



- COVER STORY
- EDITOR'S NOTE
- PUBLISHER'S PAGE
- OC BUSINESS**
- TECH
- REAL ESTATE
- RETAIL
- E-COMMERCE
- LEISURE
- TICKER**
- WOMEN
- HOT READ
- BIZ BITES
- THE EDGE
- ENTREPRENEUR
- WORKSPACE
- MOVERS & SHAKERS
- LIGHTBULB MOMENT
- LETTERS
- IN BOX
- AN EARFUL
- GET IT
- UNPLUGGED**
- SEE / BUY / DO
- LIVE & MOVE
- TRAVEL / CLICK
- FILM / DRIVE

## UNPLUGGED

### LIVE & MOVE

[FILM](#) - [DO-CALENDAR](#) - [LIVE & MOVE](#) - [BUY](#) - [TRAVEL](#) - [CLICK](#) - [DRIVE](#)  
**JANUARY 17, 2008**

### LIVE

#### ONI – delivering health to your home

Take the guesswork out of your weight loss and nutrition goals with the help of Optimal Nutrition, Inc.

ONI specializes in the preparation and delivery of customized organic meals designed and portioned for each individual client, taking into account basal metabolic rate (BMR), body fat, activity level, weight and nutrition goals.

ONI delivers nationally, and its customers include pro athletes, fitness trainers and titans of industry. However, Orange County accounts for a staggering 80% of its client base, indicating THAT OC residents know what they want and what their bodies need.

ONI's nutrition team, headed by Nick Shinton, a renowned chef, is committed to using only the freshest, locally grown and raised, certified organic ingredients, combined to create optimally delicious, nutritious and healthy meals that come right to your door. **OCM**

### MOVE

#### Take 4 for fitness

Gil Yurly, an OC personal trainer and fitness expert, gives these steps to ramp up your fitness resolutions:

**[1] Better nutrition:** Eat 4 to 6 small, quality meals to control caloric intake and optimize your metabolism.

**[2] Cardiovascular training:** This will strengthen your heart, improve circulation, burn fat and raise endorphin and serotonin levels.

**[3] Resistance training:** You will build bone density and increase lean muscle mass for more efficient fat burning.

**[4] Take action:** Commit to get moving!

A professional can help get you started. Gil and Laurel at Holy Spirit Gym ([holyspiritgym.com](http://holyspiritgym.com)) will help set you on a fitness path to health and wellness. **OCM**

THE HOT 25 OF OC 2007

live green

CLICK HERE FOR EVENT VIDEO & PHOTOS

RESOURCE DIRECTORY

**B2B**

- [BANKS & YOUR BUSINESS](#)
- [BUSINESS SERVICES](#)
- [EDUCATION & CAREERS](#)
- [SPECIAL EVENTS/CATERING](#)
- [WOMEN IN BUSINESS](#)
- [GIFT GUIDE FROM OUR ADVERTISERS](#)

**YOUR LIFE**

- [HEALTH DIRECTORIES](#)
- [NEIGHBORHOODS](#)

**VIDEO: Architect Daniel Gehman of Irvine-based TCA**

[Click Here](#)