



# Breathe Life

The Quarterly Newsletter from O2

Volume 1 | Issue 8 | April 2011

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## Where to find Us

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## First Anniversary

O2 got a year young early this year. There was a grand party on the anniversary. While notices were put all across O2, each team member personally invited us, with family, to make it the first annual party. We were touched with this gesture of team O2.

2 days before the celebration, team O2 informed us that a ramp walk was also planned and that we should also participate. We were shy as we had never done such a thing in the past. However all the O2 team members encouraged us to participate and that they would help us. Similarly were 2 senior gentlemen who were motivated by O2 team to get on to the ramp. About 14 members were to participate in the ramp walk.

A day before the event, Nina was at O2 from 8 pm to 11pm, personally helping and encouraging us. Appreciate her zeal and enthusiasm.

She also arranged all the outfits and accessories.

On D day, she motivated us before the event during the trials. She was in the ladies dressing room ensuring that all were comfortable and had all that they need.

In addition to the ramp walk, there were a lot of other events.

Our children also enjoyed the entire show. Then followed the grand dinner. We could see most of the members with their families. Again Nina and team O2 were attending to the members and their families and ensuring that they all had their dinner.

We shared this celebration with our friends and they were surprised that a gym organized such an event.

We clarified that in addition to gymming, we also get fun and an extended family at O2.

**Abha Jajoo & Vikas Jajoo.**  
02 Besant Nagar

# Making a Difference!



**W**e at O2 are different and always will be... will tell you why... the last 6 months at all our gyms has been a rollercoaster ride. Everyone involved with operations at different levels have been on the move.

Every important event has immense planning and is meticulously executed. Just when one event ends at one centre, the next one is ready at another centre!

From women's day celebrations, world heart day cycle rallies, x-mas parties with santa, carols and goodies, car rallies for the visually impaired to anniversary celebrations; life is a celebration with us! and why not???

We at O2 believe in breathing life! Each of these events is special because everything we do is done with a personal touch. The involvement of our dear members is paramount for us.

The very first thing we do in the planning is, to focus on listing and requesting all those members we feel would fit a certain bill we have in mind... am happy to say our members have

always risen to the occasion and have always exceeded our expectations!

The practice sessions are always gruelling for the members but it is amazing how quickly they learn and can give professionals a run for their money!. These events always bring us closer to our dear members and also helps in creating strong bonds within themselves...barriers break and meaningful friendships blossom!

We, the team at O2 would like to acknowledge the contribution of every member who takes the trouble to make each of our events such a huge success! O2 is what it is, because of all you special people..we love and cherish each and everyone of you!

Cheers to celebrating life...

- Nina

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# O2 Car Rally for the Visually impaired



Actor Karthi with S. Ve. Sekar at the flag off of O2 car rally for the blind.

The O2 car rally for the blind was a huge success this year too! This rally was the 3rd in a row and has become an event for all involved to look forward to every year. The rally is a joint venture of **The National Association for the Blind, The Madras Sports Club and O2 Health Studio.**

The rally is special because the navigator is visually impaired, and the drivers are navigated with the help of a braille chart. This year saw a very good turnout of 76 cars with good hearted drivers. The rally was flagged off by the popular actor **Karthi** who went all out to make the navigators feel very special. **S. Ve. Sekar** also was present and added cheer to the gathering.

The rally started and ended at Hotel Savera. The participants were served a sumptuous lunch and the prize distribution that followed was a gala affair! Singer **Patrick** entertained the gathering with some great music and songs. The gracious **Srilekha Parthasarathy** sang some cheerful songs and won many hearts. The prize Distribution was extra special this year because the beautiful **Shriya Saran** endeared herself to the gathering with her presence and loving words.

The rally this year too ended on a high note where everyone who was involved went back from the event completely satisfied after a meaningful Sunday!



Celebrity guests with a participant.



Shriya Saran with Nina and Srilekha.

## Careers@O2

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

**Call: 9094791920**  
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15th April - 15th June 2011.

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**Hyderabad**



# AQUA AEROBICS

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.



Aqua aerobics seems to be a cool solution to beat the heat!!! Getting into the pool on a hot summer day is always a cool get away, and to get a work out too!!! Can't ask for more...

Aqua aerobics as the term explains, is an aerobic work out in a swimming pool using water as your resistance. Buoyancy can be defined as the ability of water to support the body weight. When in water your body weight is reduced by 90% [immersed up to your chest] so, the stress on the lower joints is considerably reduced and hence it proves to be totally safe for people who are over weight.

Let us look at some of the benefits of this cool work out:

- \* Exercising in water requires you to support only 50% of your body weight.
- \* The stress and compression on your joints is lesser.
- \* The natural resistance of the water leads to better muscular endurance and tone. You do not need any special equipment.

- \* The risk of injury is comparatively lower due to its low impact nature. This makes it an ideal work out during pregnancy.
- \* Aqua aerobics is good as a rehabilitation work out when recovering from an injury.
- \* Good for those with arthritis.
- \* The heart rate is kept low with the cool environment of the water, so one could do long work outs.
- \* You don't need to know to swim.
- \* Aqua aerobics could be used as a cardiovascular work out and a strength training.
- \* Of course, there is no denying that aqua aerobics is a fun way to work out and gets you motivated to be at class...
- \* It can be used as a team building exercise and also a refreshing activity as a family work out.

So what are you waiting for... ring the gang, round them up and be there... Classes happen at the Savera hotel pool...

We are always the first to dish out new work out menus...

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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.



## Fitness Injuries & Management

... Continued from the previous issue

Knee injuries are as common as the back pain. There are various injuries that can happen in the knee from a ligament injury to a meniscus, cartilage or a degenerative change in the joints. Being overweight, overuse of the knee (jumping/ climbing/ running/ cycling) at high intensity without cross training (swimming/ walking/ rowing), certain postures (full squats), weak/ tight muscles, twisting in a game of football, improper foot wear, poor limb alignment are all a few reasons to get knee injury.

Shin splints are another commonly seen over use injury in the lower leg, which can be because of too much of running, improper footwear, poor foot biomechanics, weak foot muscles or tight calf muscles. Most of the time rest from aggravating activity, by substituting with swimming/ cycling/ elliptical trainer and good footwear with an arch support sorts the issue.

Achilles tendinitis is a common strain seen in the ankle region. This is an over use injury because of faulty running technique and poor foot biomechanics. Good stretching program of the calf muscle and correcting the running technique will solve the problem. Ankle sprains are common in sports, when you keep your foot wrong or in uneven surface. Strengthening of the muscles around the ankle (especially the evertors) and proprioception exercises will be a good way to recovery.

In the Acute stage (approx 0-3 days, from the time of injury) PRICER, is the key, which is Protection of the site from further injury, Relative Rest, to allow the tissues to heal, Ice packs for the injured site (not for open

wounds) 15-20minutes to avoid/reduce swelling, Compression in the form of bandaging to avoid/reduce swelling, Elevation of the injured site, preferably above the level of the heart to avoid/reduce swelling.

In the next issue we will talk about how to treat these injuries.

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# O2 Besant Nagar First Anniversary Celebrations

1. Chief Guest ACP M. Ravi & Actor Aditya
2. Women's western round
3. Bharath & Uma Shankar
4. Yoga by Shivani and troupe
5. Men's traditional round
6. Prize distribution by actor Aditya
7. The O2 Besant Nagar team



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# O2 Velachery Children's Day Celebrations

14th November was a special day for the member's children at O2 Velachery. The exciting games & entertainment were all Kids Centric and this event saw a lot of smiling happy faces participating in all the activities.

O2 Velachery team with their personal touch & warmth won many young hearts! Cheers to Gen Next!



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# O2 Mogappair Women's Day Celebrations

The Women's Day Celebration was a small, but beautiful affair. I got to know all the people who had participated in it. We all bonded really well, even though all of us were from diverse backgrounds. The games (especially the salad competition and the treasure hunt) were interesting and kept everyone involved. The food (special mention 1. broken wheat upma with sambar 2. tea, sandwiches and cookies) was very good and exquisite. I was made aware of certain exercise facts, thanks to the lectures. I enjoyed myself participating in almost all the activities. Finally, we all felt good to have a separate day for us and to celebrate it as well. Thanks O2!

P.S. My daughter got to cut the beautiful pink coloured cake from Savera (she insists that I mention it!).

-Bharathy.S

It was good entertainment and a great get together. We had a nice time!

-Lakshmi.N



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# The Duchess Club

www.theduchessclub.com

An action packed quarter again at the Duchess Club! Interesting meetings with celebrities, overseas trip to beautiful Vietnam and a colorful Women's Day Celebration! The Women's Day Celebration included a fashion show by 'Kalanikethan' a popular garment house.

"Love Yourself" on Valentines Day by June Jacobs was indeed a splendid gathering at Duchess Club which saw Limelite, a premium Salon from FMCG conglomerate CavinKare bringing US based Spa Collection brand June Jacobs to India.

## Way to go Ladies!



It rains in Vietnam also. Duchess Club members walking through the rain.



The Duchess Club group on the recent trip to Vietnam.



The Duchess Club sporting the traditional Vietnamese conical hat (nonla).



Enjoying a traditional Vietnamese evening.



The Duchess Club in Vietnam.



The Duchess Club members with Ms Tiffany Cavallaro, Senior Vice President of Sales & Marketing of June Jacobs Spa Collection.



The women's day celebrations with the members of the duchess club.

# Yoga

## Stress Internalisation Relaxation!

This six letter word "Stress" is atleast as popular as yoga. Well, thank you "stress!" - without you people won't get conscious of themselves or their health.

If you feel you are stressed, check if you are doing any or all of the following:

- \* I am constantly into doing some work
- \* I am sleeping less then 6 hours
- \* I am always wanting to do more
- \* I am never in the present
- \* I feel unhappy at the end of the day invariably
- \* I am yelling or preaching than just talking
- \* I feel unimportant for some reason
- \* I am always thinking or worrying about myself
- \* I can not do any non profitable activity
- \* I am not doing any exercise
- \* I am not doing anything consciously to unwind and relax
- \* I am overweight and I over eat... and so on...

If you are consciously saying yes for even 3 to 5 of the above mentioned situations, then buddy its time you do gear down and Help yourself. Stress is overload. Mental stress is exactly speaking neural overload. There is a pressure on your brain, whether you are aware of it or not, to perform well for long only with short rests. The outcome ranges from reduction in performance to psycho somatic illnesses to even death at times. Stress related problems are devastating and are not uncommon.

Basic self knowledge is a requisite to deal with stress, also it can help you to improve any aspect of your life. Educate yourself on weight / height technically speaking BMI ie. Body Mass Index,

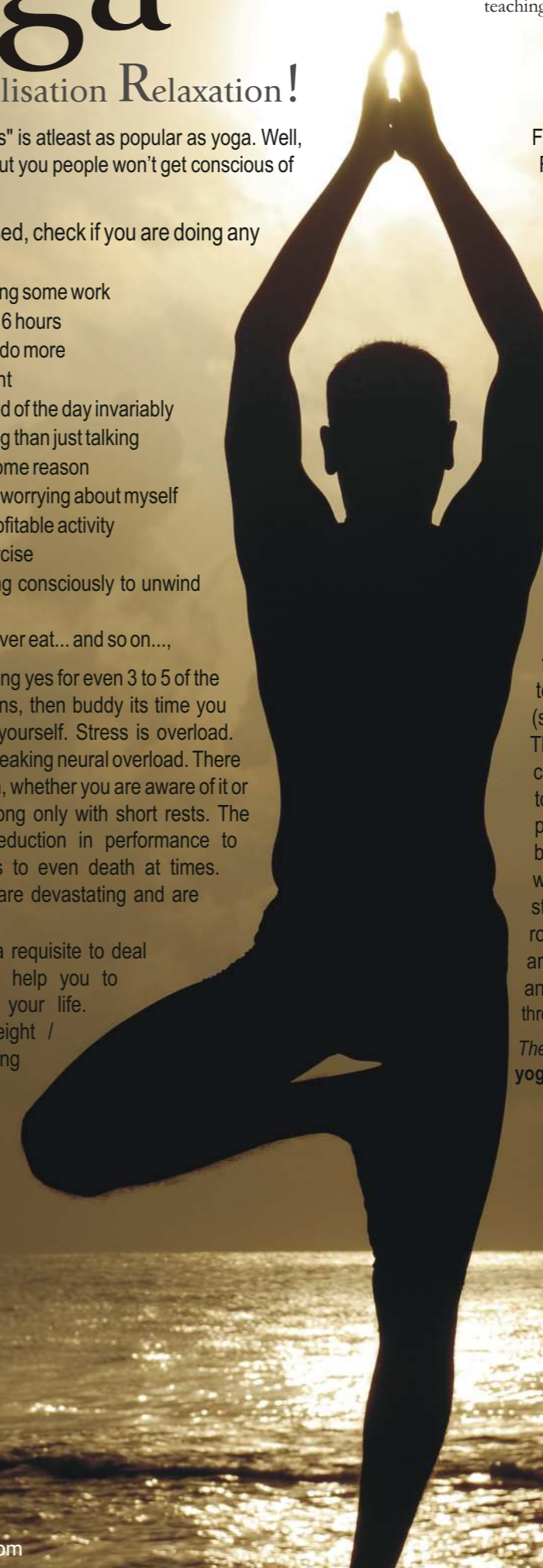
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Fitness parameters like Strength, Endurance, Flexibility, Coordination etc., Age related or wear and tear changes of your body, Also Understand your brain has two mechanisms one which stimulates or puts up any activity for eg. Heart rate, Breathing rate etc., (sympathetic) and the other one which counters whatever that is triggered..( para sympathetic) For someone who is doing Physical Yoga and Breathing Exercises regularly the para sympathetic dominance sets in and it keeps the persons health pristine. Though it takes about an year of yoga practice before one start seeing these changes obviously, these benefits are cumulative and certain.

Mind is a stream of energy and is most spent through ears and eyes. The internalizing techniques in Yoga like Shambavi mudra (senses withdrawal) makes one aware of this. The constant practice of these techniques coupled with some pranayams helps a person to stay charged and recharge better. The prolonged effect of yoga triggers favourable brain chemicals like Dopamine and GABA which ensures that a practitioner mentally stays mostly in the present. Having got into a routine of yoga within 6 months to one year anyone will understand that "The goal is now and here" so to speak . So learn to destress through yoga, hurry up!

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# Thai Ayurveda Massage

is a first of its kind in India for Indian Massage Lovers

## Traditional Thai Massage

Traditional Thai massage is a bodywork therapy based on the theory that the body is made up of 72,000 sen, or energy lines, of which 10 Sensib hold top priority. This Massage has a long history of therapeutic healing following the concept of energy ("Sen") lines running through the body. With massaging these lines and pressure points one can treat a whole range of diseases, relieve muscular tension, improve circulation, boost the immune system and balance the body energetically. It is a full body treatment.

Thai Massage also involves peripheral stimulating, meaning it acts as an external stimulant to produce specific internal effects. This point serves as the main division between Thai and Western massage. It brings penetrating massage & gentle yoga movements into a profound healing system.

## Traditional Ayurveda Massage

The Traditional Thai Massage is a global holistic massage using warm oils selected to suit the constitution of each individual: "Vata" (ether and air), "Pitta" (fire) or "Kapha" (water and earth). Through the activation of "Marma points" (107 vital points), the "Chakras" (7 main energetic centres) and the circulation of "Prana" (vital energy) are stimulated. The use of warm oil helps to purify the body as pores open and toxins eliminate. Tensions, fatigue and other chronic symptoms are dramatically reduced.

It is based on ancient Indian knowledge of Ayurveda medicine and yoga working the whole body with deep tissue massage techniques, stretches and strokes, joint mobilizations and activation of pressure points. An intense Asian treatment to help increase flexibility, reduce muscular tension and re-establish energy flow.

## Thai Ayurveda Massage

(Usually Traditional Thai Massage is performed on a mat on the floor; both client and practitioner are dressed in comfortable clothing allowing ease of movement and flexibility. No oils or creams are used).

The Innovative Combination of Traditional Thai and Traditional Ayurveda fulfil

the needs of Thai Massage lovers (Deep Thai Massage with Ayurveda Massage) strokes with the rich blend of Aroma Therapy oils stimulating the 10 Sen lines (prana lines or Energy lines) of the Thai massage and therapist uses hands to apply firm rhythmic pressure and deep massage. In Usual Thai Massage no need to undress yourself but in Thai Ayurveda Massage disrobe yourself and enjoy the therapeutic effects of Thai 10 Sen lines and Ayurveda head to toe strokes. You unblock your senlines by painless therapy with your favourite oils.

**The Duration will be 1.5hrs / 2hrs**

### Benefits

- It is a healing treatment that helps to increase the flow of vital energy
- Stimulate the lymphatic system and blood circulation
- Loosen joints and muscles
- Ventilate the lungs, and oxygenate the body through the practice of deep breathing.

### Precautions

Massage is not recommended for certain people:

- Infectious skin disease, rash, or open wounds
- Immediately after surgery
- Immediately after chemotherapy or radiation, unless recommended by your doctor
- Prone to blood clots. There is a risk of blood clots being dislodged. If you have heart disease, check with your doctor before having a massage
- Pregnant women should check with their doctor first if they are considering getting a massage. Massage in pregnant women should be done by massage therapists who are certified in pregnancy massage.
- Massage should not be done directly over bruises, inflamed skin, unhealed wounds, tumours, abdominal hernia, or areas of recent fractures.

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## Purpose

After completing successful "feats of speed" in 2008 and 2009, The One Mile Runner, David O'Meara, was going around the world in 2010. At 47 years old, O'Meara is a leading spokesperson for athletes over 30 years, as he continually tests the limits of his body and shares the information with his audience.



## Why Chennai, India?

O'Meara began his international coaching career 24 years ago in Chennai at the Britannia Amritraj Tennis Academy (BAT), Chennai and the country of India have meant so much to the foundations in O'Meara's life and career that he would like Chennai to be the host city representing the Asian continent on his world tour. David was the first coach Leander Paes had and helped him win Junior Wimbledon. Today Leander is an all time great and still talks very respectfully of Dave Sir.

## What did the citizens of Chennai gain from this event?

The one mile race promoted speed in this timed race through Chennai,

but the message transcended running and focused on the importance of exercise in their daily lives. Most of the public who were not runners came out and walked a mile distance in support of the event. O' Meara also shared with the citizens of Chennai, his new fitness program and methodology. In O' Meara's presentation, the public had the opportunity to see him perform the program, tried the new movements themselves and asked questions. The citizens gained the inspiration and knowledge to take their own bodies to new levels of health and fitness.

## Why O2 Health Studio?

O2 Health Studio, a pioneer in Health & Fitness in Chennai, which has spread the wellness message to the Chennaiites for the last 10 years, was the ideal vehicle to carry O' Meara's 'Exercise in Daily Lives' message to the public O2 organized a fitness seminar on the 29<sup>th</sup> July for fitness enthusiasts & young budding tennis professionals. O2 also hosted the one mile run (1.609 km) on the 31<sup>st</sup> of July at the Elliot's Beach, to create awareness on fitness & exercise.

# Towards Healthy Cooking

Chandri Bhat is a cookery expert and consultant based in India with over forty years of experience in her field.  
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## Grilled Tofu With vegetable Noodle salad

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

### Tofu

Tofu 200 gm  
Salt, pepper to taste  
Olive oil to brush

### Sauce

Garlic 2 tsp, minced  
Coriander roots few  
Ginger 1 tsp, minced  
Pepper corns ½ tsp  
Olive oil 2 tsp  
Shallots 2 tsp, sliced  
Chili flakes 1/3 cup  
Tamarind juice 1 Tbsp  
Roasted peanuts 1 Tbsp, powdered coarsely  
Honey 2 tsp  
Salt to taste

**Directions:** Cut tofu into two rectangular pieces. Sprinkle both sides with salt and pepper and brush lightly with olive oil. Grill till slightly browned.

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

### Noodle vegetable salad

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

**Directions:** Prepare the noodles as per directions on the pack. Toss with 1 tsp of olive oil. Combine the noodles with vegetables and season to taste with salt and pepper. Chop the raisins finely and mix with vinegar and mustard. Toss with noodle and vegetable mixture. Serve with the tofu.

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