

BB CENTRUM



03  
2016

review

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Successful in the contest Zlatý středník

Healthy  
Fats Have  
Their Place  
In Your  
Diet

Jindřiška  
Součková:

Empathy and  
Diplomacy Are  
The Best Parts  
Of Working  
In HR

Decluttering  
Your Desk  
And Your  
Mind



# SHOPS AND SERVICES AT BB CENTRUM



BB CENTRUM

Where Business  
Comes to Life

## RESTAURANTS

- 1 Ristorante Pizzeria Grosseto
- 2 Express Sandwich
- 3 Baifu – sushi bar
- 4 Maranatha – vegetarian restaurant
- 5 Mango – Chinese restaurant
- 6 Kiindi – Thai restaurant
- 7 Dhaba Beas – Indian restaurant
- 8 PuzzleSalads
- 9 PuzzlePasta
- 10 Unique Original – Czech restaurant
- 11 Ugo – fresh & salad bar
- 12 GTH – canteen
- 13 GTH – canteen
- 14 Honest Food – canteen
- 15 Momento – canteen
- 16 Momento – canteen
- 17 Perfect Canteen – canteen

## SHOPS

- 1 Delor/Louis Purple – tailoring
- 2 dm drogerie – drugstore
- 3 Albert – supermarket
- 4 JK Jitka Kudlackova Jewels
- 5 Sommellerie – wine, coffee, delicatessen
- 6 O2 Store
- 7 Maranatha – health foods
- 8 Don Pealo – newsstand
- 9 Nivosport – sportswear
- 10 Bianco & Rosso – Italian delicatessen
- 11 GolfProfi Store Praha – golf accessories
- 12 Romantika Florist
- 13 Romantika Florist
- 14 Novus Optik
- 15 Teta – drugstore

## CAFÉS

- 1 O2 HUB Café
- 2 Cupucino
- 3 Costa Coffee
- 4 Hájek & Hájková confectioner's
- 5 Kafe kafe kafe

## SERVICES

- 1 Česká pošta/Czech POINT – post office
- 2 Automyčka Brumlovka – car wash
- 3 Bomton – hair and beauty centre
- 4 We Hate Ironing – dry cleaning
- 5 Radka Chvalova Nail Studio
- 6 Moje bublinky – kid's corner
- 7 Adams Barbershop

## BANKING

- 1 UniCredit Bank
- 2 MONETA Money Bank

Cashpoint  
 FILADELFIE Building (UniCredit Bank)  
 Building B (MONETA Money Bank)  
 BETA Building (ČSOB)

## SPORT / RELAXATION

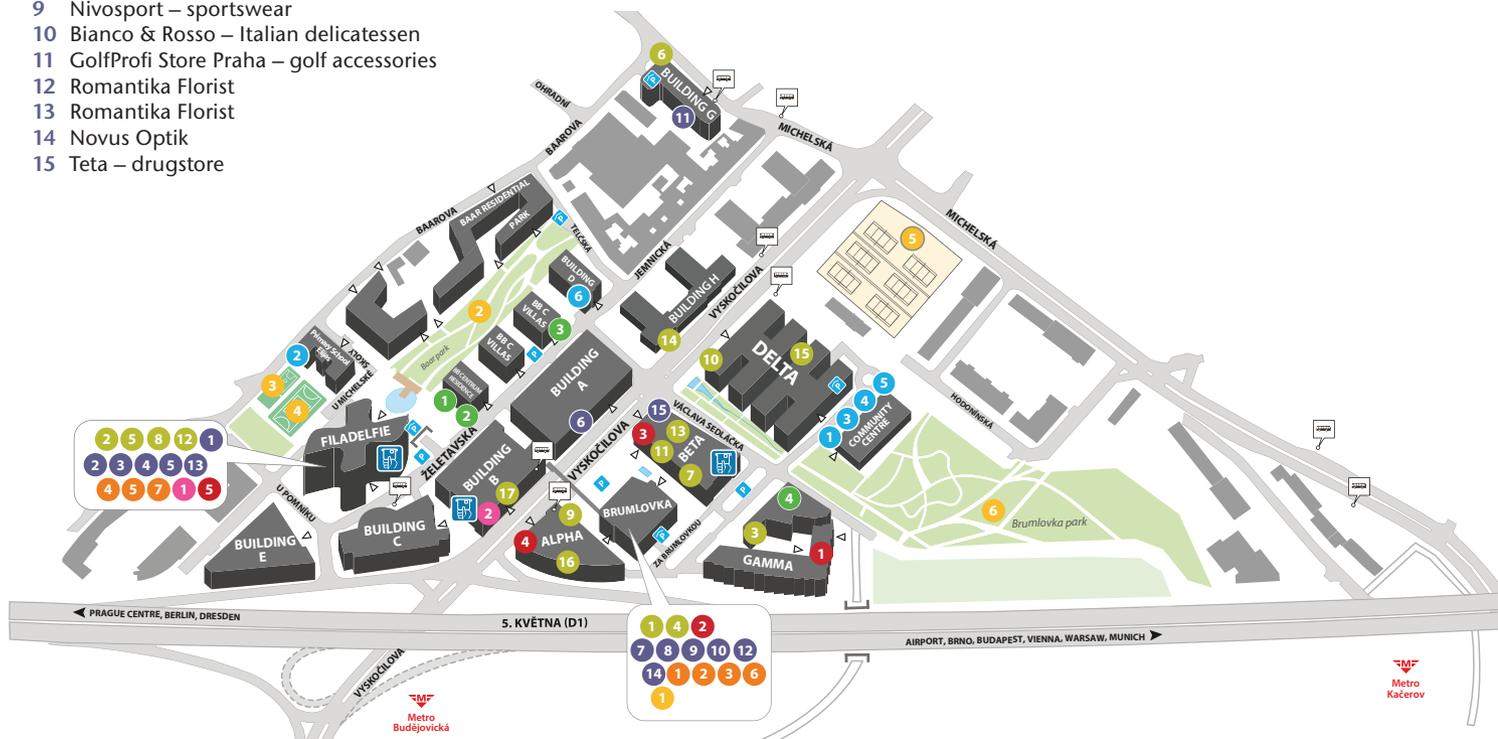
- 1 Balance Club Brumlovka – fitness and wellness
- 2 Baar park
- 3 Children's playground
- 4 Multifunctional sports court
- 5 Tennis courts
- 6 Brumlovka Park

## HEALTH SERVICES

- 1 Urosanté – urology and andrology centre
- 2 BB Centrum pharmacy
- 3 TeamPrevent-Santé – private medical clinic
- 4 MUDr. Denis Krupka – dentist, dental hygienist

## EDUCATION

- 1 Elijáš Christian Nursery School
- 2 Elijáš Christian Primary School
- 3 Bible Study Lessons
- 4 Bethany Community centre
- 5 Morning Devotionals
- 6 NeuroLeadership Group – education, coaching





# Dear Readers,

Have you ever thought about how much you can accomplish in one day? We have. We reflected on everything you can do in one day at BB Centrum and a new campaign was born - "One Place, One Day". In this issue we bring you some ideas on how to spend your day to the fullest, whether you're a man or a woman. Radim Passer says that he himself never needs to leave BB Centrum all day. In our exclusive interview with him, you'll also find out how PASSERINVEST GROUP is buying back buildings at BB Centrum (Buildings A and B are the most recent).

And as usual, we've summed up the important happenings at BB Centrum. A quick overview: it's been one year since the night patrol started; an evening with Jaroslav Dušek in late November; in addition to salads at PuzzleSalads, you can now put together your own pasta dishes at the new PuzzlePasta. Read more about how Hewlett Packard Enterprise has settled into their new home at DELTA in our interview with Country HR Manager Jindřiška Součková. And don't forget our tips for a healthy lifestyle.

We're delighted that our "family" of tenants at BB Centrum keeps expanding, and with it our readership. We hope you enjoy this issue.

**Kristýna Samková,**  
Editor-in-Chief  
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BB Centrum  
Facebook page

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# Radim Passer: For the sake of our tenants, it's worth it for us to invest in non-profit projects

In our last interview two years ago, he spoke enthusiastically about his faith in God, his recipe for success, as well as future plans for BB Centrum. What has changed over the past two years and how does his original inventory of ideas and life look? We sat down once again with one of the leading Czech developers and PASSERINVEST GROUP founder Radim Passer.

# WHERE BUSINESS COMES TO LIFE



- ❶ BB Centrum holds many activities for the public, such as Children's Day
- ❷ Have you read everything at home already? Exchange your books for new ones at the BookBooth
- ❸ The new Brumlovka Park and playground
- ❹ Traditional concert in Baar Park



❶ In our last interview for BB Centrum Review, you spoke about some bold plans. The new DELTA Building is up, Brumlovka Park and its playground are open. How are your other plans going after nearly two years?

We're moving forward, thanks to God. Each stage has its own property rights issues and approval processes, including rezoning. It's a never-ending run on a long track...

Let's be a little more specific. You spoke, for example, about building a hotel.

Yes, that's still planned. We received a favourable opinion from the EIA, which examines the impact of buildings on the environment, and we've moved on to the next approval phases leading to the commencement of construction. During the design phase, we've worked hard to opti-

mise construction costs. At this time, it looks like we'll start building it in autumn 2017. The hotel will have 13 floors with approximately 140 rooms and a conference centre for over 300 guests. It will be located at the corner of Vyskočilova and Želetavská Streets.

**What actually led you to the idea of building a hotel?**

We consider a hotel and conference centre to be an important and missing service at BB Centrum. It should add value to the entire business centre. On the other hand, for us, unfortunately, it's a non-profit investment - the entire project will block hundreds of millions of crowns for many decades.

**What else have you accomplished?**

For example, we have two new SOR electrobuses that run regularly along the BB1 and BB2 routes between BB

Centrum and the Budějovická metro station. During the first six months of this year, they drove over 23,000 km and carried over 300,000 passengers. They are the first electrobuses in regular service in Prague's public transportation system, and are free of charge to passengers. The project is a joint initiative of PASSERINVEST GROUP, ČEZ Group, and ARRIVA transportation. The goal is to reduce environmental impact as well as make people's commutes more pleasant.

Other details are important as well. At BB Centrum, for example, the BookBooths work perfectly - there's one at Baar Park and another in Brumlovka Park. In May of this year we took part in the OPENHOUSE architecture festival, and over the course of a weekend we opened up some of our buildings to the public. We were very pleasantly surprised by the public interest - over 2,000 fans of modern architecture

visited BB Centrum. And there are other activities, such as the Kinobus, our traditional June concert in Baar Park, Children's Day...

**Recently, the media have written that PASSERINVEST GROUP is buying back buildings in BB Centrum that were previously sold to investors. What is your current strategy? Why have you decided to buy back properties?**

Three years ago, the company management decided that the focus of attention of our financial and human resource capacities will be on BB Centrum. There were many reasons for this. Above all, we genuinely want to successfully finish the complex and invest into services that will continue to make tenants happy. We can also see that fragmented ownership cannot guarantee that the buildings will function at the highest standard. This



is one of primary reasons why we decided to buy back properties. To date, we've bought back four buildings and are getting ready to purchase a fifth. Then four buildings will remain to buy back, and we hope that we'll succeed with that in the coming years. Concentrated ownership will only serve to benefit the entire complex and ensure its prestige. And furthermore, this is a safe investment from our perspective.

**What will you do with the buildings that you buy back?**

After making the purchase, it's important for us to upgrade the properties

to ensure they conform to the Grade A standard for office buildings. The ALPHA project has already undergone revitalisation, as well as parts of BETA. And now Building A is next up – starting in February 2017, both the inside and outside of the building will be modernised. Of course, revitalisation goes hand in hand with new retail services for tenants.

**The most recently completed building is DELTA. Are you satisfied with its occupancy? How are the occupancy rates in BB Centrum in general?**

I can say with great pleasure that we are gaining clients. DELTA is fully oc-

cupied, and Building G is as well, with the exception of one retail unit. BETA and ALPHA are both filling up well after a long-term marked vacancy rate. It makes me happy. Services here are also increasing. DELTA may look rather ordinary, but it offers spectacular surroundings, rooftop terraces. No other building in Prague can compare from this point of view.

**PASSERINVEST GROUP will soon celebrate the 25th anniversary of its founding. Are you planning a special celebration at BB Centrum?**

Of course. Tenants can look forward to it. I'm very happy that BB Centrum is

a place where we can have these kinds of celebrations. We don't need to look elsewhere for a place to hold a dignified celebration of our anniversary. I believe that God will bring us good weather for it, which we will certainly pray for.

**The slogan for BB Centrum's new campaign (as well as one of the themes for this issue) is ONE PLACE, ONE DAY (or what can be done in one day at BB Centrum). How does your day at BB Centrum look? Which of the wide range of services here do you take advantage of?**

I use a variety of services at BB Centrum. It's great – people don't need to



- 5 DELTA Building
- 6 Green wall in the ALPHA Building
- 7 Electrobusse have transported over 300,000 passengers in 6 months
- 8 The popular Day in Motion at Balance Club Brumlovka



leave BB Centrum at all during the week to get things done. They live here, exercise here, eat in all the various restaurants, wash their car, send their clothes to the cleaners, buy everything they need, from groceries to drugstore items, there's a pharmacy, a primary school and kindergarten, medical services, and more. BB Centrum is certainly not a full-service city with everything one needs, but I'm grateful to God that we're getting close.

**How is Radim Passer the person doing? Which of your personal accomplishments do you value the most?**

My greatest accomplishment in life is that I have come to know our Lord Jesus Christ. At the end, every individual life will be judged according to a single criteria - if they will or will not be a part of God's Kingdom. If I will be there through the grace of God, then my life has had purpose. And if not, then I have lived in vain, no matter what I have achieved in this worldly life.

**How do your business plans complement your faith in God?**

They absolutely complement it. If faith is real, these things must be in complete symbiosis. God is the Lord of my life in all areas - at work, at home, in service, and in everything else.

**You like to travel. Has it ever happened that you've run across something during your travels that you liked so much that you wanted to try to do something similar at BB Centrum?**

I don't think I travel all that much, but when I do, I try to keep my eyes open and notice things. And if I find something interesting that could be used at BB Centrum, I'm interested in implementing it in cooperation with my colleagues. There are many inspiring places. For urban developers like us, places

like Canary Wharf in London is one such place, although I'm not sure to what extent residential space is part of that project. We want to increase the percentage of residential space at BB Centrum in the future. Of the 250,000 m<sup>2</sup> of rentable space, only about 8% is residential space, and we'd like to at least double that.

**What is the driving force behind Radim Passer? One of the founders of Google, Larry Page, said that if money had been the thing that motivated him, he'd have been lying on the beach a long time ago. So what is your motivation?**

The knowledge that I belong to God. I am only the caretaker of the gift and endowment that my loving God has temporarily lent me. And as caretaker, my task is to be faithful. This is why now and in the future I will work to serve my Lord Jesus Christ. My work is iconic for me, it is incredibly fun and fulfilling. God created man to work six days and rest one day. Therefore at the end of the week of Creation, God gave man the shabbat - Saturday. And as many others, I am living proof of the fact that it is possible, figuratively speaking, to recharge your physical and spiritual batteries in such a way that one can, with God's help, man-

age everything over and over again in a pleasant state of mind.

**Have you seen any changes in Czech society over the past two years? Have you reassessed your decision to remain apolitical?**

I have not reassessed it, and I hope I never do. The changes are visible - not only in the Czech Republic, but around the world. The conditions for life in our "first" world have become and are becoming worse. People are increasingly concerned about what will happen. On the other hand, I believe that each of us has the freedom to choose between good and evil. None of us can change the entire world, but each of us can influence the world immediately around us. And the more people try to change this "microworld" for the better, the more it will reflect in society in general. Society is made up of people and their characters.

**You published your third book this year. What is it about? And will you continue to write?**

The book is a sequel to the second volume and ends in 2009. At the end of the book, it isn't clear where my personal life is headed, so I actually need to write the fourth book. And there I'd really like to stop. ;-) ∞

*Klara's Day at BB Centrum*

Monday, December 19, 2016



7.00

8.00

9.00

9.30 - 11.00:  
Presentation at **BETHANY CC**  
- find electrobus departures  
from Budějovicka!

10.00

11.00

- 11.15: Take books to the BookBooth at Brumlovka Park
- 11.30: Lunch w/ Bára - Maranatha or Kiindi? Give Bára key back from locker
- 12.30: Send emails regarding project with Klára - Baar Park is ideal, get coffee from Kafe Kafe Kafe (buy bears as well)
- 13.30: Pool - Balance Club Brumlovka - arrange training with trainer!

14.00

15.00 Hairdresser - Bomton - cut and colour

Finally!!!

16.00 dm drugstore, Albert - buy puff pastry!

16.30: Novus Optik - pick up glasses, 16.45: Make dentist appointment

17.00 Cleaners - pick up Kamil's suit at **FILADELFIE**

17.15: JK Jewelry Kudláčková - buy gift for Mom - bracelet or pendant?

18.00 17.45: Buy food for evening - Sommellerie - cheese, salami, olives, prosciutto, pesto

18.00: Pick up cake at Hájek

19.00 Mom arrives

... make it myself, we've got basil

20.00 19.30: Party starts  
at 19.45

21.00

22.00



Mom's birthday



David's workday at BB Centrum

Monday, December 19, 2016



Poznámky

Arrange meeting with sales department.  
Call Veronika first.

7.00

Misha to Elijaš Kindergarten  
- don't forget plushie!

8.15 Car to carwash - Automýčka Brumlovka  
8.30 Tennis with Karel - courts by DELTA,  
take shoes

8.00

9.30

Coffee at Costa Coffee

10.00

10-13.00

11.00

12.00

Office - organise invoices,  
call Simon, arrange meeting  
for next week

13.00

13.30 Working lunch with Mirek - BAIFU SUSHI BAR - order sushi to go

14.00

14.30 LOUIS PURPLE - try on suit - will it be done before the ball?

15.00

15.15  
Bank -  
important!

15.30 - 16.00 Skype with England

16.00

16.15 Albert - list from Petra, bring Mom a carton of milk  
16.30 - Flowers for Petra - Romantika Florist - no carnations!

17.00

Pick up Misha, until 18.00 on the playground

18.00

19.00 Everyone home for dinner!

20.00

Já, Mattoni on CT1

21.00

Evening

Resolve second  
kid's room with Petra  
Where to buy furniture?  
Blue? Pink? :-)

23.00

24.00



# BB Centrum Modernisation Continues

○ The goal of PASSERINVEST GROUP is to be not just a developer, but also a long-term investor in the BB Centrum complex. Following its purchases of ALPHA (bought back in 2014) and BETA (bought back in 2015), they've acquired two new office buildings for their portfolio. The newly-acquired buildings, Buildings A and B, located along Vyskočilova Street, are awaiting extensive modernisation. Their future new tenants can offer their employees the best conditions for work and relaxation. Work on Building A will begin in February 2017.

*"Our vision is to maintain the highest quality standards in our leased spaces in all buildings at BB Centrum and to produce an interesting product for long-term investors in particular, as well as to create a vibrant, functional city district with all its attributes,"* said Radim Passer, Chairman of the Board and founder of PASSERINVEST GROUP, a.s. ○○



- Building B
- Building A's current appearance...
- ...and how it will look after modernisation

## DID YOU KNOW?

Building A was constructed in 2002 as the third building completed at BB Centrum. The project was designed by architects Martin Krupauer and Jiří Strátecký of Atelier 8000. The general contractor was PSJ, a.s. Of special interest are its inner atrium as well as the glass "shield" across the south facade, which protects the offices from noise and heat loss.

Its sister, Building B, built in 1999, was one of the first finished projects at BB Centrum. The Building B project came from the drawing boards of Aulík Fišer Architects. The general contractor was also PSJ, a.s. Currently the headquarters of MONETA Money Bank, Building B is very flexible and user-friendly.

# Night Patrols Pay Off



Since September of last year, tenants and those living near BB Centrum may have encountered our two-man night patrols every evening from 7 p.m. to 7 a.m. They ensure safety and quiet in the area bounded by Baarova, Michelská, and 5. května Streets.

Over the past year, the patrol has experienced a number of situations, most of which were resolved on the spot. The most common situations involve homeless people looking for a place to sleep or making a mess around trash cans, or intoxicated people disturbing the peace. The patrols also often deal with attempted vehicle theft in the parking lots as well as irresponsible behaviour on the part of pet owners who let their dogs run freely.

The patrols are based in the Autoservis K+K ("Mr Kacmáček") and can be reached by phone at 241 404 956. The patrol is not intended to replace local or state police – their function is primarily preventative. oo



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ENERGY SERVICE COMPANY

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## Balance Club Brumlovka and Day in Motion

Without any doubt, Balance Club Brumlovka fitness and wellness centre is among the top clubs with similar facilities. It's a membership-based club, but the doors are always open to new guests. They're welcome, for example, at the Day in Motion, which traditionally offers lots of fun and popular fitness classes.

Balance Club Brumlovka's facilities include a large fitness centre and cardio zone, rooms for group exercise classes, a pool, and a relaxation zone with lounge chairs, including a solarium, massages, and rehabilitation. During the first week of October, everyone who wanted to get a good workout had a great time in this multifunctional space, as did those who wanted to stretch out and relax. The schedule also included yoga, spinning, and strength training such as TRX, Deep Work, and Gunning. The exercises took place even in the water. A hydrobike and other equipment were available. Fans of tough workouts enjoyed exercise classes inspired by NTC elite athletes. The new FunkyFit dance lessons were introduced, which combine dance with strength training and stretching for a complete, balanced exercise session. Balance Club Brumlovka also organised a motivational programme for all visitors. Every participant could take home an Instagram photo as a souvenir.

**TIP:** The next Sports Day will take place in April 2017. For more information, check our Facebook or the Club's website. oo

## Charity Benefit with JAROSLAV DUŠEK

The last day of November was one of fun as well as good deeds. BB Centrum welcomed film and theatre actor Jaroslav Dušek, long-term patron of the Adventor civic association, which supports children affected by autism. The entire evening was hosted by Jitka Kudláčková Mlynářčík, Czech jewelry designer and founder of the JK Jewels jewelry company. In addition to stories about the world of autism, there were also performances by the brilliant young pianist Denise Szalbota, who has Asperger's syndrome, and talented songwriter Radek Čihák. Both performers helped create an unforgettable atmosphere. The BETHANY Community Centre was bursting at the seams and Adventor received donations totalling nearly CZK 60,000. oo



# Empathy and Diplomacy – The Best Parts of Working in HR

Another fresh tenant in the newest and greenest building at BB Centrum is Hewlett Packard Enterprise, which completed the final phase of their move this September. We spoke with HPE Country HR Manager Jindřiška Součková about the new office and how she juggles working full time with being the mother of a two year old.



**○ You moved from another location at BB Centrum to the new DELTA Building. What prompted the move?**

There were a number of reasons. Our company had grown and the space in Building C was no longer sufficient for our needs. We also wanted to consolidate our Rudná and Vinohrady operations. Global HPE was considering creating activity centres for various businesses such as our current Inside Sales Hub, which offers business services throughout central and eastern Europe, the Middle East and parts of northern Africa. Prague was chosen as one of the strategic locations. In addition, our lease was ending, so even then we were beginning to look around for new options.

In the end, BB Centrum was the best choice not only financially, but also in terms of processes and services, as well as practically and logistically.

During the first phase, our Vinohrady operations moved to the DELTA Building in June 2015. During the second phase, the Hub moved, and finally our operations from Building C, which was the largest migration, of about 800 employees. That large move took place this past September, so everything's still quite new.

**Did the fact that HP split into two independent companies, HP Inc. and HP Enterprise, at the end of 2015 have any influence on your decision to move?**

It had nothing to do with the division of the company - the plan to move emerged much earlier than the division was formally announced. The goal of the split was to create two independent companies that were more flexible and more responsive to market needs. HP Inc. focuses on per-

DELTA has been a pleasant surprise for us in all respects.



sonal computers and printers, while Hewlett Packard Enterprise focuses on hardware, software, and enterprise services.

It was essential to separate the two companies into two truly separate business entities, which we were successfully able to do in the DELTA Building.

Over the next year, two more divisions will take place.

**Why the DELTA Building?**

Seen from both the current and future points of view, we fit perfectly into the space in DELTA. After the division, we don't have to think about strict separation within one floor, we don't have to build any walls. The two companies are located on separate floors, and the following ones will be separated very similarly. But it was more coincidence than intent, because when we were considering the move to DELTA, nobody knew about the planned division.

In addition, DELTA has pleasantly surprised us in many other ways. We truly appreciate everything about it, from the efficient elevators to the lightness of the space. The building's H-shape ensures that there is natural daylight throughout. All the desks are situated around the outer walls where the light is. We don't have to break up the natural workspace with cubicles. Another big change we've noticed is in the air quality and the ability to regulate the air conditioning and heating.

And DELTA sits in lovely surroundings. You look out into greenery, there are lots of water features, terraces.

**Did HPE's new work environment change in any way according to the latest workplace trends and demands? Are your new offices extraordinary in any way?**

From a purely working point of view, our current offices offer more informal working spaces, such as easy chairs, "boxes", and bar stools where smaller teams meet over common projects. I guess the biggest "new thing" as regards workstations are the height-adjustable desks which allow employees to set the desk height to whatever suits them, from a sitting position to a standing position. Also new are the game room and relax room, and we kept our favorite table football. And moving enabled us to solve a problem we encountered in the old building - more large conference rooms.

HPE offers job flexibility in the form of the option to work from home. I think that's a huge benefit.



△ Jindřiška Součková with her family

On the ground floor, we built a kind of semi-informal space with a conference room as well as a multifunctional space. Today, business meetings take place there, as well as yoga classes and massages which we offer to our employees.

**You're currently HPE's Country HR Manager and have worked in HR since 2004. What do you like about your work?**

Yes, I've worked most of my career in HR. And I truly enjoy my work. It's primarily about people and with people. I love communication, if there's always something going on. My own personal approach is to try to help people and put myself into their shoes, but also find a solution that's in the best interests of the company. When I was at university, I was enthralled with the various theories of human resource management and how they are later put into practice, often changing them completely. What I like about my work is that no two people are the same, so the same issue always has a different solution. And I also enjoy the combination of empathy and diplomacy, which is essential in HR.

**What are the current trends in human resources management? Have you seen any shifts over the course of your career?**

Approaches to human resource management are definitely changing. They are affected by market trends. In the Czech Republic, HPE currently focuses quite a bit on young people. We try to understand the so-called "millennials" - we know that young people make significant contributions to the overall success of the company. We take advantage of this with our "Young Guns" programme, in which senior management assign real projects to be solved by colleagues - recent graduates who've joined the company. The first sign of these new mentoring trends that have made their way here is "reverse mentoring", in which millennials mentor, in our case, regional management. An-

other trend that's keeping us on our toes in HR in particular is the transformation of our Inside Sales Hub from a primarily Czech branch into a branch that's largely international. Suddenly, the only communication language is English, interculturality has become paramount along with everything associated with it. We're learning to align our corporate culture with various other cultures. It's a big change. Thanks to our international hub, about a fifth of our people come from other cultures, and these people often don't have any experience at all with the local environment.

**What do you like best about BB Centrum? What services do you take advantage of the most?**

I think that I use pretty much every service there is here. I buy groceries, health food products, I go to the post office and to the drugstore. There's a dentist here, a pharmacy, etc. I really appreciate the extensive network of services. I started working at BB Centrum back in 2005, and after 3.5 years, when I began working for HP, I came back. The changes that had taken place during that time in the complex and the services offered were truly enormous. There's no need to go anywhere else, which our foreign staff in particular appreciate.

Before my daughter was born, I went to Balance Club Brumlovka regularly. I fondly remember how my husband and I enjoyed weekends at BB Centrum. I'll never forget the Sunday afternoons we spent in the pool, the sauna, and on the terrace. And we went swimming three times a week. I look forward to my daughter being a little bit bigger, so we can get back into that habit again.

**You work full time and have a small child as well. How do you make it work?**

I've resigned myself to the fact that I simply don't have time for anything else. I made a deal with myself, so I spend all my free time with my daughter, who just turned two this past spring. I do my best to adapt to her schedule, so most of my free time is spent with her on the playground or just in our yard. Do I feel bad that I work full time with such a small child? No, I don't, but I know there are many people who condemn similarly-minded moms.

Even before my daughter was born, I knew that if it was at all possible, I'd want to go back to work early. My husband completely supported my decision. I've adjusted my priorities. Together we created a new model of a functional family - I outsourced most tasks so that I could truly spend all my free time with my daughter. And I daresay that in comparison with mothers on maternity leave it's not that much less time when you take into consideration that they also spend time with household chores, shopping, etc. But it only works if the whole family is on board. And furthermore, HPE is very open to mothers in similar situations. They offer job flexibility in the form of the option to work from home. I think that's a huge benefit, even if I don't use it much in my own work. oo

# PuzzlePasta: Now you can assemble your own pasta in addition to salads

Do you love food? Do you like PuzzleSalad's concept of playing with ingredients, putting them together like a puzzle depending on your wishes, your taste, and mood? Then we've got good news for you. Just recently, a branch of PuzzlePasta opened in the ALPHA Building, which, in addition to the traditional selection from the original PuzzleSalads bistro, offers fresh pasta prepared right before your eyes

○ The guidelines for preparing food in the new bistro haven't changed: always fresh, tasty, hand-made, seasonal, local, quick, and healthy. Dishes may not be boring - they need to be exciting and make sense every day. PuzzlePasta is still expanding their selection. The foundation is pasta that everyone can put together according to their own taste, tweaking their food down to the last detail. Choose your pasta, one of the tasty sauces, and add on whatever other ingredients look good. It's simple!

In the regular menu, you'll find a total of eleven items. Here you'll find classic Italian recipes such as aglio, olio e peperoncino, alla carbonara with aged guanca, or alla Bolognese with a sauce that's been slow cooked for six hours. Other interesting pasta dishes are also on offer, made with high quality ingredients such as excellent prosciutto and sundried tomatoes, or with turkey breast and broccoli. Those who like seafood will love pasta with salmon (in a zucchini sauce), shrimp, or even fresh squid, served with black linguini and oven-caramelised cherry tomatoes sprinkled with parsley, which not only tastes great, but looks great as well!

To ensure you get every day off on the right foot, you need to start with a good breakfast. That's true at PuzzlePasta as well. Stop by for a high-

quality, nutritious breakfast every weekday from 8:00 to 10:00 a.m. Have a tender omelet or scrambled eggs with chives, and add other ingredients depending on what you're in the mood for. Or let the wide selection of seasonal kolache, coffee cakes, buns, and other homemade delicacies tempt you. You'll also find muesli or rice pudding made with coconut milk. *"In my opinion, we've created an ideal spot for morning meetings, working breakfasts, and brunch. Thanks to the way the space is designed, even*

*larger groups can sit comfortably, making their morning meetings - accompanied by delicious espresso, eggs to order, or perhaps homemade blueberry pie - quite a pleasant experience,"* said Stanislav Štrobl, owner of the PuzzleSalads and PuzzlePasta bistros.

Bon appetit! ☺



**puzzlepasta**

**PuzzlePasta**  
 ALPHA Building  
 Opening hours: Mo-Fr 8:00 a.m. to 7:00 p.m.  
[www.puzzlesalads.cz](http://www.puzzlesalads.cz)  
[facebook.com/puzzlesalads](https://facebook.com/puzzlesalads)

# The Spirit of Sport Arrives With PUMA at the BETA Building

PUMA is a world leader in the design, development, sales, and marketing of sports footwear, clothing, and accessories. Over the course of its 65-plus years of existence, PUMA has created a successful tradition of designing and producing fast products for the fastest athletes on the planet. The PUMA Group owns the PUMA, Cobra Golf, Dobotex, and Brandon brands.



Jan Sochor, CEO for Eastern Europe

○ PUMA offers lifestyle products inspired by sport with an emphasis on performance in categories such as football, running, fitness, golf, and motorsports. One of sport's biggest icons, Usain Bolt, cooperates with PUMA. The fastest man on earth trains in PUMA IGNITE shoes, which help maximize energy output and overall training results. This year, PUMA signed a deal with Petr Čech, who wears evoPOWER gloves and football cleats. Tomáš Rosický and Václav Kadlec also enjoy a long-term relationship with the brand. PUMA is also an official sponsor of the Czech football team.

Thanks to exciting collaborations with renowned designer labels such as Dee & Ricky, Careaux, Trapstar, and

Mihara Yasuhiro, PUMA brings innovative, trendy design to the world of sports. Fans of Rihanna's music and fashion have closely followed the imaginative ideas of Fenty PUMA By Rihanna's creative director. Her Spring/Summer 2017 collection combines inspirations from the 18th century and the era of Louis XVI with modern street style. Recently, PUMA has begun collaborating with well-known Canadian singer The Weeknd. Locally, PUMA works with the band Kryštof.

PUMA's current campaign, entitled "DO YOU", is aimed at raising self-confidence in women throughout the world. The face of the campaign is well-known model, actress, and activist Cara Delevingne. With the cam-



paign, PUMA wants to encourage women to be self-confident, motivated, and uncompromising. The campaign is supported by local brand ambassador Nikol Švantnerová, blogger Tereza In Oslo, and DJ IM CYBER.

PUMA distributes its products in more than 120 countries throughout the world, employing over 10,000 people. The company is headquartered in the German town of Herzogenaurach. According to Jan Sochor, CEO for Eastern Europe, the company chose BB Centrum as its new Czech headquarters for a number of reasons. *"Just as we strive to create PUMA collections that are colorful and energetic, our new work environment is also full of life, offering our employees a plethora of benefits thanks to its great location, excellent transportation access, and the services and amenities right here at BB Centrum. Another important factor for me is the fact that PASSERINVEST GROUP is a guarantee of professional and client-friendly negotiations, as I had the chance to experience throughout the entire period, from the first meeting until the day we moved in,"* said Sochor. ○○



PUMA  
BETA Building  
Vyskočilova 1481/4, 140 00, Prague 4  
[www.puma.com](http://www.puma.com)

# Did you miss the lectures on the topic “Jesus – Your Hope”? Listen to them online!

From mid-October to the first week of November, attendees had the opportunity to hear a series of lectures by Radim Passer in the BETHANY Community Centre on the topic “Jesus – Your Hope”. For those who were unable to attend the lectures in person, video recordings of the lectures are now available in Czech online at [www.tvanadeje.cz](http://www.tvanadeje.cz).

This series of 27 lectures presents diverse topics from the Bible – that which Christians believe is a message from God to mankind. The Bible, which is truly not a book in the traditional sense of the word, but rather a collection of books, was set down in writing by divinely inspired authors of varying social status and education over the course of approximately 1,600 years. Yet a deeper examination reveals that the texts, considered to be a divine



Starting in November 2016, the BETHANY Community Centre invites everyone to regular Bible study sessions that take place every Tuesday and Wednesday at 6:00 p.m., as well as Wednesdays at 9:30 a.m. The Bible study takes place in a friendly, open atmosphere in a group of 5-12 people. Together, the group searches for relevant biblical texts relating to a particular topic, which helps them create their own opinion on the topic. Each lesson lasts approximately 60 minutes. The topics discussed include: the origins of evil, the problem and influence of sin, knowing God, the personality of Jesus Christ, what is faith, the origins of the Bible and its credibility, how and why to pray, the purpose and mission of the church, and more.

For more information, see [www.tvanadeje.cz](http://www.tvanadeje.cz) or on the website of the BETHANY Community Centre [www.spolecenskecentrum.cz](http://www.spolecenskecentrum.cz). If you have any questions, you can also contact the pastor, Pavel Šimek, at [p.simek@volny.cz](mailto:p.simek@volny.cz).



The BETHANY Community Centre was built at the BB Centrum complex through a partnership between PASSERINVEST GROUP, a.s. and Maranatha z.s. The Centre serves not only a spiritual function, but also offers rentals of conference rooms and hall as well as high-quality technical equipment. More at [www.spolecenskecentrum.cz](http://www.spolecenskecentrum.cz).

message for mankind, do not contradict each other; in fact they complement each other. In addition they cover a wide range of topics that are very relevant even today.

So what listeners can look forward to? The lectures, recorded at the BETHANY Community Centre, present a biblical perspective on timeless questions: life after death, the presence of evil in the world, the future of our world, the existence of reliable prophecies and their importance, the credibility of the Bible, the importance of the Ten Commandments, and more. Attendees today are especially interested in topics relating to the principles of a healthy lifestyle, to the financial side of human existence, or, for example, the role of the USA in biblical prophecy.

One of the lectures presents the life story and deep spiritual experiences of Radim Passer, the founder of PASSERINVEST GROUP, a.s. and the Maranatha Christian association. ○○

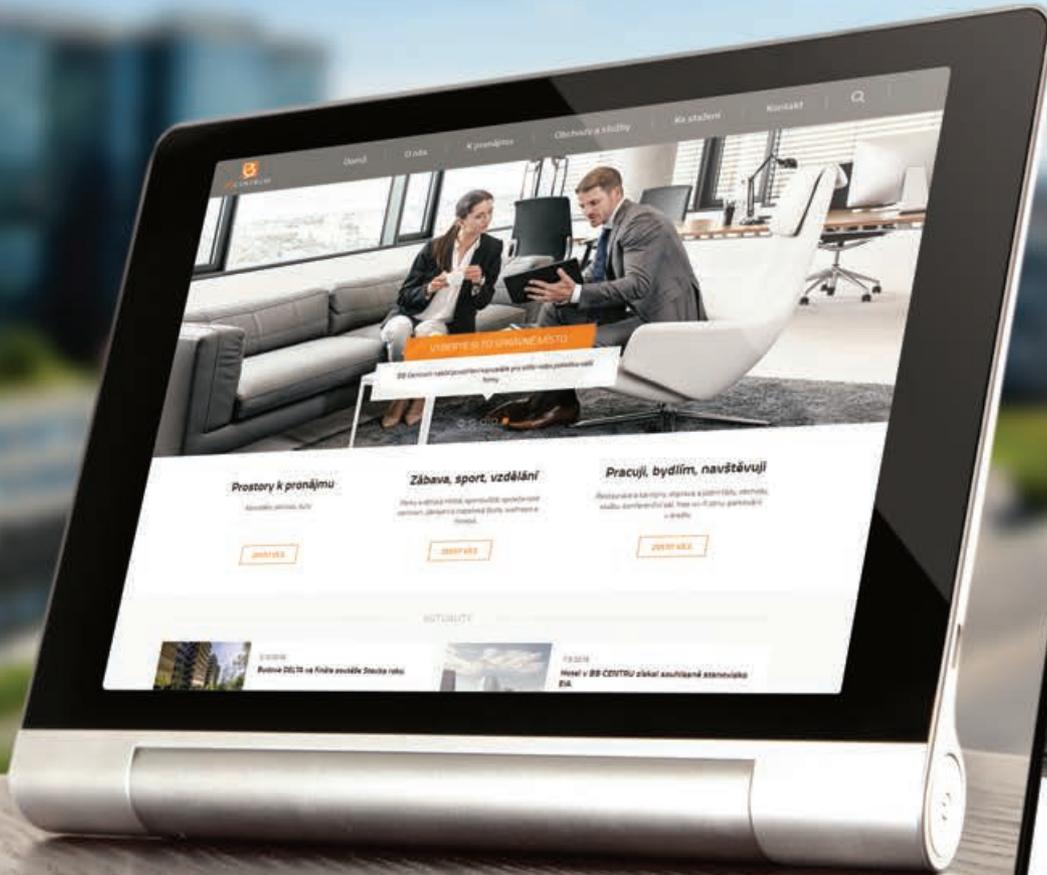


**MARANATHA z. s.**  
Jemnická 887/4, Prague 4  
Tel.: +420 224 210 571  
[www.maranatha.cz](http://www.maranatha.cz)



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THE NEW BB CENTRUM WEBSITE

[www.bbcentrum.cz](http://www.bbcentrum.cz)



# Six Exercises To Help You Get In Great Shape for Ski Season

Winter has arrived. If you plan to hit the slopes at some point, either in the Czech Republic or abroad, you should prepare yourself for the muscle and joint strain. Don't put off going to the gym – the best time to start with ski fitness training, focusing not only on the muscles but primarily on ability to properly control and perceive your body, is right now.

“Ideally you should start about three months before your first ski trip,” said Radim Báča, a Balance Club Brumlovka personal trainer who focuses on altering movement patterns and the correct engagement of muscles and muscle chains for specific sports, such as skiing. “Many of my clients are active sportspeople who love to ski and so during this period we focus on preparing specially for the ski season,” he added.

**Legs are a top priority, but other muscles are important too**

This set of exercises to help strengthen the correct muscles and therefore improve skiing fitness was put together especially for BB Centrum Review readers. Although the prior-



Personal trainer Radim Báča has worked at Balance Club Brumlovka since 2007 and as a fitness instructor for five years prior to that. He plays tennis and ball hockey and has participated in historical fencing for 12 years. He considers sports to be a challenge to uncover the hidden possibilities of the body.

He specializes in particular on fitness bodybuilding, weight loss, health and rehabilitation exercises, elimination of back and joint pain, improving posture and changing movement habits with the correct engagement of muscles and muscle chains.

ity is strengthening the leg muscles, it's also important to strengthen the core and the upper body.

“Proper movement habits depend on good coordination of the entire body. It's always a good idea to add upper body exercises to your workout. If you don't have enough time, it's important to at least hold your back, shoulders, and shoulder blades properly when performing lower body exercises,” explained Báča.

The Balance Club Brumlovka instructor emphasized that downhill skiing is short bursts of exertion, so it's better to train for strength and power endurance, as opposed to training for cross-country skiing, where traditional endurance is key. “In downhill skiing, the muscles at the front of the thigh are worked the most; for cross-country skiers, it's a bit more complex, as they also use the muscles at the back of the thighs and the buttocks,” he said.

## EXERCISES

Radim's training program includes comprehensive exercises focusing on muscles (power and endurance), but also on your ability to control your body on the slopes. It includes stabilizing elements and body awareness elements that will help you better use your body and understand how it works.

Perform the exercises at maximum range, maintain increasing tension on the muscles being exercised, and focus on joint stability (correct position of the spine, hips, knees, and ankles).



**1. Leg Press with Light Resistance**

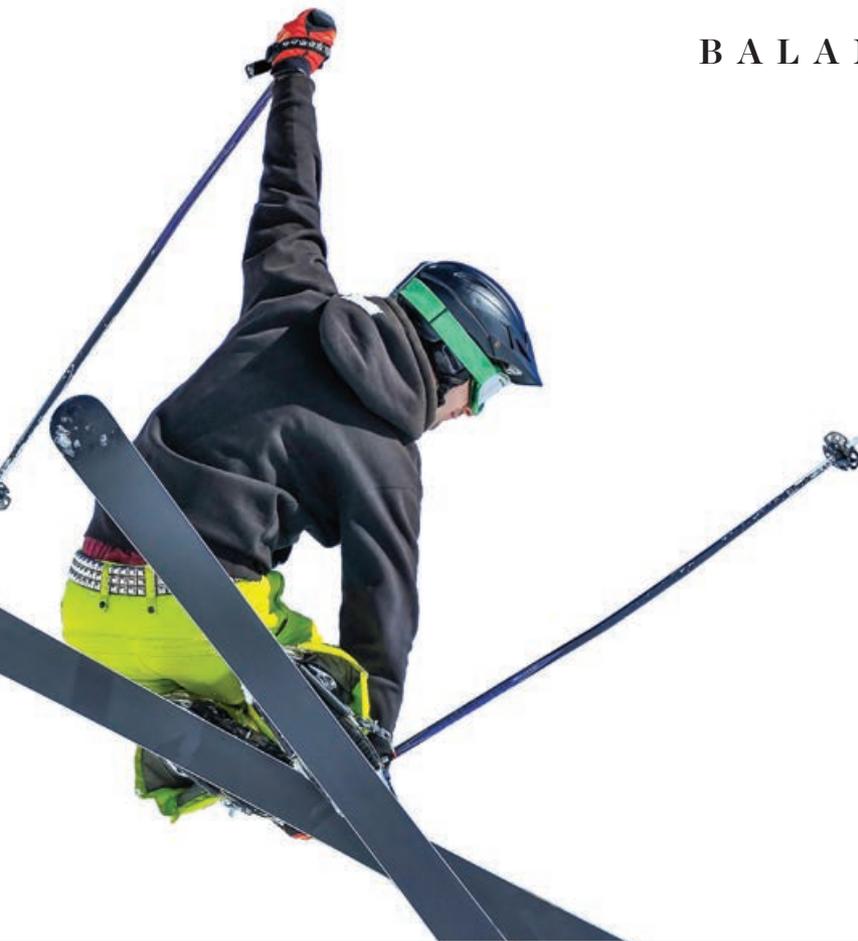
An exercise to stabilize and increase awareness of the legs, to develop and fixate stability (centering) of the legs. Perform the leg press with light resistance – ideally 1 or 2 plates, or 5 to 10 kilograms. Alternate the left and right legs without shoes. Pay close attention to the stability of your leg joints. Keep the foot straight, without rotation, equal pressure on the inner and outer sides of the foot, the thigh and knee pointed at the center of the foot (between second and third toes).

15 reps per leg

**2. Leg Extensions with Light Resistance**

The goal of this exercise is to strengthen the knees and the ligaments of the quadriceps (thigh muscles), which help the knees maintain stability on the slopes. This will help prevent knee pain from moderate strain. Perform the exercise slowly to full extension with light resistance - again, one or two plates, 5 to 10 kilograms.

15 reps per leg



## Don't forget stability exercises

In addition to traditional strength training, stability exercises are also a good idea, like with golf. "If you have perfect ski technique, with perfect joint stability at all times, stability exercises aren't necessary," said Báča with a smile. "But honestly - I don't know anyone like that."

The Balance Club Brumlovka trainer also recommends maintaining an exercise program even during the ski season itself. "It depends on how well prepared you are, how often you ski, and on your age as well. If your large muscles recover quickly, it's a good idea to focus on maintaining or even improving their performance. If you suffer from soreness in overworked stabilizer muscles - primarily the back and hips - it's a good idea to focus on them, stretching to improve their recovery and eliminating strain by changing stabilizing habits," added Báča.

These are all steps to ensure that you can fully enjoy this year's (and future) skiing seasons on Czech and international slopes. Ideally, of course, you should exercise under the supervision of a trainer, who will correct your technique when performing the exercises, but the program can be performed individually as well. ∞



**Balance Club Brumlovka**  
 BRUMLOVKA Building  
 Opening hours: Mo-Fr 6:30 a.m. to 11 p.m.,  
 Sa-Su (holidays) 8 a.m. to 10 p.m.  
[www.balanceclub.cz](http://www.balanceclub.cz)



### 3. Weight Shifts on the BOSU

The exercise helps develop your stability and improves endurance of your lower leg muscles. In a squat on the BOSU (the higher the center of gravity, the more difficult the exercise), shift your weight from one leg to the other. To increase the intensity, hold the position for few seconds at the end of the movement or use a kettlebell and pass it from one hand to the other.

20 reps, alternating sides

### 4. Squats on the BOSU with Aquahit

Classic squats help increase leg strength and endurance. By destabilizing using the BOSU and Aquahit, you increase the difficulty level and effectiveness of the exercise. For an easier version, don't use the Aquahit; increase difficulty by using the Aquahit or another weight.

20 reps

### 5. Ski Squat on the BOSU

This exercise focuses specifically on strengthening the legs. Use a chest strap on a pulley to create an oblique pull that compensates for the tilt in your trunk, thereby achieving similar strain on your legs like when carving on your skis. Resistance is 20 to 40 kilograms, the BOSU simulates the angle of the ski slope.

15 to 20 reps on each side

### 6. Lunges on the BOSU

The final, sixth, exercise in this set increases not only muscle endurance in the legs, but also increases stability and balance awareness through the destabilization effect of the BOSU. During the lunge, keep your heels at hip width. If you want to increase the effectiveness of the exercise on strength and develop awareness of posture, use a kettlebell and pass it from hand to hand.

30 reps, alternating sides

The Big Issue

# Healthy Fats Have Their Place in Your Diet

Does "fat-free" mean "healthy"? Although the manufacturers of products labelled "light" might try to convince us otherwise, it's not true. Fats are important for a whole range of bodily functions. We can't live without fats, but we have to choose them wisely so as to benefit our bodies, not harm them.



## 1 Cold-Pressed Oils

Your diet should include cold-pressed olive oil, which – unlike refined oils – contains a number of vitamins, minerals, antioxidants, and other important nutrients. In addition to olive oil, try rapeseed (canola), hemp, or walnut oils, which are excellent sources due to their favorable ratio of omega-3 and omega-6 fatty acids. You can also buy avocado, sesame, poppyseed, hazelnut, grapeseed, primrose, and almond oils, all of which are interesting additions to your diet.

**IN THE KITCHEN:** Cold-pressed oils are not suitable for cooking food, as heat damages their beneficial compounds. Fry foods using refined oils, such as olive oil, which have a higher smoking point, making them more heat-stable as they burn at higher temperatures. For cooking, rapeseed (canola) oil is also good, as it's rich in omega-3 fatty acids while also being resistant to higher temperatures. Conversely, sunflower oil, especially rich in omega-6 fatty acids, is not particularly suited for cooking over high heat.



## 2 Seeds and Sprouts

Seeds are an excellent source of healthy fats and other beneficial substances. Flaxseeds, for example, are highly recommended – in addition to omega-3 fatty acids, they also contain many other beneficial substances (such as lignans) that help protect against the development of many diseases such as cancer, diabetes, or cardiovascular disease. Valuable vitamins, minerals, fiber, and large quantities of beneficial fatty acids, including omega-3 fatty acids, can be found in wheat germ. Another healthy snack is pumpkin seeds. They're recommended to help prevent an enlarged prostate, among other things.

**IN THE KITCHEN:** You can make delicious raw crackers with flaxseeds. You'll need 100 g flaxseeds, 100 ml water, salt, spices, and onion or garlic if desired. Pour the water over the seeds and leave them to soak until a sticky gel forms. Season the mixture with salt, spices, and pureed onion or garlic to taste, form into thin crackers and dry in a food dehydrator. If you don't have a food dehydrator, you can leave them to dry in the sun during the summer or on a radiator in the winter.

### Saturated Fats: Less is More

Too much saturated fat is bad for your health – it increases the risk of developing cardiovascular disease. It's most commonly found in fatty meats and smoked meat products, in full-fat dairy products, in high-fat cheeses, in palm and coconut oils, and in products that contain these fats – such as industrially produced cookies, ice cream, pastries, and ready-to-cook foods.

### Unsaturated Fats: Primarily Omega-3!

Unsaturated fatty acids, however, are an important part of your diet. The most important are polyunsaturated fatty acids from the omega-3 and omega-6 groups, which our bodies cannot manufacture themselves. Each group has its specific benefits, and therefore the correct ratio is important.

Omega-6 fatty acids are generally commonly found in the average diet, primarily in the form of vegetable oils (sunflower, soy, and others).

Omega-3 fatty acids, however, must be consciously added. Foods that are rich in omega-3s include fatty saltwater fish, some nuts, seeds, and even rapeseed (canola) oil.

Omega-3 unsaturated fatty acids are key for good health. Among other benefits, they protect the heart, help maintain normal cholesterol levels, and are important for proper brain functioning and eye health.

Fats should make up 30% of your total daily calorie intake, of which a maximum of one-third should be made up of "unhealthy" fats and the remaining two-thirds should consist of "healthy fats".



**3** Nuts

Nuts are quite high in fat, and therefore shouldn't be eaten in unlimited quantities, but on the other hand, they're "good" fats – high in unsaturated fatty acids. Regular consumption of nuts ensures extra intake of vitamin E, some B vitamins, and minerals.

**WHICH NUTS?** Walnuts and macadamia nuts for a healthy heart, Brazil nuts and pinenuts for the nervous system, almonds for strong hair and teeth, pistachios for optimal blood pressure, pecans for strong immunity, and cashews for better concentration.

**IN THE KITCHEN:** Nut butters are a healthy alternative to cow's milk butter. First, soak two cups of nuts and remove the shells. Tip them into a blender and add several tablespoons of your favorite cold-pressed oil. Blend well until the desired consistency is reached. Store the butter in a closed container in the refrigerator and use in cold dishes.



**4** Saltwater Fish

The benefits of eating saltwater fish have been proven by the eating habits of Eskimos. They suffer from virtually no cardiovascular diseases despite the fact that they have no fruits or vegetables in their natural diet, and their diet is very high in fat. Scientists have discovered that the Eskimos' good health is the result of their eating oily fish, whose meat contains a number of beneficial substances in the right proportions. Saltwater fish should appear on our plates at least twice a week. Choose fattier saltwater fish, such as salmon, tuna, or mackerel. Smaller species and smaller pieces are less affected by pollutants. Choose larger predators, such as shark or swordfish, only occasionally.

**Saltwater fish should appear on our plates at least twice a week.**



**TIP:**  
Ready-made ghee can be found in the Maranatha shop.

## 5 Ghee

Although ghee is made of animal-based fat, which we should eat less of, it has its place in the kitchen. During the preparation process, butter is separated from milk proteins, water, and the remnants of lactose, leaving only the pure butterfat. Therefore, unlike butter, it doesn't burn and can be used for baking and frying at higher temperatures. In addition, unlike butter, ghee doesn't turn rancid. However, it is still milkfat, which is rich in saturated fatty acids; therefore, you should use ghee only occasionally to enrich your diet – such as when you want to enjoy a traditional schnitzel fried in butter.

**IN THE KITCHEN:** Ghee can be easily made at home. Place butter in a pan, leave it to melt over medium heat, and then bring to a boil. When it begins to bubble, reduce the heat to low and leave the butter to simmer gently. During this time, foam will begin to form on the surface and proteins will sink to the bottom. Simmer until the butter turns a beautiful golden color and starts to smell like popcorn – but be careful not to burn it. Use a spoon to remove the foam from the surface and strain the liquid through a cloth to remove the residual proteins. Strain the cooled but not chilled ghee again through a sieve lined with three layers of cheesecloth into a clean, resealable container. Store in a cool place.



## Avocado 6

**Avocados are rich in vitamins and minerals.**

Surprisingly, avocados are botanically classified as fruit, but in the kitchen we generally use them like vegetables. Their name comes from the Aztec “ahuacatl”, which means “forest butter”. For Aztecs, the avocado, with its fat content of 15%, was one of the most important parts of their diet. In addition to unsaturated fatty acids, the green avocado pulp contains B vitamins, vitamin E, and important minerals such as iron, calcium, and potassium.

**IN THE KITCHEN:** Guacamole

**Ingredients:** 1-2 ripe avocados, 1 handful of almonds, 10 cherry tomatoes, 1 red bell pepper, 1-2 green onions, dried or fresh garlic, salt

**Directions:** Soak almonds overnight, drain the water, rinse the almonds in cold water and remove the skins. Put them in a grinder or food processor and grind or process into a smooth paste. Halve the avocado, remove the pit, and scoop out the pulp with a spoon. Put into a bowl and mash. Add the almond paste, finely chopped tomatoes, bell pepper, green onions, garlic, and salt to taste. Add chopped herbs to finish.



Prepared with the help of Ing. Hana Málková from STOB (Stop Obesity). For over 25 years, STOB has successfully helped people lose weight and improve their life habits, without dieting or strict limitations.

For more information, visit [www.stob.cz](http://www.stob.cz) and [www.stobclub.cz](http://www.stobclub.cz).

# Restaurants and Shops at BB Centrum Look Out For Your Health

During the colder months of the year, we're often tired and have weakened immunity, which makes it important to ensure that we're getting all the nutrients we need. During this time of the year, focus on beneficial fats in plants and fish. But you don't have to bring a sack lunch from home. Restaurants at BB Centrum don't skimp on healthy fats in their kitchens. oo

## AT EXPRESS DELI, THEY KNOW THAT HEALTHY FAT = GOOD HEALTH



The use of cold-pressed oils at EXPRESS DELI is the norm. The highest-quality olive oil is a basic ingredient when preparing hot meals. You'll also find it in salad dressings, along with pumpkin and flax seeds. Even the toast bread is enriched with seeds and extra fibre.



**EXPRESS DELI**  
 FILADELFIE Building  
 Opening hours: Mo-Fr 10 a.m. to 4 p.m.  
[www.expressdeli.cz](http://www.expressdeli.cz)

## UNIQUE ORIGINAL RESTAURANT SAYS NO TO PALM OIL

Fish are also a source of much-needed unsaturated fatty acids. At UNIQUE ORIGINAL RESTAURANT, you can enjoy them at least twice a week. Fish specialties are prepared with fresh fish and high-quality olive oil. But you won't find any palm oil in the kitchen here. The restaurant is openly committed to a policy of not using it, primarily with an eye to the environmental impacts.



**Unique Original Restaurant**  
 DELTA Building  
 Opening hours: Mo-Fr 7:30 a.m. to 5:30 p.m.  
[www.unique-restaurant.cz](http://www.unique-restaurant.cz)

## AT PUZZLESALADS, PUT TOGETHER A SALAD YOUR WAY

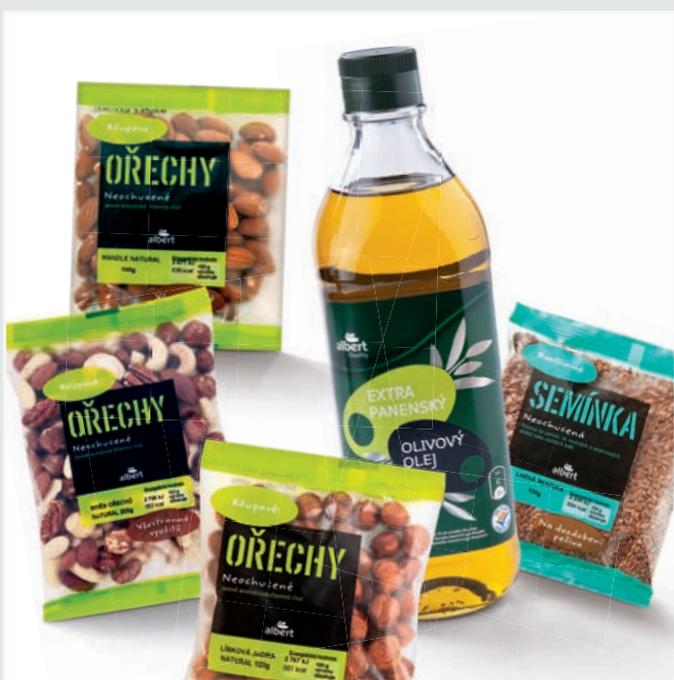
PuzzleSalads offers not only a plethora of different salads, but also gives the customer the option to play with ingredients and create a salad based on their wishes, taste, and mood. They'll pick you up with salads served with the highest-quality Italian extra-virgin olive oil, with walnuts, pumpkin or sunflower seeds, anchovies, avocado, and other significant sources of essential fatty acids that are regularly used here. In the kitchen, they've replaced sunflower oil with rapeseed oil, a significant source of omega-3 fatty acids. In the near future, PuzzleSalads plans to offer a wider range of nuts and cold-pressed oils of various types.

*At BB Centrum you'll also find the new PuzzlePasta restaurant. Read more about it on page 16.*



**PuzzleSalads**  
 FILADELFIE Building  
 Opening hours: Mo-Fr 7:30 a.m. to 5:30 p.m.  
[www.puzzlesalads.cz](http://www.puzzlesalads.cz)





## HEALTHY OILS AND SNACKS FROM ALBERT

Do you like to snack in the evenings and are looking for a healthy alternative to chips and pretzels? Seeds and nuts are a great choice, containing beneficial unsaturated fatty acids. Almonds in particular excel - they have high levels of calcium, as well as magnesium, which improves the calcium's absorption. Hazelnuts are one of the richest sources of vitamin E, which help protect cells against ageing. Create your own blend of nuts or buy a ready-made mix at Albert and make a spicy treat in the oven. Albert also offers a range of healthy oils. Stop by and pick some up on the way home from work.



*TIP from Albert:*  
**Spicy Roasted Nuts**

**Ingredients:**  
500 g mixed nuts, 2 tbsp chopped fresh rosemary, 2 tsp brown sugar, 2 tsp salt, 1/2 tsp ground chili, 2 tbsp melted butter

**Directions:**  
Preheat the oven to 175 °C. Line a baking sheet with parchment paper, spread the nuts on the sheet, and bake for about 10 minutes. Meanwhile in a bowl, combine the rosemary with sugar, salt, chili, and melted butter. Sprinkle over the hot nuts from the oven, toss to combine, and serve. They're great served warm or at room temperature

the nuts on the sheet, and bake for about 10 minutes. Meanwhile in a bowl, combine the rosemary with sugar, salt, chili, and melted butter. Sprinkle over the hot nuts from the oven, toss to combine, and serve. They're great served warm or at room temperature



**Albert supermarket**  
FILADEFIE Building  
Opening hours: Mo-St 7 a.m. to 9 p.m., Su closed  
[www.albert.cz](http://www.albert.cz)



## SEEDS FROM MARANATHA IN EVERY HANDBAG!

In the morning put them in your cereal bowl, at lunch in your soup or salad, and in the evening in your pasta. You can keep them on hand in case you find yourself suddenly hungry. Seeds are not only healthy, but they can also improve the appearance of a dish. In the Maranatha shop, you'll find a wide range of seeds and nuts. You can also try healthy foods with nuts, full of healthy fats, at the Maranatha restaurant. Try for example a salad with avocado and lime, or Hokkaido pumpkin with walnuts.



*TIP from Maranatha:* **Homemade basil pesto with pinenuts**, containing lots of high-quality protein, vitamin B1, and iron.

### Basil pesto

**Ingredients:**  
80 ml extra-virgin olive oil, 5 g (1 tsp) grated parmesan, 15 g fresh basil, 5 g pinenuts, 3 g parsley, 1 g fresh hot pepper, 1 clove garlic, sea salt to taste

**Directions:**  
Clean, rinse, and dry the basil, parsley, peppers, and garlic. Place in a bowl, drizzle with the olive oil, and add the parmesan and pinenuts. Blend using a stab mixer until it has a smooth, creamy consistency. Use to flavor salads, soups, and side dishes.



**Maranatha Vegetarian Restaurant**  
BRUMLOVKA Building  
Opening hours:  
Mo-Th 11 a.m. to 7 p.m., Fr 11 a.m. to 5 p.m.  
(during "winter time" 11 a.m. to 3 p.m.,  
Su and state holidays: closed)  
[www.restauracemaranatha.cz](http://www.restauracemaranatha.cz)

**Maranatha Shop**  
BRUMLOVKA Building  
Opening hours: Mo-Th 7:30 a.m. to 7 p.m., Fr 7:30 a.m. to 5 p.m.



## TASTY MENU AT PIZZERIA RISTORANTE GROSSETO

They don't spare the healthy fats at this real Italian pizzeria. You'll find it in the olives that you can order as a snack, in the Insalata di verdure e formaggio with fresh vegetables and avocado with feta cheese, or in the excellent Filetto di tonno con salsa di avocado – a tuna steak with avocado salsa and mashed potatoes.



**Pizzeria Ristorante Grosseto**  
BRUMLOVKA Building  
Opening hours: Mo-Fr 11 a.m. to 11 p.m.,  
Sa-Su 12 p.m. to 10 p.m.  
[www.grosseto.cz](http://www.grosseto.cz)



## MOMENTO LOVES THEIR UNUSUAL INGREDIENTS

The chefs at MOMENTO love to play with ingredients and like to bring new elements in the form of unusual ingredients to their recipes. They'll convince you with their souped-up fish dishes such as hake with lime sauce and tomato rice, corn tortilla with grilled salmon with citrus salt, avocado, bean, refried beans, tomato salsa, and sweet potato, and their Tex-Mex salad – a tortilla filled with green salad with beans and yellow-fin tuna. You'll also find healthy fats in dishes such as sauteed beef with carrots, sesame oil, and sesame seeds, or fried mozzarella with a large tomato salad dressed with black olives and high-quality extra-virgin olive oil.



**Momento DELTA**  
DELTA Building, Opening hours:  
Mo-Th 7:30 a.m. to 5 p.m., Fr 7:30 a.m. to 4 p.m.  
Daily menu: [www.momentodelta.cz](http://www.momentodelta.cz)

**Momento ALPHA**  
ALPHA Building, Opening hours:  
Mo-Th 7:30 a.m. to 4 p.m., Fr 7:30 a.m. to 3 p.m.  
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# Organize Your Things and Get Rid of Clutter

Maybe you've found yourself in a similar situation. You make money so you can buy things. Owning a lot of things requires a lot of money, and therefore a lot of time to take care of them. You own things that you wanted, but you don't have time to enjoy them. You're constantly cleaning up, but it's never tidy. So how do you get off the carnival ride?

## ○ Shocking Facts About Change. Can I change anything?

You don't even notice them and it's all too much. Too many things, too much information, too many responsibilities, people, etc...if they make you happy, then it's fine. But when that moment comes when you start feeling that everything is being dumped on your head, it's time to slam on the brakes and step back a bit. Do I really want to keep living this way? And if not, how can I change?

### Start on the surface

Inner changes are often a difficult process that requires strong will and self-denial. Try starting with what can easily be changed - your immediate surroundings, your house or apartment. Organize your things. It's very possible that decluttering will also help clear your mind and spirit.

### Throw it out!

If you come to the conclusion that you've got too much stuff, get rid of it. Start throwing things out. Just as in other areas of your life, the Pareto 80/20 principle holds true here as well. Have you noticed, for example, that 80% of the time you wear 20% of your wardrobe? The rest are pieces that you don't wear anymore or that you've never worn. And it's the same with other things in your household. Get rid of everything that you don't need or that annoys you. As the old saying goes, "You can't pour fresh tea into a full cup."

### All at once, or a little at a time?

For some, making radical changes is scary. So how do you do it? Marie

Kondo, a cleaning-obsessed Japanese woman, known as KonMari, who is famous for her book "The Life-Changing Magic of Cleaning Up", prefers the radical "once and for all" approach. In her opinion, you simply need to get rid of things and store the rest properly. Then everything is all set and you just need to declutter surfaces occasionally. Lifestyle specialist Karen Kingston, on the other hand, suggests decluttering slowly depending on how much time you have and your mood, and to start with small steps in one area. Choose the things that mean the most to you.

### Zones or categories?

Here you can also choose between two effective approaches. KonMari strongly recommends separating things into different categories. Decluttering by room is treacherous in that you'll end up accumulating things of the same type in different places throughout the house. According to KonMari, all things can be classified into categories, such as clothing, books, documents, various trinkets, and things with sentimental value. Pile everything in the middle of the room and get to work. Karen Kingston, however, declutters by "mess zones". Declutter the bathroom, the garage, your closet, or just one drawer in the hallway. It might happen that decluttering one small wardrobe will inspire you to declutter half your house.

### Criterion of joy

Both women agree on one important thing - the criterion of need and

primarily of joy. Should I keep this? Maybe I'll need it at some point. Be uncompromising. Unlike a drill or a potato peeler, things that have no clear purpose should be judged on whether or not they bring you joy. This is especially difficult with gifts, things your children have made, old photos, and the like. Excessive attachment to such items drags you into the past. Keep only that which truly makes you happy. Put the things you are emotionally attached to into a box and label it "Memories". From time to time, open the box, enjoy rereading your first love letter, look at your child's first piece of pottery, or your ticket to your high school graduation dance. And discard the rest without compromise.

### When to get to work

There is no wrong time to start decluttering. In her book, Karen Kingston recommends life changes or breaks as ideal times to declutter. The start of a new relationship, a new job, or recovery from illness changes your perspective to such a degree that you're capable of seeing things with new eyes. Another great opportunity is returning from a longer holiday.

### Clean up after yourself!

Do you have a child at home? Have you noticed that if you throw away one thing, it's quickly replaced by ten others that they bring home from school, from camp, or that they pick up off the sidewalk? Desperate cries of "Clean up your room!" generally lead to the pile moving from the floor to the bed. Some people have

similar experiences with their adult partners. So what to do? The expert advice: Ensure your child feels safe and loved and they won't be so fixated on things. Teach them to clean up after themselves. Teach them to make decisions about their own things. This also applies to adult mess makers. Never sort or throw away their things. Maybe your example will be so strong that eventually other members of the family will join in.

### Virtual decluttering

Virtual messes can be equally annoying. This relates to chaos in your computer files and email inbox, confusion in information, times, and relationships. Organize your computer. Set your priorities and the amount of time that you want to devote to them. Approach them from the most important to the least important. You'll naturally start sorting your relationships with other people. At work, it's more difficult, but in your private life you can choose the people that make you feel good. Devote the rest of your time to your family, to yourself, and to your real friends.

### How long will it last?

We all know it. The tidiness lasts a short while and after some time everything returns to its original state. KonMari argues, however, that after a truly deep radical cleaning, you are so changed that you never go back to hoarding. When you declutter your house, you also declutter your mind. You discover that all those things were limiting you and distracting you from what was really important. ○○



HAVE YOU NOTICED THAT 80% OF THE TIME YOU WEAR 20% OF YOUR WARDROBE? THE REST ARE PIECES THAT YOU DON'T WEAR ANYMORE OR THAT YOU'VE NEVER WORN.

## 6 CLEANING TIPS

- Store similar things together.
- Put everything back in its place after using it.
- Never save anything thinking that you'll use it someday. "Someday" means "never".
- Don't buy things without thinking. This is especially true for clothing. Think hard about what you'll wear the new item with and whether or not you already have something similar.
- For every new thing you acquire, get rid of one old thing.
- And above all: Don't approach cleaning as a necessary evil, but use it as a chance to make a change.

# Decluttering Your Desk and Your Mind

Did it ever occur to you that decluttering your things is related to “tidying up” your mind? Some decluttering gurus claim that the process of putting your house or flat in order can also trigger internal transformation. Let’s look at it from the other side. In many cases, the condition of your flat or house corresponds with how we approach things at a spiritual or mental level. Why not use that knowledge to spark an internal transformation?

## Thoughts in the Right Place

Order is order. It either is or isn't. And that's true not only for physical things, but also for the mind. In reality, this means that I do and say what I think, I know why and I'm happy with myself. When we know what we want, we go after it immediately and are capable of putting in great effort in doing so. We overcome obstacles, successes motivate us. Order in your mind and in your things go hand in hand. Things and ideas are in the right place. And why is it important? We can explain it with a simple saying: You can't see the forest for the trees.



About the Author: Ing. Martina Fau, ACC, RCC coach/facilitator, and coach at NeuroLeadership Group.

Martina has worked for many years in Czech and international companies in foreign trade, administration, finance, and human resources. Since 2011, she has fully dedicated herself to the development of human potential as an independent coach, trainer, and facilitator. She works across the private and public sectors – from large corporations to small companies, from universities to individuals and teams. She is an accredited ICF coach and her portfolio includes over 60 clients and over 800 hours of completed coaching.

Make sure that the journey has a goal and that we don't waste energy getting lost along the way.

## When the Mind is a Mess

Most people perceive chaos in their mind as an inner imbalance, hiccups along the route between the aforementioned “what I think – what I say – what I do – I know why – and I'm happy with myself”. Mental disorder causes discomfort, dissatisfaction, confusion, fumbling. Sometimes we hide minor chaos, restlessness, indecisiveness, or waiting for

something better to come along; sometimes it can even manifest itself in our surroundings. Discord between what we really do and what we really feel is, in any event, exhausting.

## How to Start Mental Decluttering

Everyone knows his own “dog in the manger”. These “dogs” – the



**TIP:**  
 YOU CAN READ MANY STORIES ABOUT HOW BENEFICIAL ORGANIZING YOUR RELATIONSHIPS CAN BE IN THE E-BOOK “HOW TO BE HAPPY IN RELATIONSHIPS” CO-AUTHORED BY ING. MARTINA FAU AS PART OF THE “HAPPY WOMAN” PROJECT.

causes of our mental clutter – tend to have a common denominator. We're not sufficiently anchored; behind many of our thoughts lurks nagging doubt. We don't know. We're not sure. Before starting to declutter our minds, we should focus on what we want in the long run. That's what we should be investing our energy, time, and maybe even money in. In short, outline to the last detail

what it should look like once everything's decluttered and everything will simply sparkle.

We usually have a vague idea how to declutter our minds. The first step is to decide to do it. We have to want it. Really want it. To realise

WHAT, WHY, and HOW, and transform old into new step by step. As a guide along the way, a few simple points can help us:

1. Describe what is currently going on.
2. Define what the ideal state looks like and how you want to feel in it.
3. Define what needs to be done in order to get closer to the desired result.
4. Determine all the ways you can reach your goal so that you can choose the best one.
5. And above all: Every change is a step forward, so start decluttering with a positive mood and expectations of what awaits you thanks to your efforts.

### **Regular Mental Hygiene is Essential**

Mental hygiene is taking care of yourself and is necessary to keep your mind in order. It is, or can become, the same regular habit as body cleansing. It's up to you what form you choose. Some prefer active recreation, others meditate. What's important is that we should feel like we're taking time for ourselves, time that recharges and calms us, helps us organise our thoughts, and liberates us from useless things.

### **Organise Your Relationships as Well, Especially Your Family**

Part of decluttering your mind should also be organising your relationships – work, friends, and family. Interpersonal relationships are unbelievably fragile, which is why changes in this area are so hard. The most difficult changes, paradoxically, are those within your own family, where our blood links place greater demands on compromise with the ideal happy ending. In the case of family, there's one more important tip you need when decluttering your mind – be honest and communicate openly. It's not always easy, but the feeling that we're not hiding our position, opening a dialogue, and giving the other side a chance to express their opinion can be liberating. ∞



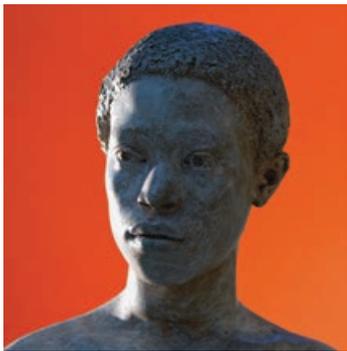
#### **About NeuroLeadership Group Central Europe**

NeuroLeadership is an area of study linking neuroscience findings with leadership development, managerial training, change management, consulting, and coaching. The term "neuroleadership" was coined by Dr. David Rock in 2006 to define an area of neuroscience aimed at helping individuals and organisations of all types fulfil their potential. The company has been active in the Czech Republic since 2008 under the leadership of Dr. Vladimír Tuka. NLG's programmes help change capable people into true leaders through a straightforward, proven system that over 12,000 managers and coaches have undergone in 24 countries.

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Tel.: +420 775 730 886  
www.neuroleadership.cz

# Culture Tips

## Exhibition Theatre



**What? Radek Brousil:**  
**Black and White in Photography**  
**Where?** Colloredo-Mansfeld  
 Palace, Karlova 2, Prague 1  
**When?** September 21, 2016 -  
 February 5, 2017

This exhibition is the first sizeable retrospective of Radek Brousil (born 1980, Nitra), graduate of the Studio of Photography at the Prague Academy of Art, Architecture and Design and winner of the Oskár Čepan Award. While it is anchored in the medium of classical photography, Brousil's output also embodies a polemic with the technologies of the standard treatment of photographic image as regards the various aspects of capturing the dark hues of the human skin. Brousil develops this particular subject in a photographic series, in a style evoking inspiration by Josef Sudek, the first Czech photographer to photograph African art in the 1930s. Brousil's latest photographs, which will be shown at Prague City Gallery for the first time, exemplify a crossover to the medium of sculptural object, echoing not only the impact of the colonial era, but relating also to the Baroque statuary of Ferdinand Maximilian Brokoff depicting Moors located along Prague's Royal Route, passing by the Colloredo-Mansfeld Palace to Charles Bridge to Nerudova Street.

**More at:** [www.ngprague.cz](http://www.ngprague.cz)



**What? Ballet: The Little Mermaid**  
**Where?** Estates Theatre, Ovocný trh, Prague 1  
**When?** Premiere - November 10, 2016

Everyone knows the story of true love between a mermaid and a prince, for whom she sacrifices that which is most precious to her - first her voice, and then her life. Lovers of melancholic stories will be rewarded with this new ballet based on Hans Christian Andersen's story with music by Zbyněk Matějů, choreography by Jan Kodet, and directed by the famous directing duo SKUTR - Martin Kukučka and Lukáš Trpišovský. This evening of poetic dance on the stage of the Estates Theatre accompanied by the National Theatre Orchestra is for all who love this immortal tale.

## Book



**What? Náš Václav Havel (Our Václav Havel),**  
**Jan Dražan and Jan Pergler, Zeď Publishers**

**When?** Published in November 2016 (in Czech only)  
 Schwarzenberg, Kubišová, Horáček, Duka, Pánek, and many more... Over three dozen personalities reminisce in very open and extensive interviews about their president, friend, dissident, and boss. This multilayered kaleidoscope of memories mapping the period from the 1960s, when Václav Havel entered the public's consciousness as a playwright and intellectual, to the 1970s and 1980s, when he became the informal leader of the dissidents, to the turning point of 1989 and his irreplaceable role in the Velvet Revolution. The book also maps his thirteen years at Prague Castle and the president's last days in Hrádeček in 2011.

## Music

**What? Harry Potter in Concert**  
**Where?** O2 Arena, Českomoravská 2345/1, Prague 9  
**When?** January 28, 2017

An extraordinary film and music experience awaits fans of the series about the magical apprentice Harry Potter. The original version of the film *Harry Potter and the Philosopher's Stone* will be screened in high definition with Czech subtitles on a 12 meter screen accompanied by live music by the Czech National Symphony Orchestra. Viewers can experience John Williams' unforgettable score as performed live by one of the leading Czech ensembles.

**More at:** [www.o2arena.cz](http://www.o2arena.cz)

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 Daily Menu: <http://www.perfectcanteen.cz/en/our-canteens/moneta-money-bank>

## GTH



### FILADELFIE Building\*

Address: Želetavská 1525/1, Prague 4  
 Opening Hours: MO – THU 7:30 a.m. to 4:00 p.m.  
 FRI 7:30 a.m. to 3:30 p.m.  
 Daily Menu: <http://www.gth.cz/bbc-filadelfie/jidelni-listek>  
 \*Entrance only with a card issued at the building reception

## HONEST FOOD



### Building H

Address: Vyskočilova 741/3, Prague 4  
 Opening Hours: MO – FRI 10:45 a.m. to 1:30 p.m.

## MOMENTO ALPHA



### ALPHA Building\*

Address: Vyskočilova 1461/2a, Prague 4  
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 Daily Menu: <http://www.momentoalpha.cz/en/>  
 \*Entrance only with a card issued at the building reception or in the canteen

## GTH



### BETA Building

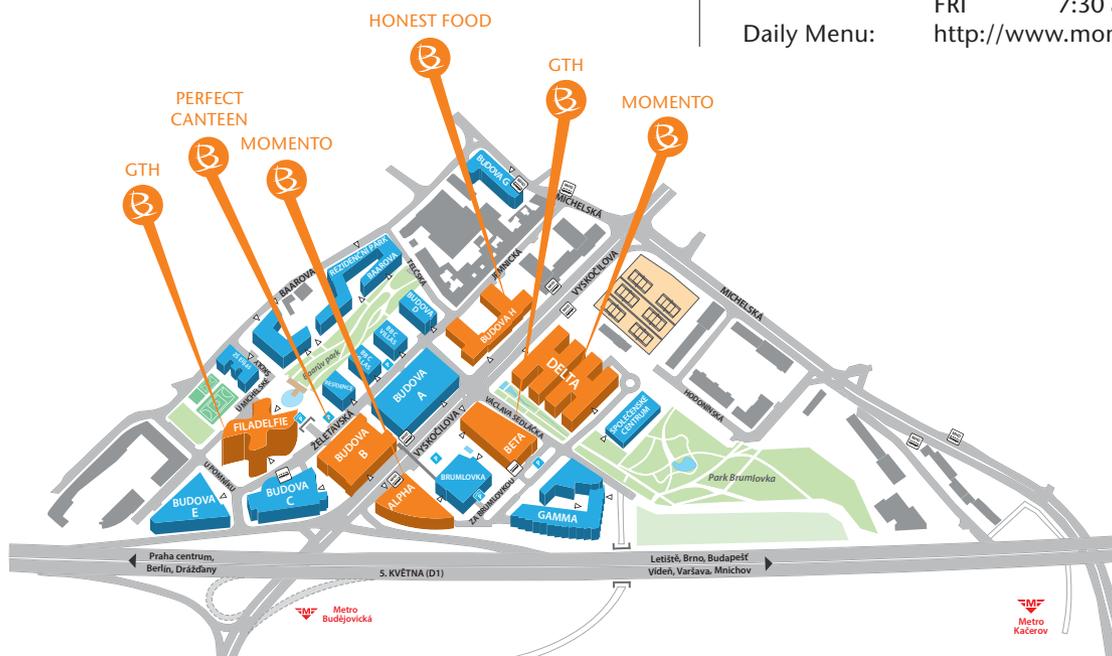
Address: Vyskočilova 1481/4, Prague 4  
 Opening Hours: MO – FRI 8:00 a.m. to 3:00 p.m.  
 Daily Menu: <http://www.gth.cz/bbc-beta/jidelni-listek>

## MOMENTO DELTA



### DELTA Building

Address: Za Brumlovkou 1559/5, Prague 4  
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 Daily Menu: <http://www.momentodelta.cz/en/>



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