



Breathe Life

The Quarterly Newsletter from O2

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2 more from



What is it that keeps pushing the team @ O2 to keep opening new centres?

What is that which motivates us to reach more and more people in different parts of the city of Chennai?

Today our combined centres of O2 keep touching lives by spreading wellness and advocating healthy habits. Our 5000 and more members have made exercise a way of life and are "Breathing Life" and enjoying their work-outs!

Regardless of age the young and the not so young are getting addicted to exercise; they are feeling good; looking great and

are more productive at work or play. Good healthy habits are being inculcated and conscious eating patterns are developing. Addiction to alcohol and nicotine is on the decline because we get our "High" from the adrenaline generated during exercise and from pumping iron!

The team at O2 eagerly awaits new opportunities and keeps looking out for new avenues of reaching out to more and more. We enroll each and everyone who is reading this to join this beautiful journey...

Meaning to life? THIS IS IT!!

Making a Difference

- Nina Reddy

I love my outdoor walks and I look forward to the activity at least once a week either at the park or at the beach. Last week when I was in the park walking totally lost in the surroundings and my thoughts I was suddenly interrupted by a friendly face ...

What the lady said to me after that made my day!

The lady introduced herself and said that I was a familiar face and that she recognized me from the articles on fitness and health... she said I was her inspiration to be fit! I was thrilled! The statement not only made me happy but made me feel that somewhere I had achieved what I had set out to do some time back.

Starting from the first centre at Nungambakkam, its been a very interesting journey. We have had our share of challenges which have come in every form... but what has kept us going and encouraged us have been the rewards in various forms. Good friends, immense good will, resilience and above all the belief in ourselves that we could make a difference to the health of many have been the factors that have egged us on.

Today O2 manages seven centres located at strategic locations in the city of Chennai making the lives of thousands of our members healthier. "High on Life?" OH yes! WE ARE!

Our new centres at Ashok Nagar and Neelangarai inaugurated graciously by our well wishers actors Karthi Shivakumar and Karthik Kumar are our newest babies.

The residents at both these locations have given us an



overwhelming response. We are humbled and will always be grateful to them. The team at O2 do not rest for too long and are always exploring new possibilities...

T.Nagar and Chrompet... here we come!!

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Preventing Injuries

when adopting a Healthy Life style

Injuries are bound to happen when you try to become healthy, be it sports, outdoor walk or when doing workout in a gym. But do we give up, because we get injured?? A million dollar question!! Well most scientific researchers and health fitness bodies, like the American heart association and American college of sports medicine say that the benefits outweigh the risks and hence safe activity participation is a definite YES!!

While most of the injuries that happen are musculoskeletal in nature, life threatening injuries are not uncommon either. Didn't we read about / watch super fit foot players collapsing on the field with cardiac arrest?? Or about cricketers collapsing with a high speeding ball, fractures and even death.

Pre Participation Health/Fitness Screening:

A Physical activity readiness Questionnaire and a small battery of health fitness assessment, which include your health history, risk factors for cardio vascular disease, existing signs and symptoms, resting cardiovascular measures (BP, Heart Rate), a sub maximal cardiovascular fitness test, Flexibility evaluation, body fat and strength evaluation will be a minimum requirement if you want to do moderate intense exercise. If you have any positive findings in the assessment/screening or want to be involved in vigorous activity the health fitness specialist will refer you to a specialist for further investigation and exercise prescription.

Warm Up & Cool Down:

Make sure your exercise session has a proper warm up and cool down session. Warm up prepares your heart and your muscle for the activity, while the cool down, gradually brings down your electrolytes, rhythm of your heart and your muscles to near normal resting levels, thereby no injury to the heart and the muscles.

A typical warm up session will include 10 minutes of light cardio vascular activity, say if you are going to run, jogging would be a good warm up. You elevate your heart rate gradually, till you break into a sweat or a heart rate specified by your fitness specialist. This will be followed by stretching exercises of the muscles that are going to be used in the activity. A similar pattern to be followed for a cool down session as well.

Too much too soon:

Your body needs to get adapted to the physical stress that you are imposing on it. Do not be in a hurry to achieve your results overnight. Rome was not built in a day. The fit looking celebrities/athletes may be inspiring you, but remember there

is a role of genetics and they have put in years of hard work to get what they have got.

Weekend Warriors & Intensity Violators:

Exercise is something that has to be done on most days of the week. Exercising sporadically can expose you to the risk of getting injured. Intensity violators are people who stay at very high intensity or exercise for longer duration than recommended. Remember exercising at above 85% of your Age related Heart Rate maximum (220-age) carries a risk and so does exercising continuously for more than 70 minutes a day.

Listen to your body:

Your body is always giving you signals on how it is feeling; do not ignore the valuable feedback. Most times we ignore them and the injury gets double folded a grade I becomes a grade II injury when we are ignorant and when we continue pushing the limits. Remember that one extra set can keep you off exercise for weeks!!

Protective gear and Foot wear:

Appropriate exercise and sports gear, clothing and shoes are a prerequisite to prevent sports / fitness injuries. A proper well cushioned shoe with arch support may prevent a whole lot of running injuries. Restrictive clothing may not let you stretch effectively. Use loose fitting clothes that allow for air circulation and to dissipate heat.

Dress appropriately for winter and summer. Using a counterforce elbow brace / wrist supports while playing or doing strength training might give you some sort of protection, especially if you have just recovered from an injury. Choosing the right size of the racquet / bat is of paramount importance as well. Wear helmets during outdoor cycling and in appropriate sports. Protective guards for your vital organs in contact sport is important.

Skill & Strength:

Make sure you have the appropriate skill to play the chosen sport or to execute the desired exercise. With good practice and patience skills can be honed. In Cricket for example you need a good hook shot or you need to know to sway or duck when you receive a bouncer at 150 kmph. Having good strength and balance can prevent injuries.

Remember. Train and Don't Strain.



O₂@ Ashok Nagar



O2 Health Studio's 5th branch at Ashok Nagar was Inaugurated in style by Actor Karthi Sivakumar, by 7pm on Thursday 29th Dec, 2011. The guests were stunned with the awesome facility and its features and programs.

The evening was made memorable with Karthi inaugurating the Health Studio, amidst dancers from Hot Shoe Dance Company, choreographed well by the Ace Instructor Jeffery Vardon, what followed was Thumping Zumba and High Tea.

Karthi patiently looked around the facility and tried out all the equipments and later he autographed a few O2 T-Shirts. Those who were present included actor Vivek and well wishers of O2 and Health & Fitness.

It was a memorable, satisfying and a happy evening for all those who were present. Now O2 Ashok Nagar is set to Rock!

Thank You Actor Karthi Sivakumar.





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 9

A Balancing Act

Have you ever watched a toddler learning to walk? New parents are always excited when their child takes his or her first step. At first, the little one puts one foot out and then falls, pulls up by a table or chair, attempts another step and falls-over and over again. But with determination, there is some point that the foot remains stable, the other foot goes forward, and the stepping process is moving him in the direction he wants to go in spite of gravitational pull. The sequence of leg motion is learned and requires neural input from the leg muscles to the brain and vice versa. But in order to remain in the upright position and not falling requires balance. Balance is defined as the ability to maintain equilibrium against the force of gravity.

There are three important physiological factors that contribute to balance:

1) the balance center located in the semicircular canal of the inner ear; 2) a kinesthetic sense in the muscles and joint (e.g., our internal spatial awareness); and 3) visual perception.

A problem encountered by any one of these factors can be detrimental to the ability to balance. There are two types of balance. Static balance is the ability to maintain equilibrium in a stationary position, and dynamic balance is the ability to maintain equilibrium while in motion.

Ordinarily we take our balance for granted, but balance is a skill-related component of fitness for everyone. It is important in performing everyday activities. Poor balance can lead to falls and injuries, especially in the elderly population¹. It is estimated that between 28% and 35% of individuals over age 65 fall each year, with a fifth of those requiring medical attention. The number increases to over 40% if you are 75 or above.

The good news is that balance can be learned and it can be improved. The key is maintaining physical activity. Though there are often many factors involved with

decreased balance as we age, a lot of this decline is simply due to inactivity. There are many ways to maintain and even improve your sense of balance despite your age. For example, Yoga is comprised of various poses that help to improve balance and has other health benefits, as well. Also, Tai Chi, a martial arts form that enhances balance and body awareness through slow, graceful, and precise body movements, can significantly cut the risk of falls among older people.

Balance is also important in many sports activities. In fact, most athletes must maintain a high degree of balance in order to be competitive. In sports performance, each step, cut, or landing movement requires its own element of static and dynamic balance. Let's consider some examples. When a soccer player is running and then stops quickly, the ability to maintain balance will affect how quickly the athlete is able to recover and turn in a new direction. In basketball, the arms are used to maintain body balance. On offense the arms are used for balance and quick starting. On defense, they are used the same way as well as blocking shots and deflecting, or intercepting passes. Hockey is a collision sport, so it is very easy to get knocked down unless the athlete can quickly recover his/her balance when pushed. Snow skiing requires a great deal of balance to remain upright while negotiating the terrain, hitting icy patches, and quickly calibrating for the depth of snow.

There have been scientific studies that show a reduction in injury through balance training. So, it makes sense to avoid injury through balance training rather than having to treat injuries related to poor or inadequate balance. Athletes must train for balance specifically to their sport and even more specifically to their position.

There are quite a few tests of balance, but the Stork Stand is an easy one to perform. Simply stand on one foot while the other foot is placed on the inside of the knee of the supporting leg. Variations of the test include 1) putting the hands on the hips or extending them to the side; and 2) closing the eyes. Hold the position for as long as possible and record the duration (seconds).

In conclusion, don't ignore the importance of balance to your overall health and don't forget to include some form of balance exercise in your exercise routine.



O2@ Neelangarai

O2 Health Studio's 6th branch at Neelangarai was Inaugurated by our well-wisher Actor 'EVAM' Karthik Kumar, of Yaradi nee mogini and Veppam fame, at 7pm on Thursday 22nd March, 2012. The actor looked handsome and won hearts with his warmth.

The evening was made colorful with Karthik inaugurating the Health Studio, amidst dancers from 'S' community performing Bollywood Dance, that was well choreographed by Instructor & Dancer Senthil.

Karthik patiently looked around the facility and tried out all the equipments and later he autographed a few O2 T-Shirts. Those who were present included all the well wishers and friends of O2.

Thank You Dear Karthik.

It was a memorable evening for all those who were present and the evening ended with High Tea.

O2 Neelangarai is now set to cater to the community at Kotivakkam, palavakkam, neelangarai, injambakkam, thoraipakkam, sholinganallur and akkarai

The USP's at O2 Neelankarai are: Goal oriented training programs, Cardio coach (first time in south India), E spinner, Lock-n-Load Strength Equipments, TRX Suspension Training, Kick Boxing, Rehab clinic, Juice bar, Exercise gears and of course personalized training and care!!!



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ZU ZU

ZUMBA

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.
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Zumba is a Latin-inspired, dance-Fitness class that incorporates Latin and international music and Dance moves, creating a dynamic, Exciting, Exhilarating and effective fitness program. A Zumba class- known as a Zumba Fitness Party combines fast and slow rhythms that tone and sculpt the body using an aerobic fitness approach to achieve a unique blend of cardio and muscle toning benefits.

The Zumba program integrates some of the basic principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits and total body toning. The cardio based dance movements are easy to follow steps that include body sculpting, which targets legs, arms, the core abdomen, the gluteus and above all the heart.

Dancers or non-Dancers easily master a zumba class because previous dance

experience is not necessary. A Zumba class creates a party like atmosphere that provides a non intimidating opportunity for non-Dancers and all those who have previously hesitated to participate in group classes.

At the same time, Dance lovers thoroughly enjoy the change of pace - exercising in a Healthy, Fun, Party like environment. All students feel comfortable knowing that they can just go with the flow and enjoy a Zumba fitness party.

Zumba swings to explosive Latin and international music. The rhythm motivates participants during class, making them want to return Again and Again!!

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Xmas day @ O2

O2 Celebrated Xmas with all the bells and whistles, Santa and Gifts and Carol Singing. The Kids had a great time.

O2 Car Rally

O2 Health Studio, in association with the National Association for the Blind and Madras Motor Sports Club, organised "The Car Rally for the Blind" recently. The 3rd in a row!

Over 75 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 flagged off the rally. Actress Rohini and Mrs. Rathe gave away the prizes.

Children's Day

O2 celebrated children's day with a blast with lots of enthusiastic participants. There were loads of games and fun activities which kept the children on their toes.

Aisha, Bhadresh and Ritika were the super Nehrus (winners):

Finally there was cake cutting and return gifts were given as a token of love and appreciation to all the children. The event ended with prize distribution. The children went back smiling!





World Heart Day

World Heart day campaign by O2 health Studio, to increase awareness among public to exercise and keep fit

Pongal Kondattam

With the New Year euphoria dying, O2 ushered in its first celebration of the year PONGAL on 14th January 2012. 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

Women's Day

O2 Health Studio, had a get together of its women clients at Hotel Savera on 10th March. The event had Health & Fitness Professionals, a Gynecologist, a Pediatrician and a Nutritionists. Mrs. Chandri Bhat the chief guest addressed the elite gathering.

A healthy cooking competition followed. The winners took exciting prizes, while all those present had a great time too...



Venkat is a Bachelor in Physiotherapy, with qualifications in Yoga and Naturopathic Sciences. He has been practicing Yoga for the past 17 years and teaching Yoga for the past 13 years. **Mobile:** +91 98402 99329
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Sarva-anga-asan (Shoulder Stand)

Procedure

- 1) Lie on your back, hands by your side, palms down. Inhale and bend your legs at the knees and bring the knees towards the chest.
- 2) On exhalation, lift your hips off the ground and place your hands (palms down) on your lower back for support.
- 3) Lift the rest of your body off the ground with the help of your hands (elbows staying on the ground for support).
- 4) Extend your legs upwards, towards the sky or ceiling. Imagine somebody is lifting your legs upwards towards the sky. 5) Try to have as little pressure on your head and neck as possible. Shoulders should be bearing the pressure, but not the head and neck. Have your chin pointing towards your chest, in the 'chin lock position.' Never turn your head when you are in this position!
- 6) Breathe. Stay in this position (when comfortable!) for 1-5 minutes. Anytime you feel any type of discomfort (pressure, pain, fear, breathlessness, etc.), bend your knees toward your head and slowly roll your spine back to the ground (on exhalation).

The exact counter pose for shoulder stand, Halasana sequence is the Chakrasana or the wheel pose.

Benefits of Sarva-anga-asan(Shoulder Stand)

Sarvangasana is extremely beneficial for the heart, lungs, endocrine system, the brain and thereby the mind.

Gravitation pulls everything down. During inversions this process is, . . . well, . . . inverted. So our organs and brain get to be bathed in the blood. Also, since our head (and face) get so much blood, Shoulder Stand is an amazing pose for reducing wrinkles and overall increasing the circulation of the blood to the face, therefore improving the complexion.

Shoulder Stand benefits:

- Absorption of nutrients
- Appetite - increases
- Asthma
- Constipation
- Digestion - strengthens
- Hemorrhoids
- Insomnia
- Menstrual problems
- Pitta imbalances, such as: irritability, short temper, anger
- Varicose veins

Shoulder Stand also brings joy, vitality, happiness and confidence.

Isn't that amazing??? One Yoga posture with so many health benefits!



Contraindications

Shoulder Stand is more challenging than it might look. You should not practice this Yoga posture if you have any history of heart problems, high blood pressure or any other pressure in your head (sinus, ear, etc.)

Also this Yoga posture is not advisable if you have had a recent or chronic shoulder, neck or back injury. If you are menstruating or pregnant this pose is also contraindicated. During menstruation you want your blood to be flowing down, out of your body and not to be reversing the flow. In pregnancy, the umbilical cord often connects at the top of the uterus, and performing even gentle inversions may cause the fetus to put pressure on this region, lowering its oxygen supply.

If you are new to Yoga, this is also not the Yoga posture to start with. Seek help from an experienced Yoga instructor or visit a yoga class.

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Dr. Bijal Vasa is well qualified & experienced in the field of physiotherapy. Her expertise is in helping people reach their desired goals in the area of prenatal and postnatal care. At O₂ she conducts classes at Besant Nagar and Nungambakkam. **Ph.9381009106**



Exercising During Pregnancy

Pregnancy is not an illness but a natural function. It is a time of tremendous musculoskeletal, physical and emotional change and yet is a condition of wellness.

The human body is so constructed that in order to remain healthy it must be exercised regularly and correctly. It is generally accepted that a woman can approach childbirth with calm and confidence if her

- Muscles are in good tone and has learnt how to control them
- Has understood breath control
- Has learnt to relax herself at will
- Has taken nutritional and other measures to maintain general good health.

The notion that pregnancy is a "delicate condition" has been debunked as a myth. Studies have proved exercise is beneficial not only to the pregnant woman but also to her developing child.

Breathing exercises learnt during pregnancy will help the mother to cope with labour and childbirth more confidently.

Knowing what to expect greatly minimizes the usual fear associated with childbirth and enables you to bring your baby into an environment of love, safety and respect.

Benefits of exercise during pregnancy

- Improved posture and appearance
- Relief of back pain and
- Enhanced blood circulation.

PLEASE NOTE: It is strongly recommended to check with the obstetrician before beginning an exercise program.



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Testimonials from our close friends...



Actor Mohan

I have always believed in fitness as I feel it is important to everyone and brings in adequate joy when you are fit like a fiddle. When the fitness process happens in a divine, stress free ambience with like minded individuals, the joy doubles! That is exactly how I can define my experience at O2 Savera in the last 10 months.

I would like to make a special mention about leadership and commitment that you see in every brick at O2 Savera. Needless to say with a dynamic leader like Mrs Nina Reddy at the helm of affairs coupled with committed people like Mr Vijay at the centre, the name O2 will very soon become synonymous with fitness.

My hearty congratulations and good wishes to O2

equipments but the trainers who are very important. I feel the coach is the main person to teach the exercise in the correct way. Trainers are the main motivators. This is the reason why I chose 'BODY LYRICS' gym and is unique for a good reason: It has all the Facilities and great equipments. The timings are flexible too. My trainers are especially amazing. Mr. Karthik and Mr. Durai are very motivating. Physiotherapist Dr. Vijay is an awesome person who is very helpful. I'm very regular and thanks to all coaches, physiotherapist and dietician. I've been coming here for the last 7 months and the way my body has toned up is really great and I'm very happy about it. I'm very regular to the gym and my mind is relaxed. I feel energized and I spread positive energy around.



Actress Sujia Varunee

Joining O2 Ashok Nagar has been the most rewarding experience for me. They have all the latest equipment which are available in top class gyms. All the trainers and staff are extremely friendly and treat us with utmost care. Their equipment like Cardio coach and TRX suspension have helped me a great deal in improving my core strength and stamina. Being a football player, the trampoline equipment especially has helped me improve my agility which is vital for the sport. The added bonus is the juice bar which is available inside the gym itself.

Continue rocking O2! Cheers.



Sanath

The professional training and ambience of O2 Besant Nagar has encouraged me to renew my annual package for the third consecutive year. The regular training has helped me shed my extra weight and tone up my body. I am proud to say that I have been an inspiration to my friends and relatives to enroll in gyms. A special mention to Ms. Preethi, my physio-trainer who is very persuasive and motivating at the same time. The regular rehab sessions that I have been training with her has helped me overcome the chronic knee and back pain that I have been suffering for the past few years. O2 Besant Nagar has helped me gain self-confidence and to rediscover a pain-free and energetic life style.



Vidhya Sridhar

I am so happy that O2 has opened in Ashok Nagar. I always wanted to join a gym in Ashok Nagar. Before joining O2 I felt that my stamina level was low. I felt breathless while climbing stairs and also had joint pains. Its 3 months now that I am regularly coming to O2 now I feel very active, my energy and stamina level has increased, easier to climb stairs and no more joint pains. Thanks to the lovely staff of O2 Mr Parandaman, Farha, Jana, Firdaus, Kartik, Sushma who are so caring and teaching us the correct methods of workout. O2 gym is clean, its big and has the latest equipments. I am enjoying my P.T training programe, Zumba and aerobics too. Working out at O2 has helped me to act in my new serial Mutharam aired on sun TV in which I enact the role of a IPS Police officer. I feel very happy and proud to be a part of O2 family.

Thanks O2 for bringing out the new Devayani in me.



Actress Devayani

Abdul Samad., D.A.M.T., C.M.T., is the Spa In-Charge at O2 Health Studio, Hotel Savera and Temple Tree. Graduate and affiliated Teacher of TMC, Thailand. Qualified Therapist of Chivasom International Academy Practicing Therapeutic, Western and Eastern Massages for 14 years in India & Abroad.
Email: abdul@aimspas.com



Spa Massages

Men's treatments

Breaking news, guys... Suddenly spas aren't only for women. Who saw that coming? Well, it's taken a while, but men have finally got wise to the idea that looking and feeling great shouldn't only be a girly privilege. Maybe you've been quietly moisturising for a while now. Cleansing even? For many men, it's been a logical step to go the distance, and let the professionals take over. Even if you're not in the market for some TLC for your skin (and frankly, what's stopping you?), there is a whole world of rejuvenating massage, Spa treatments and hot steam waiting for you. Do you normally need an excuse to treat yourself?

If you're new to the spa experience, let us guide you gently into it with advice on what to expect, what treatments you might like, and where you might go.

There are answers to FAQs too, but if you don't see what you're looking for, just ask. Email info@aimspas.com, and we'll do our best to provide you with answers.

What should men expect at a spa?

A lot of nervousness about visiting spas is about not knowing what to expect. Are you entering a world of scented candles and woody chill out music? Well, yes, quite probably, but is that really any scarier than white-water rafting or taking a penalty?

Increasing numbers of our spas offer dedicated men's treatments, and the bill of fare usually reflects male tastes. In fact, very often, if you contrast and compare, you'll notice that the treatments themselves are not totally different from what your wife or girlfriend may be having further along the corridor (or on the table right next to you).

If you're having a massage, decide whether it matters to you to be attended to by a woman or another guy. Having a woman looking after you may seem like the best kind of self-indulgence, but a male masseur may well be better at giving you a properly vigorous deep tissue going-over.

You don't have to make cheery conversation during the treatments, like you do when you get your hair cut. It really is best to just lie back and think of nothing at all. It can help to close your eyes. There is absolutely nothing wrong with a semi-

dozing slumber. There is no more obvious sign, after all, that your body has entered a state of complete relaxation.

If you still feel a little nervous about visiting a spa, why not let your partner take you along?

What men like

The EASY approach: In general, men want the spa experience to be **E.A.S.Y.** That stands for:

- * **Effective:** Quantifiably, physically effective. We want to appreciate that our skin feels and looks better, or our muscles feel relieved.
- * **Active:** Fun and different. A huge percentage of regular sports spectators and amateur players are men, so it's not surprising that some kind of activity as a way of relaxing appeals more than sitting still.
- * **Sensuous:** Luxurious even. Spa treatments are not exactly cheap, so they should have an aura of class and refinement, as well as making you feel good about yourself.
- * **Youthful:** The ambience of old-fashioned barbers is all well and good, but we're not quite ready to come on like our granddads yet. A treatment has to feel like it's enhancing the youthful vigour that we're still naturally full of.

Our most popular men's Spa treatments are:

Signature Massage, Deep Tissue Massage, Thai Ayurveda Massage, Thai Foot Reflexology, Swedish Massage, 10 Sen lines Traditional Thai Massage, Whole Day Packages and Groom Packages.

For appointments call: +91 9840320632

O2 Spa, Hotel Savera: +91 44 28114700 extn 312

O2 Spa, Besant Nagar: +91 44 45511670

O2 Spa @ Ashok Nagar: +91 44 42042255

Temple Tree – the spa @ Farm House Complex: +91 44 24530801

Soon at OMR and Thiruvanniyur



K. Ganesan, MPT (Sports), is a STOTT Pilates Certified Instructor at O2 Health Studio. For further details contact Ganesan at
Mobile: +91-9884463520 or
Email: kganesan77@gmail.com

Cross Training with Pilates



Cross training is simply a schedule of exercise using various methods. It could be cardio - strength, cardio - yoga, spinning - strength. When the cardio and strength is combined together there are chances of fatigue/overtraining. Also this can put the client at risk of injury.

The benefits of Pilates can be combined with regular exercise program by the clients to maximize the benefits. Pilates exercises are oriented toward functional fitness, meaning that Pilates teaches you to move better in general, thereby enhancing performance and reducing risk of injury in other activities. The other key to Pilates is that it works the muscle in a chain which is termed as kinetic chain in the fitness and rehab industry. The plan is to work a few muscles together so that they can be synchronized in the functional pattern.

When your gymming schedule includes workout to your global muscles like

deltoid, biceps, triceps, latts, quads, hams, gluteus, Pilates complements with working out the smaller local stabilizing muscles like the serrates anterior, rhomboids, lower trapezes, glue medius, transverse abdominals. This kind of work in cross training will be of immense benefit in the functional capacity, body posture, better muscle function.

It is recommended that you include 2 - 3 sessions of Pilates in your exercise schedule to get good result. For women and those in their late 50's, the need for maintaining balance, muscle strength and flexibility are important functions to maintain a healthy life. Pilates exercise is best suited for those populations in getting these benefits with minimum efforts.

Pick your trial class for a feel of this form of exercise! Contact your branch for details.



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The Duchess TRAVEL

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The Group that bonded with Divine Food, Fresh Air & Soulful Massages!



The Duchess Five: Awaiting the Ganga Aarthi at Rishikesh

To Spain

The Summer Holidays for the ladies at Spain was exciting and Fun! The Mouthwatering Cuisines, the Beautiful Locales, the Warmth and Energy of the country totally satisfied the happy travelers.



Testimonials from our close friends...



Bharathraj Singh

I'M GLAD THAT I'VE REDUCED 15 KGS IN 5 months. I owe a lot to O2 Velachery. Here are few of the things I noticed and followed in O2. The Trainers here are experienced and treat people with lot of care. Diet too was not tough to follow. I blindly followed the instructions given by my trainer (SYED ALI). I share the problems I faced and exercises were given accordingly. I tried my best to be punctual. Even if I find little time during evening, I was able to utilize it. O2 understood me and was co-operative.

At last it was not hectic. It was really fun to be here especially with my Trainer (SYED ALI)

I have been a member of O2 Mogappair for 7 months and the experience has been really good! When I first joined my main aim was to put on a little weight and tone up my body as really respect my body! To achieve this I couldn't think of a better gym than O2... For me O2 is a place where I wish to be whenever I'm free... From the comfortable ambience to the friendly trainers it's really a pleasure to be there! It's a pleasure gyming at O2 and I hope I'm always associated with this gym for my healthy happy future.



Arushi



Pradeep

I have worked out in many gyms (domestic and international), but O2 has clearly set the standards high for the top gyms in India. O2 - top customer service, trained and disciplined staff who make you feel home and their attention to details makes them the best. O2 (Ashoknagar) is always tidy, neat, hygienic and very usable. The equipment's are top class – especially the TRX have bought in some red hot exercising techniques. I enjoy working out at O2 and even on my off days I prefer to just chill at the gym sometimes. Just for the record I commute more than 5km to reach the gym in spite of many good gyms in my surrounding. To sum up: O2 – is a charming child

I am a member of O2 Heath Studio, Besant Nagar since December 2010. It was a wonderful and delightful experience after joining this unique gym in the city. The equipments are great and the staff are very friendly. It is a great place to stay fit and chill out. Honestly this is the best gym in the city. This gym is definitely my second home.

The ambience is excellent and the music is rocking. I don't need an I-pod when I come to the gym. The juice bar is good and the various group exercises classes are amazing and I've been to all of them.

Therefore I would recommend anybody to join O2 if they want to get the best benefits.



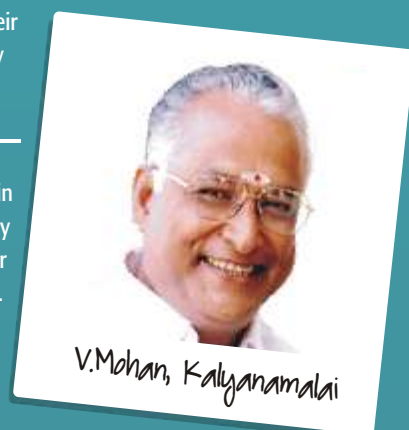
Sreenath P.K



Kavitha

We (Kavitha and Sounder) are very glad to be members of O2 Neelankarai. It's a very well equipped gym and the trainers are very dedicated to their job and guide us during the workouts. We wish O2 and its team a very grand success now and always.

The energy and the stamina i gain by working out in O2 Nungambakkam helps me to rejuvenate and stay healthy. I truly appreciate the efforts of the trainer and the staff of O2 Nungambakkam.



V.Mohan, Kalyanamalai

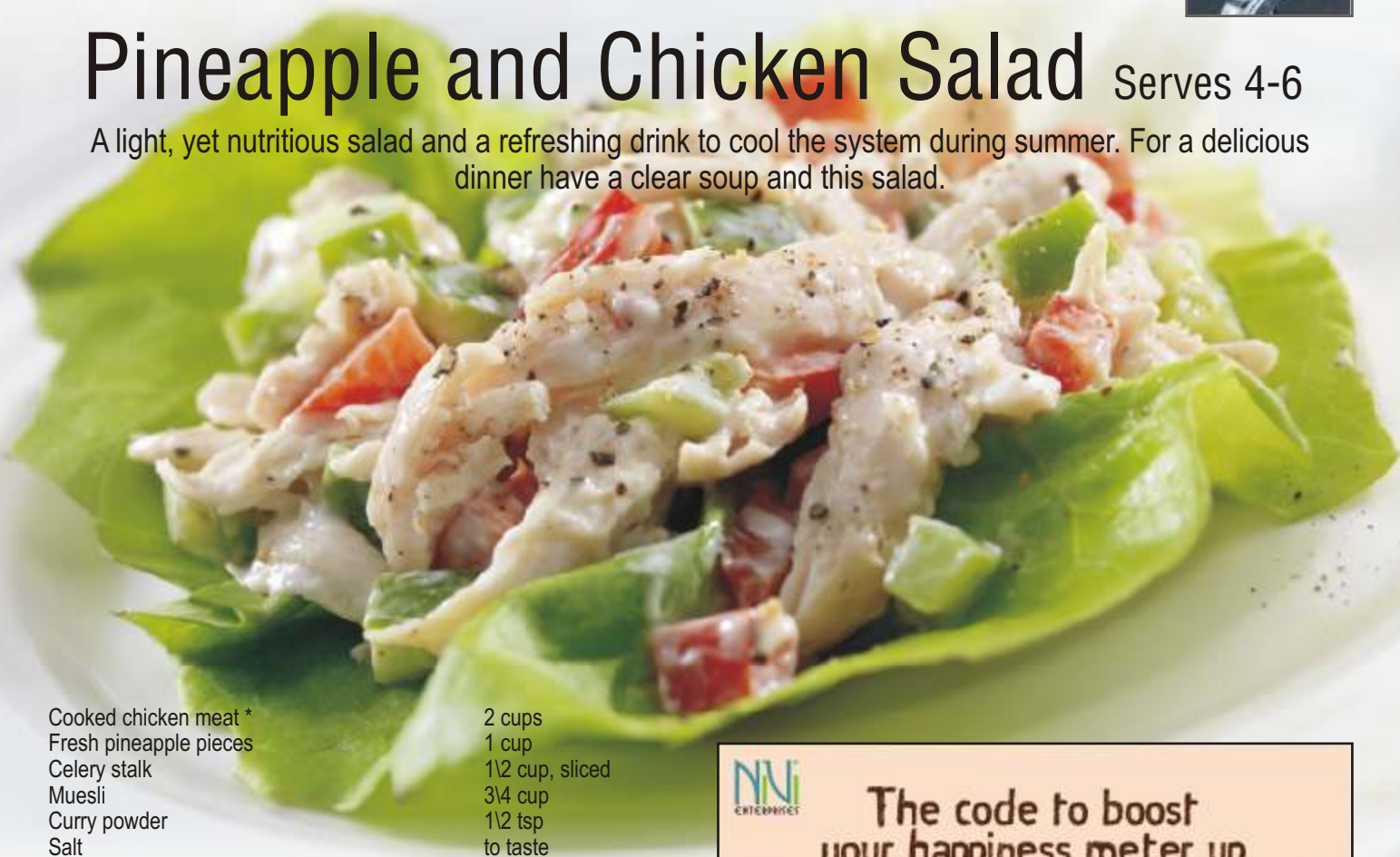
Towards Healthy Cooking

Chandri Bhat is a cookery expert and consultant based in India with over forty years of experience in her field.
Email: chandri.bhat@gmail.com



Pineapple and Chicken Salad Serves 4-6

A light, yet nutritious salad and a refreshing drink to cool the system during summer. For a delicious dinner have a clear soup and this salad.



| | |
|------------------------|-------------------|
| Cooked chicken meat * | 2 cups |
| Fresh pineapple pieces | 1 cup |
| Celery stalk | 1 1/2 cup, sliced |
| Muesli | 3/4 cup |
| Curry powder | 1 1/2 tsp |
| Salt | to taste |

Dressing

| | |
|-----------------|----------|
| Fresh curds | 5 tbsp |
| Pineapple juice | 2 tbsp |
| Honey | 1 tbsp |
| Ginger | 3 cm |
| Salt | to taste |

Pineapple slices and celery leaves to garnish

Directions:

1. Combine in a bowl, chicken, pineapple, celery, curry powder and salt. Mix well, cover and chill in refrigerator.
2. To prepare the dressing, crush the ginger with 1 tsp of water and extract the juice. Beat the curds till smooth. Combine these two with rest of the dressing ingredients. Cover and leave in refrigerator.
3. Just before serving, add muesli to the chicken mixture. Pour the dressing on top, mix lightly and serve garnished with pineapple slices and celery leaves.

* Cook chicken with one chopped onion, few celery leaves, 1 1/2 tsp pepper corns and 1 1/2 tsp salt. Strain and use the broth in a soup or curry and use the meat in the salad.

Cucumber and Mint Yogurt Drink

| | |
|--|-------|
| Grated cucumber | 1 cup |
| Natural yogurt | 1 cup |
| Mint leaves | 4-5 |
| Salt and pepper, Chaat masala to taste | |

Directions: Blend all the ingredients together. Serve chilled, garnished with a slice of cucumber



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