra spoon stops being nourishment & is turning into gluttony - I'm sorry. But its terrible. But true - parents of obese kids outlive their kids - Think about it!

Ignoring facts about fat or obesity does not change facts - lets face them and guide our young right by walking our talk. Life is tough. But we are tougher right?

8 weeks later this is what we see - Energetic Youngsters. Glowing skin, Happy faces, Lots of confidence and an overall feeling of well-being & Joy!

And what are we left with? Pure Joy and a sense of satisfaction to see them get Fit & Healthy! We cannot ask for anything better.



O2 CYCLE RALLY ON 21st June 2009

Careers @ O2! O2 Health Studio a pioneer in Fitness Industry in Chennai requires young and energetic exercise professionals (Fitness Instructors, Physiotherapists and Nutritionists) who are willing to make a difference to people. We are also looking at Pleasant looking dynamic front desk executives and Sales Executives. Email us at admin@o2healthstudio.com with your photograph and resume. We are recruiting!

August 2009 Contents

3 " EXERCISE FOR THE HEALTH OF IT"

4 PILATES, Gateway to Core Stability

5 WORKSTATION STRETCHES

6 FOOT REFLEXOLOGY

7 COMMON MYTHS ABOUT YOGA - Part 2

8 MAMA MIA!

9 O2 MOGAPPAIR TURNS 1 YEAR

10 THE DUCHESS CLUB EVENTS

11 HISM - THE WINNERS

12 TOWARDS HEALTHY COOKING

C R E D I T S

Published and Edited By:

O2 Health Studio

17/10, Shyam Garden,

Khader Nawaz Khan Road,

Nungambakkam, Chennai-600006.

www.o2healthstudio.com

Design and Execution: Oliver Stephenson

www.oliverstephenson.com

Printed at: Sidma Press Pvt. Ltd.

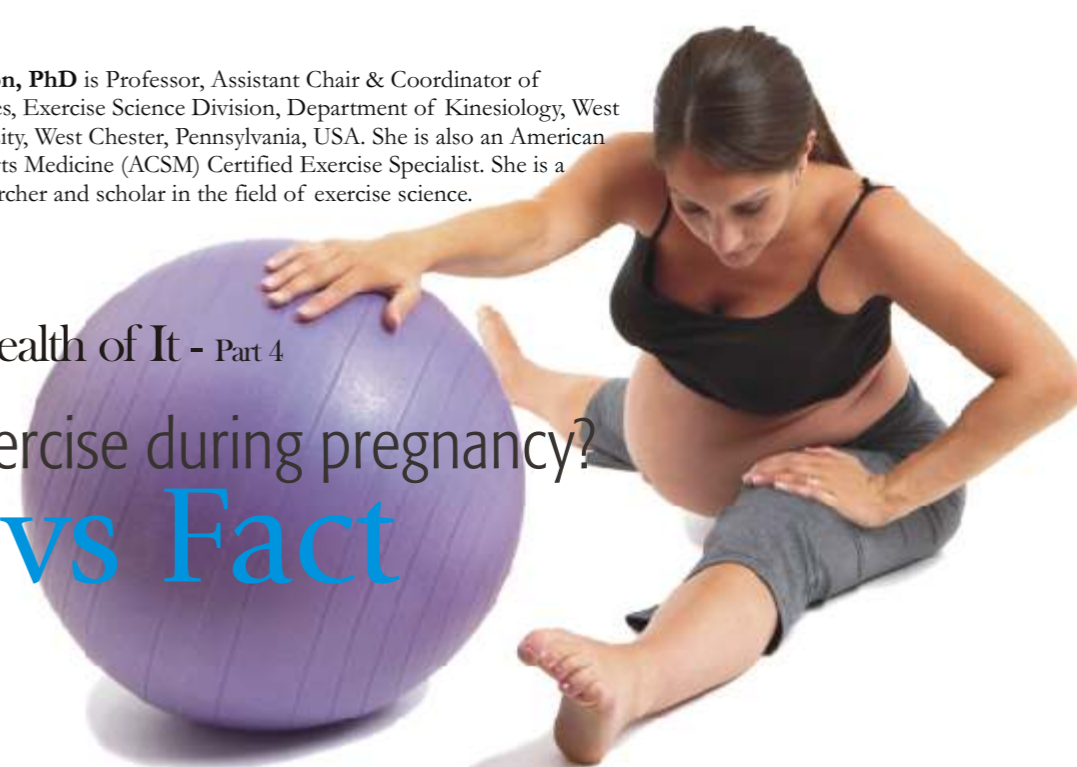
Disclaimer: All information contained in this presented for informational purposes only. Nothing contained in this issue is to be used as a substitute for seeking professional medical advice, diagnosis, treatment and care. Please consult your own physician or appropriate health care provider about the applicability of any opinions with respect to your own symptoms or medical conditions. We do not endorse, recommend or approve any products or medications or any other information provided/ referred herein. We take no responsibility as to the accuracy of statements. We rely on independent writers and reader responses to present us with ideas and informational material.



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

Exercise for the Health of It - Part 4

Is it safe to exercise during pregnancy? Myth vs Fact



It was not long ago that women were told to cut down and even avoid exercise when they were pregnant. The main concern was focused on the foetus rather than the mother, and it was thought that any potential maternal benefit from exercise would be offset by potential risks to the foetus. It was also believed that exercise may induce a miscarriage or premature delivery. We've since learned that proper exercise does not increase your risk for miscarriage or premature delivery, and moreover, can have a positive impact on both mom and baby. But myths surrounding pregnancy and exercise still abound leaving women confused and ill-advised.

The truth is that if you have been following a regular exercise program prior to your pregnancy, you will be able to maintain the program throughout your pregnancy (see below for medical exceptions). If you are just beginning an exercise program, start out slowly—your body will respond. The training effects of a regular exercise program during pregnancy have special added benefits for the mother-to-be. They include improvement of posture, stress relief, decreasing common discomforts such as backaches and fatigue, and increased stamina needed for labor and delivery. A good exercise program may also help prevent gestational diabetes (diabetes that develops during pregnancy) if you are prone to it.

Following the **FITT** principle, your exercise prescription during pregnancy includes:

Frequency: Most days of the week

Intensity: Moderate; listen to your body; your exertion level can be "somewhat hard" to "hard" but without undue fatigue

Type: Most exercises are safe to perform during pregnancy, including swimming, walking, stationary cycling, stair-stepping, elliptical machines, weight-training, yoga, and low-impact exercise classes such as yoga and pilates taught by certified instructors. Other sports activities such as jogging/running, tennis and racquetball are generally safe and can be done in moderation, especially if you were doing them before your pregnancy. But remember, your body's center of gravity changes, especially later in pregnancy, and this affects balance which may, in

turn, affect the precision and efficiency of rapid movements. Flexibility exercises may be performed but for the most part are not needed since the body's joints are more lax in pregnancy.

Time: Experts agree that 30 minutes per session is an adequate training stimulus.

These are some common-sense tips to help you:

- Wear comfortable exercise clothing and footwear that gives strong ankle and arch support
- Drink plenty of fluids during exercise Avoid exercise in extremely hot weather
- Avoid unstable terrain when running or cycling to limit risk of falling
- Avoid contact sports or any exercise that may cause even mild abdominal trauma Avoid lifting weights that would strain the lower back muscles During the second and third trimesters, avoid exercise that involves lying flat on your back (this decreases blood flow to the womb)
- Stop exercise and contact your doctor if you have any of the following warning signs: vaginal bleeding, fluid leaking from the vagina, uterine contractions or decreased fetal movement, muscle weakness, headache, chest pain, calf swelling or pain, increased shortness of breath, dizziness or feeling faint (according to the American College of Obstetricians and Gynecologists).

Of course, consult with your health care provider before you start any exercise program. Some women will not be able to exercise during pregnancy because of specific conditions or complications. Be sure to talk to your physician about your exercise plan and ask if there are any precautions that may pertain to your individual situation. Your health care provider can also give you personal exercise guidelines, based on your medical history.

Maintaining a regular exercise routine throughout your pregnancy can help you stay healthy and feel your best.

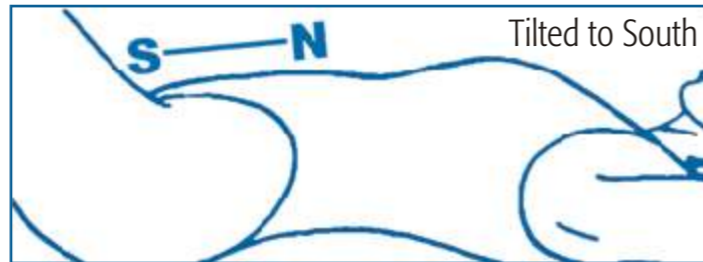
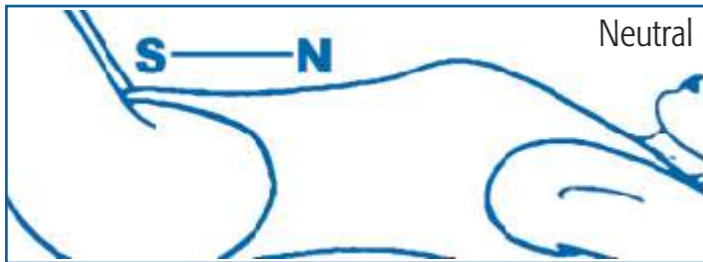
Pilates...

Gateway to Core Stability

K. Ganesan, MPT (Sports), Manager, O2 Besant Nagar, is a STOTT Certified Instructor in Mat & Reformer. For further details contact **Ganesan** at +91-90947 9192



Finding Neutral Spine Position :-



This simple test of challenging your ability to move your limbs whilst maintaining the set up will demonstrate to you the subtlety of the action. Use the neutral set up as the start and finish of a movement throughout the activity you will ensure the deep abdominals remain engaged so that all abdominal exercises are effective.

INTELLIGENT EXERCISE. PROFOUND RESULT. – STOTT PILATES

- Lie on your back with your knees bent and feet hip width apart.
- Place your hands on top of your pelvis, just below your waist to feel the flattening of the pelvis
- Soften your knees and roll your pelvis forward and towards the floor
- Now slowly roll your pelvis backward dropping your tailbone to the floor
- Notice the range of movement that you have in each direction, it may be that you have a larger "tilt" to either the front or the back, this is quite common.
- Find the place where your pelvis is half way between the two extremes
- Pay attention to the "feel" of this position

This is your neutral lumbar spine today. It is necessary to note that this position may alter as you change your movement patterns with exercise or if you begin to add any kind of repetitive behavior to your normal routine. This could be work related, a new hobby or sport.

Stability of your neutral pelvis

- Lay on your back on a mat or towel with your knees bent and feet hip width apart.
- Find your neutral pelvis as mentioned above.
- Exhale and gently draw your naval inward
- Try to maintain this alignment with a gentle contraction whilst you slide your right foot along the ground, with your foot always in contact with the floor
- Only slide your foot as far forward as you can maintain the neutral spine, inhale as you slide your leg down & exhale as you bring it back. Repeat the movement up to 5 times on the right foot, then change to the left.

THE MEAL IDEAL IS BACK
22nd June 09 onwards
COME AS 2 & pay for 2
3 & pay for 3
Min. - Pk for lunch only

Amazingly Exaggerated
The all new buffet @ The Piano
Kebabs, grills, seafood, Pan-Asian cuisine, pasta counters, barbecue, chaats and much more for you to relish.
Also devour the delectable spread of low cal desserts, salads, flavoured yogurts & ice creams. Open for Lunch & Dinner.
Box (exaggerated) appetite!

The Piano
The Buffet Restaurant
The Severa, 146, Dr. Radhakrishnan Salai, Chennai - 600 004. Ph: 28114700 (Extn.) 1939.

Earnest Vijay is Fitness Director at O2. He is a Specialist in Sports Physiotherapy and Fitness. He is an ACSM Certified Health Fitness Specialist.



Workstation Stretches

Repetitive motion injury, which is quite common in software professionals can minimize the chance of getting one if they follow the right posture guidelines, use ergonomically designed workstation and do these few stretches in their work place. Do these stretches 3-4 times during the day. Remember not to overstretch, go only to the point of mild discomfort. However if you are already having pain or discomfort in your neck, back or arms, it would be better to consult a physiotherapist before you resume your exercise.

Also it would help the circulation in your legs and reduce the strain in the back and neck if you can just get up from your chair and walk around for a few minutes, every hour. Haven't you seen those cats stretch themselves after a sleep! We will talk about the different types of aerobic activities and how to pick the right one for you in the next issue.



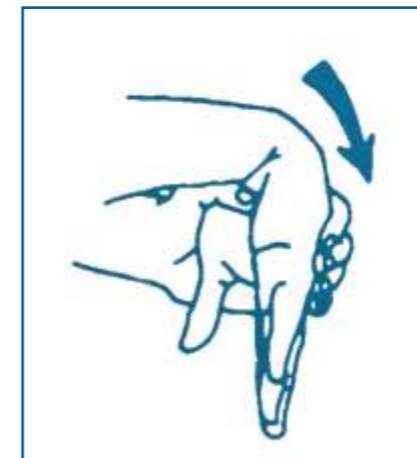
Ex No: 1 Side bend your ear toward your shoulder and hold 10 seconds. Repeat in the opposite direction



Ex. No: 2 Put your hands behind your neck then sit up as straight as you can moving the tips of your elbows back behind you and gently pinch your shoulder blades together. Hold 5 seconds and repeat 2 more times.



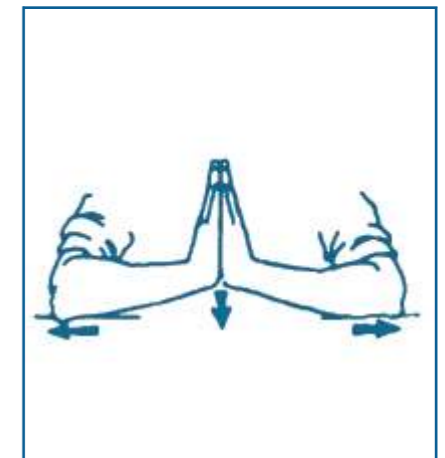
Ex No: 3 Elevate your shoulder blades up, then pinch them back and then down in a circular motion. Repeat 4 more times



Ex.No:4 Straighten your arm out in front of you with your palm facing the ground. Gently grasp the back of your hand with the other and bend the hand down as illustrated to obtain a stretch in the forearm. Hold 30 seconds and repeat one time.



Ex No:5 Stand up. Clasp your hands together behind your back then raise them up away from your bottom until you experience a gentle stretch. Repeat two more times



Ex. No: 6 Place your hands together with the palms touching each other. Keeping the palms in full contact with each other the entire time, move your hands down/elbows apart to obtain a stretch in the forearms, wrists and hands. Hold 30 seconds and repeat one time.

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.



Tired feet? Poor circulation? Feeling unbalanced? introducing ...

Foot Reflexology

This is becoming a fast favourite! Your feet support your entire body weight throughout the day and having 7,200 nerves endings with the feet. Think of the relief you can experience from an entire hour of massage done on your knees, lower legs, and feet

The journey of a thousand places begins with a step.

When the Thai's met Chinese reflexology they softened the technique making it more pleasurable with a wide variety of "sabaai" relaxing techniques to off set the "jep" deeper techniques of the Chinese approach. The result is a blend of Chinese Reflexology, Thai acupressure points and "Sen Line" work along with wonderfully stimulating and relaxing hand techniques.

The Thai Medicine "energy lines" know as Sen run though out the entire body with specific points ending at the feet and hands. The obstruction of this flow of energy is thought to be the cause of discomfort or illness in a person and the techniques of Thai Foot Massage are thought to stimulate and open these channels. During a typical Thai Foot reflexology session our Therapists will apply a special aroma Therapy creams and use a variety of hands-on techniques including graceful two handed palm movements, stretches, circular massage movements and thumb pressure along with the use of a wooden tool for: acupressure points on the bottom of the foot that correspond to body organs and stimulation of energy lines in the feet that travel up through the entire body, Clients leave the session feeling relaxed, balanced and invigorated.

Thai foot massage can help in the elimination of waste products from the body, insomnia, improve the flow of blood and the lymphatic system, and leave the client invigorated. When the foot is touched, or any part of the skin, receptors send messages to the brain, which causes the release of chemicals. These chemicals produce a sense of relaxation and wellbeing and can also relieve pain.

Thai Foot Reflexology is performed with clothed on inclinable professional Chairs by female and male therapists, holding international diplomas

The Benefits of Foot Reflexology Massage

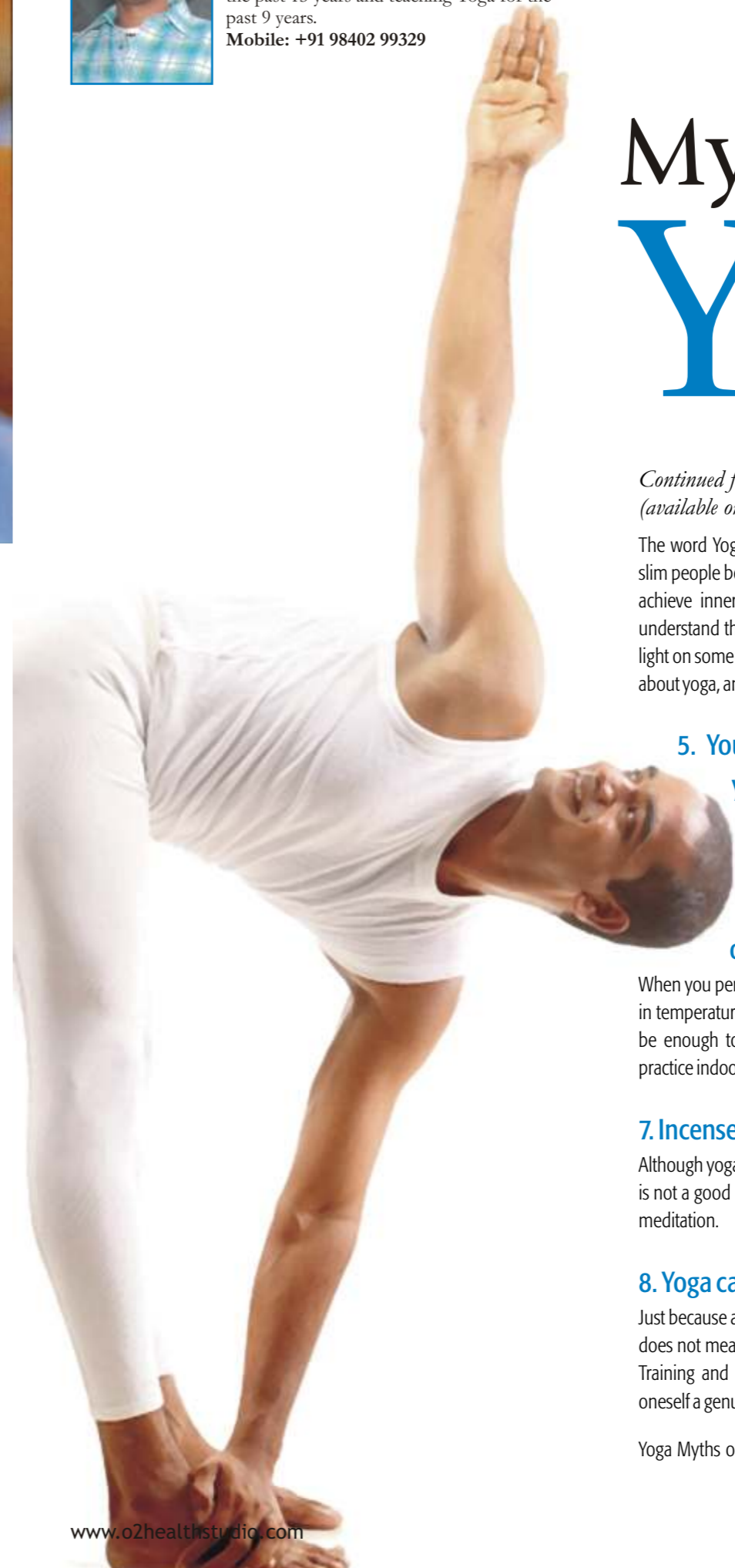
1. It can relieve pain and stiffness caused by too much exercising or using muscle for too long.
2. It can help prevent and cure many symptoms such as headache, stress, asthma, constipation, sinusitis and migraine.
3. The blood circulation system will be boosted.
4. The body's function will be naturally turned into its homeostasis.
5. Its keeps your organs healthy

You can also try our Deep Tissue Massage, 10 Sen lines traditional Thai Massage, Swedish Massage, Ayurveda Kalari Massage, Chin-e-tsang massage, Lomi Lomi Hawaiian Massage, Balinese Massage and Hot stone Massage at our Spas at Savera, Temple tree - the Spa at ECR and all the O2 Health Studios.

For appointments call Abdul at +91-98403 20632 or Spa at Hotel Savera at +91-44-2811 4700 Extn: 312 and also at any of the O2 Health Studio branches and TEMPLE TREE - the Spa at ECR, Uthandi.



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



Common Myths about Yoga

Continued from previous issue (available on www.o2healthstudio.com/articles)...

The word Yoga evokes images of tranquil scenes, colourful Yoga Mats and slim people bending and curling their fit bodies into complicated positions to achieve inner peace and serenity amidst the bustle of everyday life. To understand the truth behind the practice, one must delve deeper and shed light on some Yoga Myths. Here is a brief survey of the most common myths about yoga, and a look at what yoga is really all about.

5. You have to be extremely agile to practice yoga.

Actually people who are a bit stiff also do gain more benefits from Yoga.

6. It is good to practice yoga postures out of doors.

When you perform yoga properly your body becomes very sensitive to shifts in temperature. If you practice outside your house even a slight breeze may be enough to make you uncomfortable or even catch cold. It is best to practice indoors.

7. Incense should be burned when practicing yoga.

Although yoga comes from India, and so does much of the world's incense, it is not a good idea to burn incense while performing yoga postures or doing meditation.

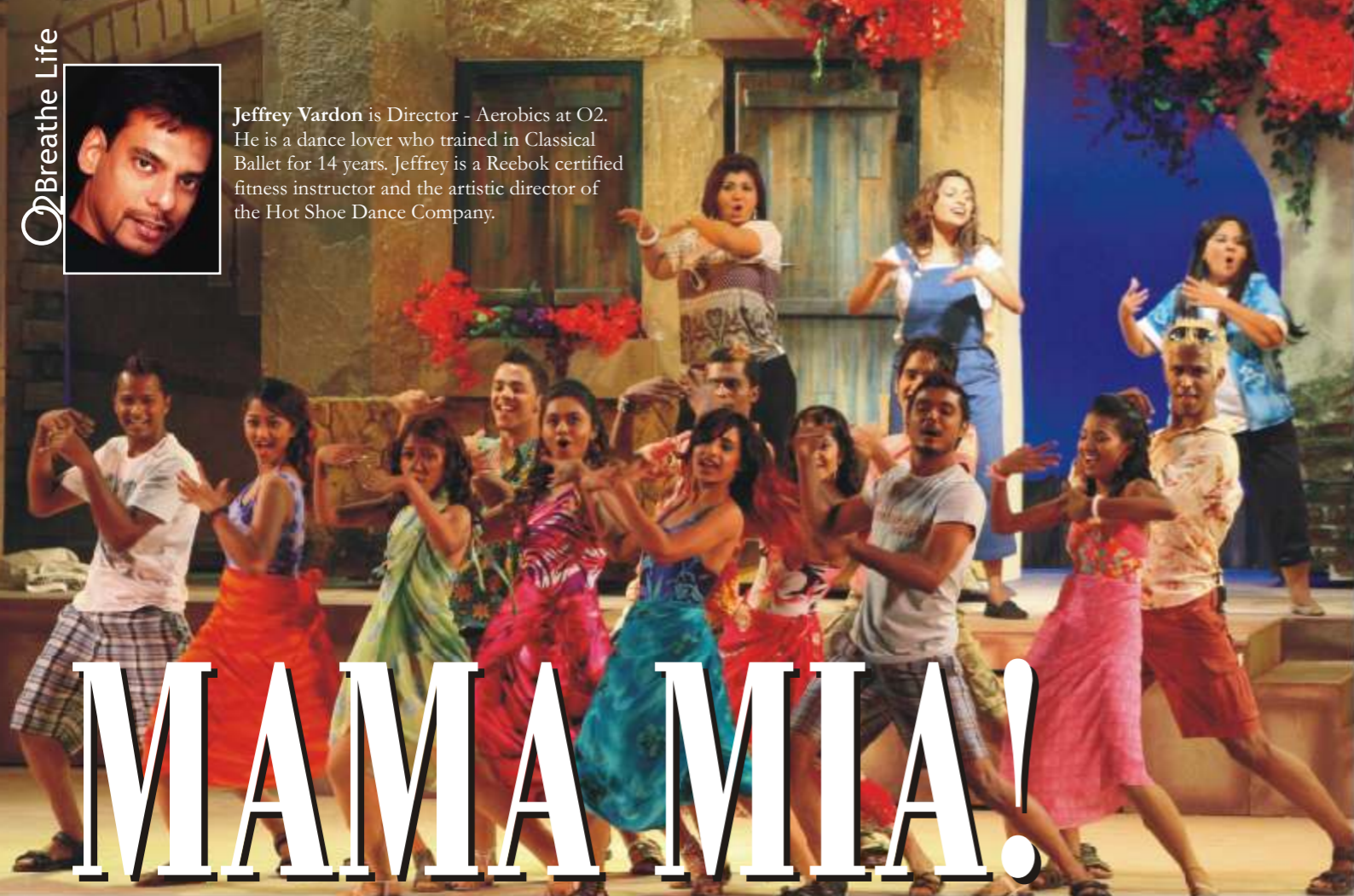
8. Yoga can be taught by anyone.

Just because a person can bend like a piece of licorice or perform Yoga Poses does not mean that it automatically gives him or her the right to teach Yoga. Training and practice for several years are necessary before one can call oneself a genuine Yoga teacher.

Yoga Myths or mistaken beliefs can lead you away from what is true about



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



MAMMA MIA!

Has the Mamma Mia! bug caught you? It has definitely caught the Hot Shoe Dance Company and the buzz has been on in Chennai for quite sometime!

The smash hit musical was staged by the Hot Shoe Dance Company at the Music Academy (a 1700 seater) on the 4th and 5th July '09 and the who's who of Chennai were there to flag off the premier. Mamma Mia! CHOREOGRAPHED AND VISUALIZED BY JEFFERY VARDON, DIRECTED BY MITHRAN DEVANESEN, MUSIC DIRECTED BY TIMOTHY MADHUKAR AND PRODUCED BY VARALAKSHMI SARATHKUMAR, Mamma Mia! surely lived up to Chennai's high expectations and many who saw the show said it lived up to its original Westend production by Judy Cramer.

The cast was hand picked from the many who attended the auditions. The star cast included Swapna Abraham playing Donna in the lead role who wooed the audience in to giving her a welcome with every entry of hers on stage... Her rendition of the "Winner Takes It All" brought tears to many an eye. "It would be unfair to say I had favourite spots in the musical because I saw my own dream unfold - one song seemed better than the other and our receptive audience wound around that; We had various pockets of seats in the auditorium vacant on

different songs as people found their way to the aisles, dancing and waving their hands singing out their favourite ABBA songs", says Jeffery who also danced a show stopper with Varalakshmi.

The other two Dynamos were Poppy Deviyani and Deepa Nambiar, the three dad's Nikhil Rolla, Naveen Balachandran, and Arjun Thomas who sang in perfect unison in "S.O.S" and the romantic "When all is said and done". Sofie was played by Kavita Chandradhas who danced beautifully while singing with Sky played by Siddarth Hande. Pepper was played by the Hot Shoe Dance Company's very own Cassius Leon who looked simply hot and stole the moments he was on. Mohamed Yusuf played a drunken priest and got the audience in splits of laughter on his one-liners. The dances choreographed were excellently executed and their energy, infectious!

Mamma Mia! had a box office sellout on all three shows at Chennai- Standing room only! Truly a family entertainer, Mamma Mia! saw three generations singing to and enjoying the kaleidoscopic experience the show had to offer.

This mega production was sold out at Hyderabad and Bangalore too. Plans are on to go international later in the year!



Events

O2 Mogappair turns One! on 30th March and what a blast it was! This was a celebration with a difference..The management was just asked to sit back and the members took over the responsibility and ownership for the entertainment that evening.

Actor Aditya arrived on the dot of 6 p.m. at the health studio and impressed everyone with his punctuality and personality. The chief guest seemed visibly impressed with the ambience and the



Actor Aditya at O2 Mogappair



Ms.Chennai Participants at the O2 Anniversary.



Tv Actor Shyam & Play back singer Priyadarshini.

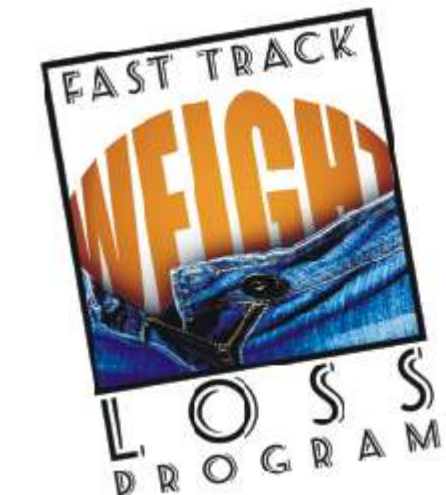
energetic members at the studio. What followed was the distribution of awards for regular members and winners in different fitness competitions conducted by the management. The delicious cake was cut ceremoniously by the chief guest and the management. What followed after that was a total riot!

The studio seems to be full of talented members! The entertainment had singers, dancers, a magician and mimicry artist. The evening was further enhanced by the presence of the well-groomed Miss Chennai and Chennai Man finalists. The celebrations ended with a sumptuous high tea. The success of the event was possible because of the bonding of the members and their trainers. And what lingered on was an air of positivity. Congratulations to the Mogappair team on a job well done!

Walk into O2 Mogappair today to check out the newly launched fast track weight loss program!! Call Mr.Paranthaman at 9094791925 to know more about the offer. Breathe Life!




O2 members at the anniversary with Ms.Nina Reddy




**Join the Fast track Weight Loss Program and
Shed upto 8kgs in just 2 months
if not get your money back !**

> Based on ACSM principle > Scientifically proven methods



O2 HEALTH STUDIO
Gym - Aerobics - Dance - Yoga



BODY LYRICS
FITNESS & BEHAVIOR STUDIO

<p>Mogappair No.10 - S. Bazaar Road (Next to MVM Hospital) Ph: 4554 8404</p>	<p>Nungambakkam 1710, Shyam Garden, Khaier Nawaz Khan Road. Ph: 4233 3231</p>	<p>Velachery 1, 100 Feet Bypass Road, Above Kalugai Restaurant. Ph: 4549 3237</p>
<p>Mylapore Kavara Street, 146, Dr Radha Kishran Sbt. Ph: 2811979</p>		

enquiry@o2healthstudio.com | www.o2healthstudio.com

For more info call: 90947 91925

The All Women's Duchess Car Rally sponsored by JK Tyres on August 2nd 2009 was a grand success! This was the eighth rally conducted by the Duchess Club and the theme was friendship.

The event was colorful and saw good participation of more than 70 cars with around 300 women taking part. The event boasted of fun and saw the winners walkaway with lots of prizes.



Celebs at the Flag off - Actress Radhika, Anu Hasan, Actor Prashanth, Director Vasanth, ACE Formula Racer Karun Chandhok



All having fun!



Walter Semkiew - speaker at Duchess meeting on "Reincarnation".



J.K. Tyres, Duchess All Women Car Rally - The Organisers.



Dressed to the theme of Friendship.



Participants of Car Rally



Gita Madhavan and Dr. Prithika Charry - speakers at monthly Duchess meeting on "Survival strategies in a terrorist attack".

Continued from page 1... Honey, I Shrunk Myself

The team of nutritionists were ably guided and supported by Ms. Chandri Bhatt and Ms. Nina Reddy, throughout the program. And for once, the biggest loser was the winner; exciting prizes from ACME Fitness & O2 were won by those who managed to shed maximum fat. Mr. Prabhuraj, who managed to shed 6.3% body fat & Ms. Swathi Sujir, who managed to shed 5.90% body fat in just eight weeks were declared the winner of HISM 09. Mr. Rajesh and Ms. Vidya Vishwanath were the Runner Up.

Other participants were sure that being fit was a feeling they wanted to have for the rest of their lives and fitting into old jeans was a high, added Bhargav, who had also lost 14 Kgs!

It was a moment of celebration for the winners who walked away with a gift voucher worth Rs. 25,000 each from ACME Fitness and an annual membership at O2 Health Studio. The runners-up received a gift voucher worth Rs. 15,000 from ACME Fitness and a half-yearly membership at O2 Health Studio, while all the other contestants received gift vouchers worth Rs. 5,000 from ACME Fitness and a quarterly membership from O2 Health Studio.

And though the competition may have ended, we can be sure that the obsession for fitness has just begun...

Honey I Shrunk Myself - The Winners

On a happy high!



I'm really proud to have been a part of the "Honey, I Shrunk Myself" contest and I am feeling on top of the world now after having been declared a winner. This is a really amazing contest that helps us to stay fit and healthy, and I thank everyone who worked behind for this contest.

As I spend a lot of time in front of the computer, traveling by bike and no work outs, I started putting on weight. I read about this contest in the The Hindu NXg and applied. Previously I used to have a doubt if I could do the work outs but now I have realized that I can. Every week, when I see my weight reducing, my confidence level increases. Those eight weeks were my golden days. My old clothes fit me perfectly now and I look and feel great too. My friends and parents are so happy for me. Now workouts have become my passion, and I am very sure that I will never quit working out. I am the happiest girl in the world right now. - **Swathi Sujir, Winner HISM**

Unforgettable experience



During the eight weeks, I enjoyed a lot more than what I expected earlier, especially on Saturdays when we had different programmes like aerobics, aqua aerobics, yoga, dance... It was very nice and useful in helping us maintain our weight.

I not only lost weight through this but it also helped bring out my talent by way of dance and yoga that I performed on stage during the event.

I was really excited when the winner was announced and am sure this not be end, but a beginning to maintaining my weight. Obviously, this has been an unforgettable experience in my life. Through this event I got new friend and I enjoyed with them during the workout. I want to thank the O2 Health Studio, ACME Fitness and The Hindu NXg. - **Prabhu Raj V, Winner HISM**

A Home away from Home



A homely atmosphere of peace and tranquility where everything is taken care of and everything is close at hand. Flamingo offers a choice of spacious, fully furnished and well located apartments for you to relax and enjoy all the comforts of your home away from home.

For More info call : 097899 28408.



Block no. 112 & 113, 4th Avenue, Shanti Colony, Anna nagar, (Near Sundaram Medical Foundation), Chennai - 40.

Ph: 2619 4700. E-mail: chennai@flamingoinnsindia.com

Creative: 1007