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**O2**  
12<sup>th</sup> anniversary  
celebration



# O2 Breathe Life

A Newsletter from O2

Volume 1 | Issue 12 | February 2014

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## Where to find Us

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What a journey these **12** years have been!

Evolving from just a fad some years ago, today fitness and wellness has now become a total way of life. Exercising just for losing weight or to look good is passé... it's all about feeling good and being fit.

Today the well heeled intelligent population is well informed about most aspects of good health. The days of just going to the gym aimlessly are almost over. What health conscious people want is not just motivation but much beyond that just doing the same routine day in and day out for the regular gym goers is unthinkable. Demands for new varieties in gym work outs and hunting for exciting new forms of group activities in exercise and updated information about right eating are the order of the day.

All these demands nudge us gym owners to keep the supply on for the

clientele. Not an easy task but none the less very exciting! The need to innovate and be creative keeps us on our toes...and we love it! Watching our members enjoying our updated facilities, relishing new work out routines, losing weight the healthy way, reaching their goals in fitness and watching them glow and look smashing makes our job worthwhile!

We cannot dream or aspire to be in any other vocation...we feel God has personally assigned this beautiful task to us...and we are happy continuing this meaningful journey! Cheers my fellow travellers...let's continue...





# Making a *Difference*

- Nina Reddy

Every year seems better than the earlier one for all of us at O2. We are seeing a Healthier, happier environment and closer, deeper and more meaningful relationships. The members who are with us seem to be much closer with each other too. Friendship, sharing and bonding are the results of working out together!

All these factors are evident during our anniversary time when members from different centres come together to put together a grand show.

## Careers@O2

O2 Requires dynamic, out going & passionate professionals for the position of Managers, Fitness Instructors, Physiotherapists, Dietitians, Front Desk Executives, Sales Executives & Accountants.

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Starting from ideas about the concept, the auditions and the fun filled practice sessions it's always a time for bonhomie! The result of the collective pool of talent, hard work and beauty are our anniversary celebrations... a spectacular display of energy, colour, glamour and fun!

We are grateful to our dear members who work so hard in helping us to put the show together and a heartfelt thank you to each and everyone starting from our trusting members to our dedicated staff at every level, our well wishes, sponsors and friends who stand by us year after year. Your love keeps us flying...

Yours in health, joy and gratitude...NINA

### CREDITS

Published and Edited By: O2 Health Studio  
17/10, Shyam Garden, Khader Nawaz Khan Road, Nungambakkam, Chennai-600006.  
www.o2healthstudio.com  
Design & Execution: Oliver Stephenson  
www.oliverstephenson.com  
Printed at: Sidma Press Pvt. Ltd.

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# Testimonials from our members...



Actress Manu

At the very outset I would like to wish O2 a very happy anniversary. I have been coming to O2 for the last Couple of years and I find O2exudes a very positive energy to all the people who come here. From the personal trainers to the working staff they are ready to help and guide and make fitness fun. Personally being a health conscious person I have always looked out for a vibrant and positive atmosphere to workout, which I have discovered in O2. I wish O2 many many more such successful years.

O2 has been the best place for workout to me and team O2 has given me a good spirit. I must specially thank Mr. Thamim. I reduced 30kgs in a year. On the day I joined, I was 110 Kg but now I am only 80 Kgs. I find the best physique out of me with the help of team O2. Thanks.



Asma Menon

O2 is my first time gym experience. In the past, whenever I have gone to enquire and see the facilities. None appealed to my astetic senses. I must admit that on the urging of my daughter, I walked into O2. I was immediatly taken with the ambience and the friendliness of the staff. I enjoy coming to O2 , in the evenings, after a day, at the easel. Its a wonderful release of the day's work. The helpfulness of all of the staff / the cleanliness. I look forward to my time at O2. Thank you, for the friendly. Welcoming warmth. Kudos to the staff at Neelankarai. Simply, the best decision, I have made.

I joined O2 Velachery in 2012 may. I lost 24 kgs in a year now I am in 92 kg. Thanks to my physio's, dieticians and trainers at o2. This is a great place not just for workout but also unworried and relax. The trainer's and support staffs are very friendly and competent. Overall it is a great experience.



Emmanuel Sajith



Subramani C C

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# The Duchess EVENTS

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

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

Duchess you certainly rock!!



Lighting of the lamp by Cine Actress Poornima and Suhasini



Appreciation from Poornima.



Fashion show by the Duchess members at the Utsav.



Duchess Utsav 2013 - Sponsored by Akshaya and co-sponsored by Apollo Hospitals & Kalaniketan. Inaugurated by Cine Actress Suhasini and Poornima



A few good words from Poornima



With Stall owner and Duchess member Kavitha.



Fantastic Shopping at the Utsav.

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**Earnest Vijay**, is Fitness Director at O2. He holds a Masters Degree in Sports Physiotherapy, from the Prestigious Guru Nanak Dev University, Amritsar & Certificate in Orthopedic Manual Therapy from Australia. He is also an ACSM certified Health Fitness Specialist. Email: [earnestvijay@o2healthstudio.com](mailto:earnestvijay@o2healthstudio.com)

## Choosing the Right Foot Wear!!!

Walking and running are a popular form of exercise for many. Trekking is becoming a favorite past time and Running is gaining popularity, with increasing number of mini, half and full marathons happening in our city and so are running injuries. What matters is, are we wearing the right kind of foot wear? Improper foot wear can lead to a lot of Lower body injuries and increased stress on the spine. We see a lot of Increase in the Heel pain, foot, ankle and shin in recent times. Most times caused by improper foot wear

The common foot problems caused by improper foot wear include Calluses, Corns, Plantar fasciitis, heel spur(heel Pain), metatarsalgia (fore foot pain), Tendinitis of the foot muscles, ankle pain, pain in the top of the foot, pain in the lower leg, calf pain, stress fractures of the leg and foot, knee pain etc.,

There is a lot of misconception, when it comes to picking up the shoe. Some say they picked up the most expensive shoe, some say it's a light weight shoe, five finger Vibram, glute toners, rocker bottom and other fancy names to sell the shoes. But what is important is to pick up the right shoe for your foot!!!

### Foot Types:



Pronated Foot



Normal Foot



Supinated Foot

Normal foot: Absorbs Shock well, Well supported with Muscles and has a good alignment of bones.

In the pronated(flat foot) and Supinated (High Arch) foot, there is a muscle imbalance and there is improper alignment of the bones and joints leading to improper biomechanics there by adding stress to the lower limb.

### How to choose the right foot wear:

The first step in finding an appropriate shoe is to determine your foot type. The key is to recognize how the foot functions when it's in motion; however, thinking of the footsteps you leave walking on a sandy beach can be helpful.

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The over-pronator will leave a full impression of the foot while the under-pronator will leave only a crescent shape impression with much of the arch missing. Running shoe companies make shoes for the three foot types discussed above.

### Tips:



1. Make sure the shoes have good cushioning, Remember, Only sprinters wear light weight shoes, so do not look for light weight shoes, which most times doesn't have enough cushioning to absorb the shock.
2. Make sure the mid portion/waist is nice and broad at the bottom if you have a flat foot and the insole/sock liner has an arch support in the inside of the shoe.
3. The shoe should not be too flexible nor too rigid, ideally you don't want the fore foot of the a shoe to touch the heel pad when you fold. Half way to three fourth would just be fine.
4. Make sure the heel counter is rigid and holds your ankle. Also check if the shoe has adequate Achilles tendon padding.
5. Make sure the toe box is wide and the tongue of the shoe has enough padding.
6. The sole of the foot also is important. If you are going to do a lot of trekking/slippy surface then shoes with rubber studs/cleats will help.
7. Remember to pick up your shoes in the evening change your shoes every 500kms., those who are diabetics, should consult their physician before picking up the shoes and should inspect their foot quite often and follow good foot care practices as poor circulation and impaired sensation might have caused blisters and infections.

*Keep your Foot Smiling!!!*



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## Women's Day

O2 Health Studio, had a get together of its women clients at Hotel Savera on 9th March. The event had Health & Fitness Professionals, an Endocrinologist, a Gynecologist, Dentist and Nutritionists addressing the elite gathering and had Fun games. The winners took exciting prizes, while all those present had a great time too. *Photos 1 & 2*

## Pongal Kondattam

With the New Year euphoria dying, o2 ushered in its first celebration of the year in January 2013. Pongal is one of the most important festivals in the South of India. O2 Pongal Kondattam had engaging games to retain the pongal spirit. Lots of prizes were won. The traditional Chakara pongal was served to all present at the Kondattam. Pongal-O-Pongal. *Photos 5 & 6*



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## Mother's Day

We at O2 celebrated Mother's Day on 11th May 2013 at Hotel Savera. It was a fun filled event with around 65 members and their mothers dressed in yellow taking part. As the event went forward it became an emotional event when member's read out letters to their mothers. Then we learnt few steps of salsa with Hot Shoe Dance Company. Members of different branches connected over the lunch. *Photos 3 & 4*

## World Heart Day

World Heart Day campaign by O2 Health Studio, to increase awareness among public to exercise and keep fit. *Photos 7 & 8*

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## O2 Car Rally

O2 Health Studio, in association with National Association for Blind and Madras Motor Sports club, organized "The Car Rally for the Blind" recently.

Over 90 cars participated in the rally, and brought together the visually challenged and the sighted. The navigators read out the instructions in Braille for the drivers to follow the rally route. Actor Karthi and Dr. C. Sylendra Babu, IPS flagged of the rally.



**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 and a Fulbright-Nehru Scholar. She is a renowned researcher and scholar in the field of exercise science.

# Exercise for the Health of It - Part 11 Is Tabata Training for you?

There are all kinds of exercise routines from which active people can choose, and the choice depends on what you want to accomplish. For example, some exercise routines are specifically designed to help you lose body fat by improving aerobic energy systems, and yet another may help you to gain muscle mass or power output by improving anaerobic systems. But for those of you who have no health problems or physical limitations that would limit exercise performance, and who want to improve both aerobic and anaerobic energy systems, the Tabata exercise routine may be for you.

Named after the Japanese researcher who published his findings in 1996[1], Tabata is a type of interval training comprised of a combination of high-intensity bouts of exercise and alternating rest periods. Its benefits were demonstrated by Tabata's research team who compared the training results of two groups of individuals put on two different exercise regimens. One group was placed on a typical endurance exercise program that comprised of submaximal intensity cycling on a leg ergometer for 30 minutes per day, five days per week. The other group was placed on an intermittent high-intensity exercise routine that comprised of eight sets of maximal intensity cycling for 20 seconds with 10 seconds rest, five days per week. Each group underwent pre- and post- VO2 max and anaerobic capacity tests. Results of the study indicated the endurance training group improved their aerobic capacity (e.g., VO2max) as expected, but not their anaerobic capacity, and the high-intensity training group demonstrated improvements in both aerobic capacity and anaerobic capacity.

The Tabata research protocol used a leg cycle ergometer, but you can use any form or mode of exercise in your Tabata routine. Simply use the Tabata protocol of 20 seconds maximal intensity exercise followed by 10 seconds of rest (totaling 240 seconds or four minutes), repeating seven more times with no lapse between sets. Because timing is so important, you will need a stopwatch or a clock with a second-hand. The number of reps in each set is not stipulated, but be sure to do them in good form, slowing down if you start to get sloppy. Never sacrifice form for speed or number of reps.

Each four-minute cycle is called a Tabata, and beginners may want to start out with one Tabata per exercise session. For the more adventurous, highly trained, and athletically inclined, you may add Tabatas to your exercise routine. For example, a Tabata session may include one Tabata of leg cycling plus a Tabata of jumping jacks with no lapse between Tabatas. A Tabata circuit can be created by adding other modes of exercise.

Here is a sample Tabata circuit that could be used:

### Exercise #1: Squats

Exercise at maximal intensity 20 seconds Rest 10 seconds » Repeat 7 times for a total of 8 sets » Go directly to next exercise mode.

### Exercise #2: Stair Climbing

Exercise at maximal intensity 20 seconds Rest 10 seconds » Repeat 7 times for a total of 8 sets » Go directly to next exercise mode.

### Exercise #3: Jumping Jacks

Exercise at maximal intensity 20 seconds Rest 10 seconds » Repeat 7 times for a total of 8 sets » Go directly to next exercise mode.

### Exercise #4: Stationary Cycling

Exercise at maximal intensity 20 seconds Rest 10 seconds » Repeat 7 times for a total of 8 sets » Go directly to next exercise mode.

### Exercise #5: Pull-ups

Exercise at maximal intensity 20 seconds Rest 10 seconds » Repeat 7 times for a total of 8 sets » Go directly to next exercise mode.

### Exercise #6: Abdominal Crunches

Exercise at maximal intensity 20 seconds Rest 10 seconds » Repeat 7 times for a total of 8 sets » Go directly to next exercise mode.

### Exercise #7: Rowing

Exercise at maximal intensity 20 seconds Rest 10 seconds » Repeat 7 times for a total of 8 sets » Go directly to next exercise mode.

### Exercise #8: Push-ups

Exercise at maximal intensity 20 seconds Rest 10 seconds » Repeat 7 times for a total of 8 sets » Go directly to next exercise mode.

**Benefits of Tabata:** These short, intense workouts have not only been shown to improve aerobic and anaerobic conditioning, but also provide improved glucose metabolism and increased fat burning.



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# SHREK

## The Musical

Jeffrey Vardon is Group Exercise Director at O2. He is an associate of the United Kingdom Alliance and specialises in Ballroom, Latin and Salsa.

He is also a Reebok certified Fitness Instructor and the artistic director of The Hot Shoe Dance Company.



Email: jeff@o2healthstudio.com



**S**hrek was staged in Chennai on the 12th and 13th of October and it surely made people go green.... Looming sets, live singing, well choreographed dances and over the top acting was the composition of an exciting production which thrilled Chennai's audiences.

### THE CHALLENGE...

I always choose a musical where I can excell in every aspect be it sets, effects and the final presentation to be larger than life. The challenge here was the Dragon and of course making the green Ogre . Keeping in mind the availability of space the restrictions due to budgets and other technical reasons, I tried keeping it simple. The Dragon was 12 feet high and 5 feet wide which had a head moving 360° on a ball and socket mechanism (a multi joint) and was manipulated by just one person in the body. Of course it was brilliantly engineered by the great artist *Sasi* and beautified by artist *Ezhilan* and *Wilson*. The green ogre had a silicon glove-fit mask which allowed him to fit the roll.

### THE MAKING...

Choreograohy, direction and conceiving the whole idea has never been a challenge, but financing?? Yes – and that is where planning and execution comes into play. This is where my Producer *Varalaxmi Sarathkumar* takes the lead by sourcing the funds and delivering the Product. I am very proud to say, she has been with The Hot Shoe Dance Company for 12 years and a

loyal and genuine friend, adopted daughter and a passionate performer.

### THE LOOK OF THE PRODUCTION...

This is the most important part of a project, The look, cause this is what is taken home by the audiences. A visual impact that lasts ... this is dishd out with the sets that is executed by *Mr.Jagan Nandagopal* who always adds that colour which sparkles under our light design. Costumes and make up taken care of by *Ms.Cassandra Vardon* has always brought us wide acclaimed and roaring appreciation. The careful eye for colour and costumes that do not hinder movement and choreography has been her tag line.

### THE MUSIC...

I have been working with *Timothy Madhukar* for the last five productions and this genius always out does himself on every production, with his scores and inputs carefully engineered on the show day by *Mr.Sean* who makes my dream a reality.

This is where a creator gets his fulfillment or an artist soars with joy to see his baby from the point of conception to growing into this voluminous production which brings together talents and genei from all aspects into this one moment of seeing his dream come alive like a *deja vous* which answers many a question especially from the well known *Ms Nina Reddy* who every time asks me '*How do you do it Jeff and why???*'.



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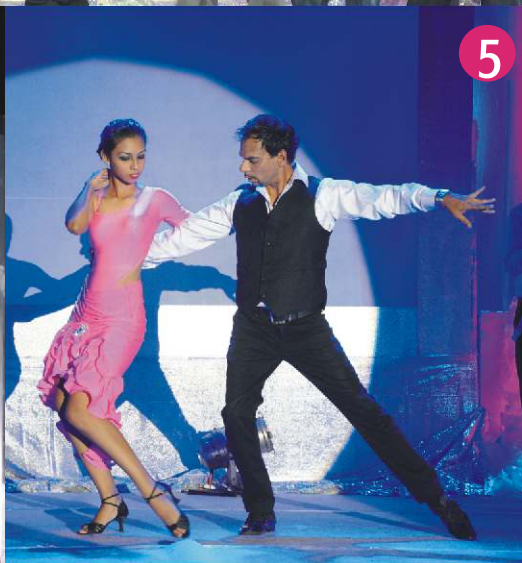
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# Features of the O2 Health Studio 12th Anniversary Celebration

1. Ms. Nina reddy, Mr. Ravi Kumar Reddy, Mr. Ravi IPS, Mr. Vijay and Mr. Jeffery Vardon
2. O2 Nungambakkam awarded as runners-Cricket
3. Actor Arun Vijay speaks on O2
4. Ms. Nina Reddy and Singer Amrutha
5. Dance performance by Mr. Jeffery Vardon and Brionii
6. Actress Suhasini, Actress Shalini, Actress Sharmili, Actress Manu and Ms. Nina Reddy
7. Actor Mansoor Ali Khan speaks on O2
8. Dance Performance by 'S' Community
9. Dance Performance by O2 Besant Nagar members
10. Dance performance by O2 & Body Lyrics staff
11. Dance performance by Hot Shoe dance company
12. Body show by O2 and Body Lyrics trainers
13. O2 & Body Lyrics staff



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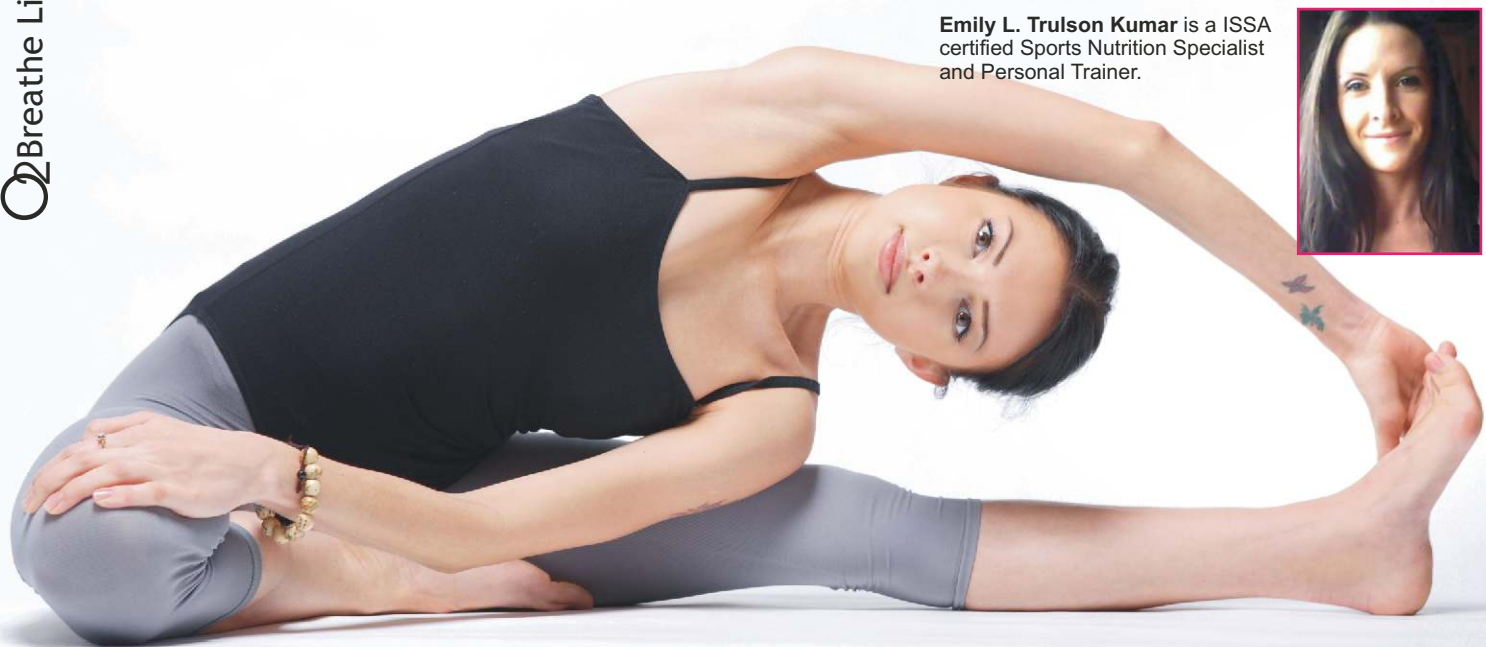


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Emily L. Trulson Kumar is a ISSA certified Sports Nutrition Specialist and Personal Trainer.



# From Detox Diets to getting Washboard Abs!

O2's Premium Personal Trainer Emily personally answers 13 common questions from clients, concerning detox diets to getting washboard abs.

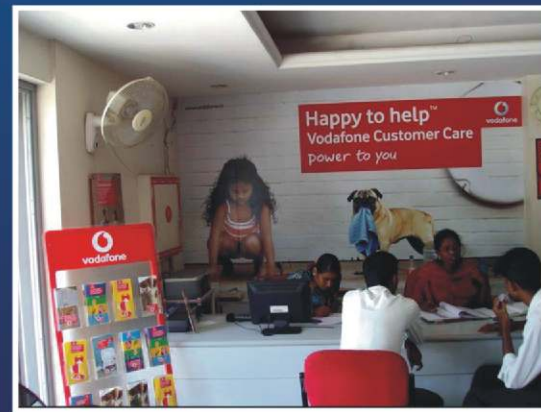
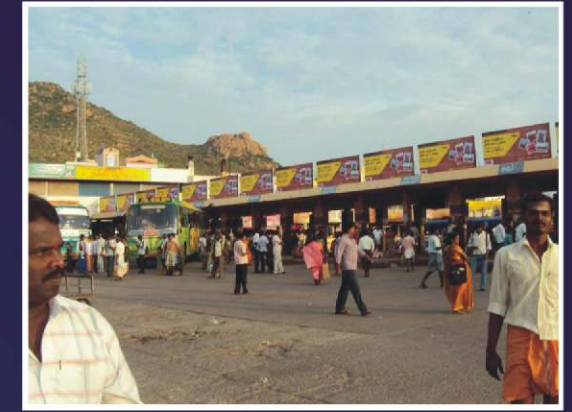
- 1. Looking to drop the baby weight?**  
Emily suggests adding salmon, free-range poultry, colorful vegetables and healthy fats from avocados, nuts and seeds into your diet.
- 2. How many calories should women eat per day?**  
Typically, women should consume 1,500 calories a day to maintain a healthy weight. (But every body is different! Emily has found that her body needs more to build muscle—she consumes around 4,000 quality calories a day.)
- 3. If you only had 30 minutes a day—weights, cardio or both?**  
Try doing resistance training in circuits. For example, combine 4-6 exercises together and don't rest in between. It'll keep your heart rate up, making it cardiovascular.
- 4. Need some indoor cardio options?**  
Try the jump rope! Do 100 rotations in between your resistance training set.
- 5. Forget detox!**  
A clean diet filled with fish, lean meat, vegetables, fruits and healthy fats will keep you healthy and happy.
- 6. Love push-ups, but hate the pressure it puts on your wrists?**  
There are several chest exercises you can do that keep your wrists straight and stable. Any variation of a chest press (incline, flat, decline) and variations of chest flies (dumbbells, tables, seated) are very effective. You can also try putting two dumbbells on the ground and doing hammer pushups—your wrist stays straight with this exercise. Ask an O2 Personal Trainer to assist you.
- 7. Need to tighten loose skin around your midsection?**  
You can build out abdominal muscles to fill out loose skin. Emily also suggests whey isolate, three to four servings of vegetables and two servings of fruit to help build collagen.

- 8. What's the best time to workout?**  
Every body is different! Try working out in the morning, afternoon and evening to see when you feel the strongest. (Emily is at her best between 10am-12pm daily.)
- 9. Juicing—pros and cons?**  
While vegetables and fruits are an excellent way to get vitamins are necessary to prevent disease and increase immune strength, try to eat the whole fruit so you will get the fiber content as well as the vitamin content. You'll miss out with a juicer!
- 10. Need to break through a plateau?**  
"The body plateaus within 30 days of the same routine, so you have to change your exercises, change the order in which you do them and also go up slightly with your weights," says Emily. "That should break the plateau." Also Emily suggest looking into getting a workout buddy or invest in O2's Personal Training Program and or group classes.
- 11. Can't get motivated?**  
Think of the benefits! Everything in your life improves with regular exercise, since it releases dopamine and serotonin in your brain. These chemicals cause you to be peaceful and happy.
- 12. Soy when trying to lose weight—yay or nay?**  
There is conflicting research about soy. There are health benefits, but soy can make you slightly estrogen dominant, which is not ideal for weight loss. Emily says nay.
- 13. Want flat abs?**  
Train six days a week and hit each muscle group twice a week with perfect form. "Don't do crunches, working legs and upper body appropriately (such as incorporating variations of push-ups and squats) work the core hard and keep me ripped." A very strict diet is a must for flat abs!





# Tamilnadu's Leading Outdoor Advertising Media Solutions Experts



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