

02

Breathe Life celebrates its

10th ANNIVERSARY



For the past 10 years Making a Difference!

Man desires one thing and GOD gives him something even better!

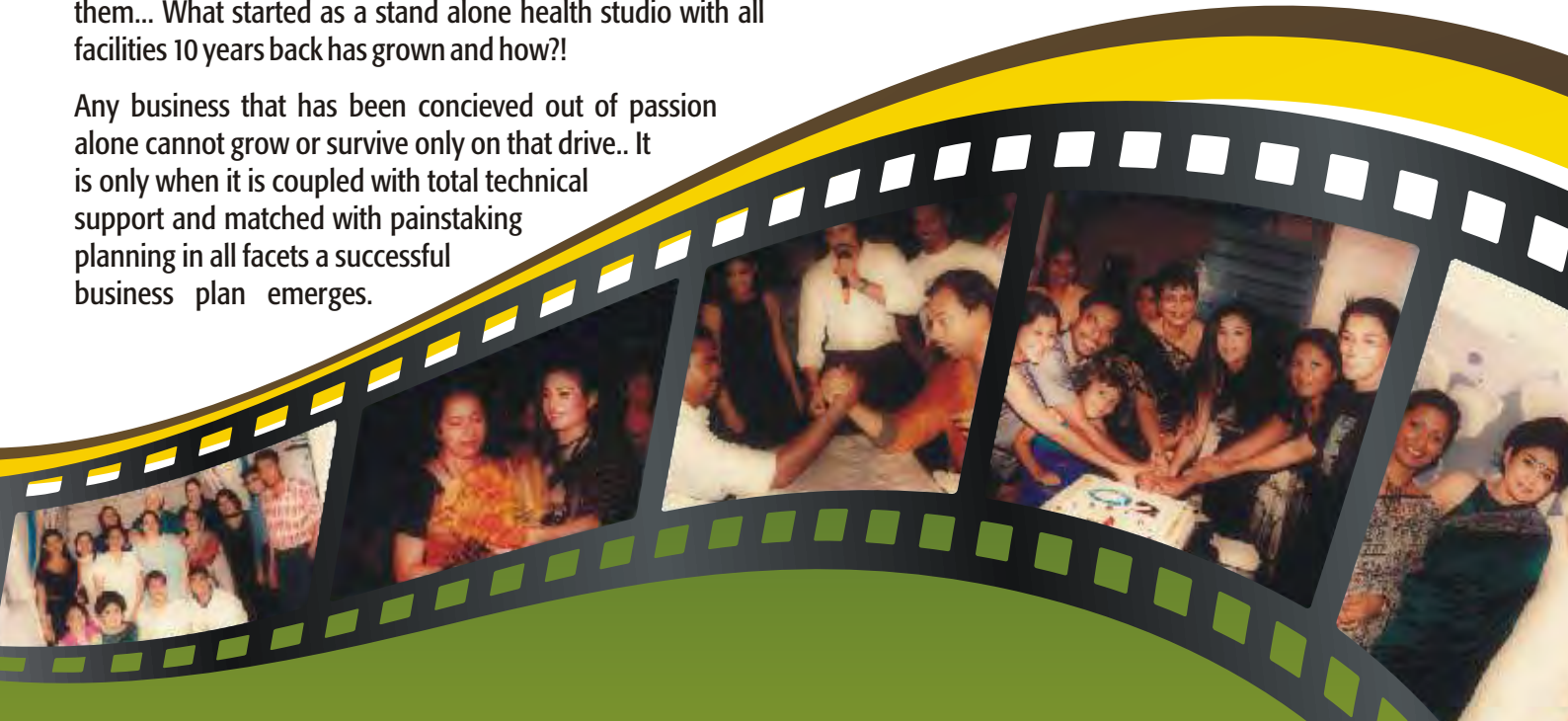
Happens to so many and I realize I am fortunate to be one of them... What started as a stand alone health studio with all facilities 10 years back has grown and how?!

Any business that has been conceived out of passion alone cannot grow or survive only on that drive.. It is only when it is coupled with total technical support and matched with painstaking planning in all facets a successful business plan emerges.

From my perspective its all about the right intentions. When one is driven by good intentions the universe conspires to complete a beautiful circle!

That's where 02 is poised today...

continues on pg 2...



...continued from pg 1

Headed by an intense, committed yet understated Fitness director Earnest Vijay and his dedicated team of able physios, trainers and supported by the stylish, youthful group exercises director Jeffery Vardon, O2 is one of the best gyms in Chennai... I cannot ask for anything more ! I feel like a cat that has eaten all the cream !

My heartfelt gratitude on this fabulous occasion to all those in the past who stood by me, Suraiya who I always look up to as my mentor in fitness, Susanna who supported me in every endeavor when we built O2 together. Ramesh of acme who saw the entrepreneur in me and helped me set up the gym. Dear Jeff for all the trust he has in me...

To all the members who have trusted and been with us, all the

celebrities who endorse us and feel happy to be with us, to each and every good soul who has helped us to reach this milestone a big THANK YOU and much love!

Now who says dreams do not get you anywhere? I will continue to dream and cherish each one of them....!!

Cheers.. To life!

Nina



Messages from our close friends...



Prashanth

"O2" the symbol speaks for itself, "life". As Oxygen sustains all living beings on earth, so has O2 done the same for all its patrons, you can say they breathe Life in every breath.

O2 has created a niche status for them and maintaining it for the last 10 years is no mere feat and that in itself speaks for the confidence O2 has installed in its members and the sheer dedication and hard work that its founders and staff have put into O2.

One decade ago O2 was created at a time where people didn't know where to go for their fitness and O2 helped fill that void and how. As I consider myself a part of the O2 fitness family, it gives me immense sense of accomplishment to see how much O2 has grown in the last 10 years.

I Congratulate O2 on this wonderful accomplishment of 10 years and wish for many more to follow.

With tons of love

It is a "seven-years" itch for me! Yeah it is seven years since I joined Body Lyrics at Saveria. Nina is a synonym for "fitness". She is my inspiration and she is the one who put me on to Earnest Vijay Pandian (who is at Body Lyrics, Saveria), my fitness guide and physiotherapist. He is a "solo polo" a new term for "eligible bachelor". Before meeting him I was in "knee deep trouble"!.. Yeah I was blessed with torn ligament in both knees! (Medical miracle isn't it). People around me advised to go for surgery. But Vijay made me alright with his meticulous (of course merciless) workouts at the gym, beach sand, sea shore and even over telephonic conversation when I did my outdoor shootings! Result?

For others it is no looking back. For me it is "no limping back". Then what? I brought Suriya, Prashanth, Director Sundar C...and the list continues. I am happy because they are happy. I am so happy to be associated with Body Lyrics (O2) and I almost live here. I love the trainers, my gym-mates and the ambience. "A day without workout is a day wasted for me"

I love you Body - Lyrics



Vivek

I remember coming to Body Lyrics as a college girl as a plump girl 6 years back.I had no clue about exercise,fitness and diet then but my only aim was to lose all my excess weight and shape up.After joining body lyrics there had been no looking back.The reason why i m attached to this place is because i feel at home here.Very attentive staff who cater to individual needs of the client,friendly atmosphere,great ambience and hospitality at its best,what more does one need?

From the ineteresting fitness facts that are posted on their notice boards everyday to the steam bath and locker room facility ,every thing here makes me feel very secured.I also adore Jeffrey's kickboxing and aerobics classes at O2 health studio that are challenging and make you work out in an enjoyable manner.I have lost the fat in my body,got a shape,made exercise a part of my living and today i am a confident person-all thanks to Body Lyrics!



VJ Ramya



Three reasons to tune into Piano

Reason #1

ALL YOU CAN EAT INDIAN, CHINESE & CONTINENTAL GRAND BUFFET LUNCH

Reason #2



COME AS 3 & PAY FOR 2
COME AS 5 & PAY FOR 3



ALSO ON SUNDAYS

BIG BRUNCH

SUNDAYS 12 NOON TO 330 PM

MORE THAN 100 DISHES

Reason #3

WELCOME AMBIENCE WITH PRIVATE DINING ROOM, LONG TABLES FOR LARGE GROUPS



Saveria Hotel, 146, Dr. Radhakrishanan Rd, Chennai -600 004. Tel: 2811 4700. Extn 1939

Proud to be the trusted partner of O2 for 10 years!



When it comes to the finest fitness equipment, O2 has consistently placed their trust in us for a decade now. On their 10th anniversary, we heartily congratulate them and wish them the very best in the years to come!

The widest range of fitness gear under one roof



ACME FITNESS
THE EQUIPMENT STORE

Bangalore • Chennai • Kochi • Kollam • Kozhikode • Mumbai • New Delhi • Puducherry
• Pune • Salem • Thiruvananthapuram • Vellore

Toll Free: 1800 425 7557. SMS <ACME> to 56767. www.acmefitness.com. email: sales@acmefitness.com



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.

The Do's & Don'ts of Treating a Sports Injury

The Do's: If you suffer an injury such as a sprain, strain, muscle pull, or tear, immediate first aid treatment can prevent complications and help you heal faster. How we manage an injury, be it a sprain or a fracture in the acute or the first 72 hours plays a major role in the recovery time. The commonly used practices are rubbing, pulling, and applying heat to the injured area. This unfortunately, doesn't hasten the recovery. The following are the scientifically proven methods on how to treat an acute injury and are widely accepted across the globe.

Price: Price stands for protection, rest, ice, compression & elevation. Using these immediate first aid measures is believed to relieve pain, limit swelling and protect the injured soft tissue. When an injury occurs, damaged soft tissue may bruise, swell or bleed (externally or internally) and become inflamed. Healing occurs as the damaged tissue is replaced by collagen, perhaps better known as scar tissue. In most cases the tissue needs complete repair before you should return to sports.

Protection: When injured, you have to protect the injured site from further injury. This can be done by means of splints, padding, Braces or other orthotic supports. For example, a suspected collar bone fracture can be protected by supporting the upper limb with a sling; an ankle sprain can be protected from further injury through taping or ankle braces. Avoid putting weight on the injured part, get help moving to a safe area off the field.

Rest: You have rest the affected joint / muscle or ligament to allow it to heal. Inadequate rest can cause instability and repetitive injury. The area to be rested can also be put in a POP slab, or in a cast to reduce micro movements, which can hamper healing, as in the case of Fracture, it can also relieve pain. Rest does not mean Bed rest. It is a relative rest, that is you rest only the affected area. Example : Some one with a shoulder injury can continue to cycle/walk and keep fit; similarly a person with a ligament injury of the knee can stay fit by using rowing / walking in the pool or doing some upper body strength training. Just make sure you do not do things that cause pain or further damage in the injured area.

Ice: When injured, there is an inflammatory response, which is natural to occur, A localized acute inflammatory response triggers vascular changes in the injured area, recruits pathogen-fighting neutrophils, and begins the process of developing a new adaptive immune response. In lay man terms we call it as a swelling. While we need the blood to rush to the injured site, we do not want too much of it, which can hamper the healing process. Hence ICE the injured site. By icing we cool down the area and limit the swelling and moreover ice is the cheapest and easily available pain killer on earth, with negligible side effects. This is the magic pill administered in the sports field, where the athlete jumps up to resume their game. A good rule is to apply cold compresses for 15 to 20 minutes repeated every 2 hours during the day. You will not ice, if there is an open wound.

Compression: Compression is primarily applied to stop bleeding and to reduce/control the swelling of the injured area. Crepe bandages or compression bandages are applied in distal to proximal (down up) in a figure of 8 or in parallel form to the injured segment. Although some swelling is inevitable, too much swelling results in significant loss of function, excessive pain and eventual slowing of blood flow through vessel restriction.

An elastic bandage, rather than a firm plastic bandage (such as zinc-oxide tape) is required. Usage of a tight, non-elastic bandage will result in reduction of adequate blood flow. The fit should be snug so as to not move freely, but still allow expansion for when muscles contract and fill with blood.

Elevation: Elevation again is used to contain swelling. Elevation aims to reduce swelling by increasing venous return of blood to the systemic circulation. This will not only result in less swelling, but also aid in waste product removal from the area. The basic principle is to elevate the affected upper or lower limb above the level of the heart and against gravity. For example, if you injure an ankle, try lying on your bed with your foot propped on one or two pillows. This simple principle helps to reduce bleeding and swelling. Extensively used in sports clinics and in hospital settings, following a trauma or surgery.

"For wounds to heal we need controlled inflammation, not too much, and not too little. At present, the PRICE treatment approach is still being recommended by most experts.

Messages from our close friends...

Hi all, Wishes from Harish Raghavendra. I have been a member of Savera Body lyrics for the past 4 yrs and have truly relished the experience . The ambience is awesome and the instructors are not only amicable but knowledgeable too. The updation of equipments and other facilities at regular intervals and the warmth of hospitality of other staffs have always been steady and improving too.

The response to complaints if any and the rectification of the same are also done quite efficiently in less time. I thank Nina ji for her personal care and rapport with the clients who have eventually become her friends. I also extend my thanks to instructors Karthik, Arun, Alex, Jo physiotherapist Dr.Earnest Vijay, Rahul Jain all others for making the gymming experience quite pleasant. Congrats and wishes to the Savera and O2 family.



Harish Raghavendra

Buns of Steel

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.



Toning the Glutes

One of the most characteristic features of a person's body and muscular build is the size and shape of the buttocks. Of course, the size and shape of our backside is largely due to the genes we inherit, but we can certainly optimize what was given to us at birth. The rounded look of the buttocks is due to three overlapping sets of muscles: the gluteus maximus, the gluteus medius and the gluteus minimus. The gluteus maximus is not only the largest of the "glutes", it is the largest muscle in the human body, so it should not be ignored in your strength training program.

Maintaining a shapely buttocks is not just for aesthetics. Glutes help to maintain the trunk in the erect posture. When we walk and run, the glutes hold our pelvis level and steady, extend our hip, and propel us forward. Strong glutes help propel the body forward without placing excess strain on the back and knees. They also keep our legs, pelvis, and torso aligned. So when our glutes are faulty, our entire kinetic chain can be disrupted. Studies link weak glutes to Achilles tendinitis, shinsplints, runner's knee, and impact injuries. It is easy to see how important the glutes are to sports performance where kicking, running, and jumping are necessary. Let's look at two simple exercise techniques that target the glutes.

Floor: Butt Lift or Bridge

1. Starting position: Lie flat on the floor on your back with hands by your side and knees bent. Your feet should be placed around shoulder width.
2. Pushing mainly with your heels, lift your hips off the floor while keeping your back straight. Breathe out as you perform this part of the motion and hold at the top for a second.
3. Slowly go back to the starting position as you breathe in. You can also perform this exercise one leg at a time.

Standing: Single Leg Deadlift

1. Stand on your left leg with your right leg behind you and in the air.
2. Keeping your shoulders back and your back straight, slowly hinge forward at the waist and reach your hands toward the ground.
3. Return back up and repeat. 10 reps on each side. For an added challenge hold dumbbells, hand weights or a medicine ball.

Giving your glutes five to ten minutes a day will provide enough stimulus to show results in a couple of weeks. Let your trainer help you get started to ensure you are in proper form.



Adithya

Messages from our close friends...

From the bottom of my heart I'd like to express my delight to Nina Reddy and her team at O2 & Body Lyrics on their 10th anniversary. I have been a member with them for the most part of their decade long service and besides being the pioneers and leaders of high end fitness in Chennai they are also the best when it comes to hospitality and personalized attention.

I am sure every member who has ever been associated with them will vouch for what I say. I feel honored to be their friend and wish them the best in achieving more milestones in the years to come. Cheers to you all.

POPULAR

APPALAM

ISO 9001:2008 Certified Company



Golden Jubilee Year



பாப்புலர்

அப்பளம்

ISO 9001:2008 Certified Company

T.A.V. Products Pvt. Ltd.,

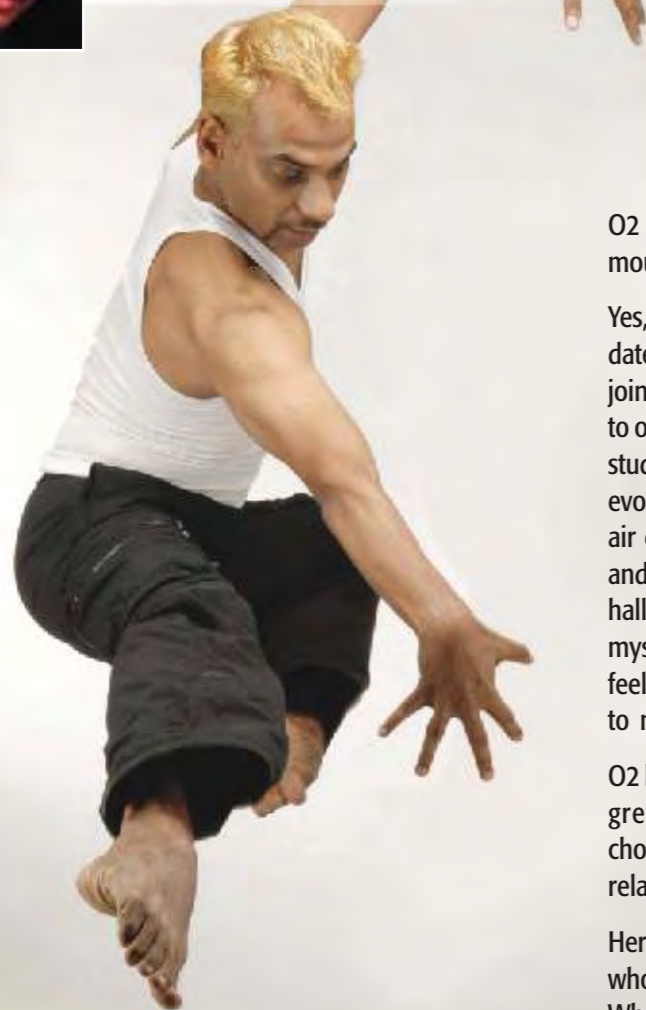
#27, Selvavinayagar Koil St. Chennai - 600 081.

Ph : 044 - 25954351 / 25954359 / 25950116 / 25958081 / 25988033 / 25988035

Fax : +91 44 25953831 E-mail : popularappalam@gmail.com



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.



My candid Heart

O2 health studio A Land mark in the fitness industry, conceived, moulded and presented to Chennai by Ms.Nina Reddy is 10 now.

Yes, we are 10 years old and I always get nostalgic, as my memory dates back in time when, I was approached very simply by Nina to join her and create a fun way to exercise in style. We were the first to offer Chennai an air conditioned gym with a dance and aerobics studio. The facility on KNK road was our first centre and to see it evolve by the day into this reality, which I always dreamed of... An air conditioned dance space with mirrors bellowing on one side and the ballet bars on the other. It brought me such joy when the hall was completed that I ran around, piroueting and admiring myself in those mirrors- something I still do when I am alone. I still feel this joy every time I step in the hall and that's what urges me on to new levels of experience.

O2 has been my home for 10 years now and the very place where I grew to what I am. Enormous productions, Inspiring choreography, great personalities, celebrities, long standing relationships...o2 has seen it all.

Here I would like to take this opportunity to thank all my clients who have been with me and supported my work over the years. What is a king without a kingdom??? Thank you guys!!!



SHYAM'S HOSPITALITY

STEAK LOVERS

HAVE ALREADY STARTED ROMANCING THE JUICY PART.

- Chicken Classic Pepper steak
- Chicken Marengo ■ Darne of Seer
- Chateau Briand ■ Lamb sizzler



MYLAPORE: 1/200, Dr. Radhakrishnan Salai, Opp. Maruti Showroom. Te: 2459 6762, 95661 88853
ANNA NAGAR: 2nd Main Rd, Opp. Hero Honda Tel: 2626 5060, 2628 5060, 95661 88845

Messages from our close friends...



R.J. Dheena

O2 reminds me of oxygen and one of my friend, Mr. Meyappan brought me here to O2 and I am very grateful to him for it. The day I entered O2 at Savera, they were celebrating their anniversary function and now they are celebrating their 10th anniversary. I am very happy for them and wish them lots of luck in the future years. The trainers are very friendly here at O2. The ambience is excellent. What I feel is the most important thing is that more than the machines it is the trainer who makes your workout interesting and O2 has got a plenty of it. The trainers here are updated both in their skills and their looks and they serve as a good role model for the clients. I remember the Guinness feat where I was radio jockeying non stop for 168 hours where O2 played a vital role in preparing me for it. Nina ma'am personally helped me in the entire event. My fitness and diet was entirely guided by O2 where Mrs. Chandri Bhatt helped me out with my diet and the food and the trainers scheduled my workout schedule according to the Guinness feat. That is how I developed

an emotional quotient with O2 and I call it my second home. Not to forget Mr.Vijay, he is the one who has a magical key and releases the lock whenever I get a lock on my back. "At last I wanted to say Thanks to O2 for being with me."

Congrats O2! On this joyous occasion I send my very best wishes to O2 and hope it will continue to inspire hundreds of people like me and my daughter to adopt a healthy life style which makes life worth living. Once again I would like to thank Dr. Vijay, Physiotherapist who taught me to overcome the drawbacks of arthritis and continue to live my life as I like.

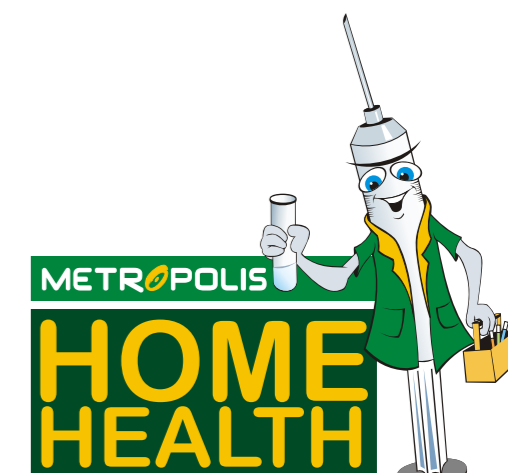


Chandri Bhat



Did you know that Mr. & Mrs. Kapoor just had their health check-up done in the comfort of their home?

Yes, that's true. Just call us at **4292 5566** and our experienced phlebotomists will come to your home to collect the necessary samples. The tests will be conducted on your samples in the world-class laboratories of Lister Metropolis, while you sit in the comfort of your living room!



METROPOLIS
HOME HEALTH
4292 5566

Lister **METROPOLIS**
EXCELLENCE IN DIAGNOSTICS
for your health, nothing less will do

www.metropolisindia.com

* with prior appointment only



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.

Signature Massage

At our Spas, we feel it is essential for both client and therapist that appointments be offered with entire session of hands-on time and adequate recovery time in between for the therapist. That is why we created the Signature massage. You have plenty of time to discuss what you would like with your provider and ask any questions you may have. No need to choose a modality from a menu because your therapist will tailor your experience to your requests and take the time to address all your concerns. aromatherapy lotions blended by our own aroma therapist for those who enjoy being pampered. Each Signature massage is a little bit different depending on your needs.

In signature massage sessions draw from a wide array of techniques (see below) combined to address your specific needs. Using hands-on modalities by rich Aroma Therapy oils along with healing intuition, Our Therapists work to unblock the "stuck" spots, opening internal pathways so the body can integrate itself. All day every day, our attention and energies are drawn outward. A massage session is an invaluable time to redirect that energy back inside-to regenerate, rebalance and relax. Tight muscles are smoothed and lengthened; joints are decompressed and mobilized; knots are broken-up and unwound; body and mind are returned to a state of ease

The Techniques we use for signature massage are

Swedish: Continuous gliding strokes, performed with cream, warm and soften the tissue in preparation for deeper work.

Deep Tissue: Slow, deep strokes, often applied with the forearms, penetrate multiple layers of muscle to release adhesions.



Myofascial Release: A strain/counter-strain technique, done with the palms, that stretches the fascia (connective tissue) encasing all muscles and organs.

Acupressure: Deep, sustained pressure, applied with thumbs, to specific points along the acupuncture meridians.

You can try our world popular Massage Therapies:

Signature Massage, Deep Tissue Massage, 10 Sen lines Traditional Thai Massage, Swedish Massage, Ayurveda Massage, Hot Stone Massage, Ubtan Groom Packages, Body Exfoliation and Skin Whitening Treatment by Same Gender and Cross Gender.

For appointments call: +91 9840320632
 O2 Spa, Hotel Savera: +91 44 28114700 extn 312
 O2 Spa, Besant Nagar: +91 44 45511670
 Temple Tree – the spa @ Farm House Complex: +91 44 24530801
 Soon at Ashok Nagar also



Arun Vijay

Messages from our close friends...

Working out to me has not been a condition but passion. Its as important as any other daily routine and O2 has been a motivating factor in it. The pleasant atmosphere, good trainers and friendly staff at O2 make it nice to work out and pushes any person to go that much extra. And a must-mention is Jeffrey's class which I enjoy the most with his challenging yet lovely routines. On the whole, O2 is one of the top notch fitness joints in the city and an experience by itself!

I started learning about fitness exactly in the year 2001. I started personal training with Nita Futnani and later with Earnest Vijay all in body lyrics Savera. I also attended a few exciting group classes in O2
 If I am fit at 50 it's mainly because of O2 and people behind O2. I am glad I complete 10 years of my fit life with O2s 10th anniversary. Congrats to both ...O2 and my fitness education.



Suhasini Maniratnam

Affordable Stay in the Heart of Chennai is within your reach



Rs. 2000 onwards

FACILITIES: • Complimentary Breakfast (Indian & Continental) • 24 hours check out • 24 hours - airport & city transfers on request • Wi-Fi Enabled • Gym • Kitchenette on demand with Crockery and cutlery set for Short and long staying guest • Laundry service • Iron box with Ironing board • Doctor on call • Ideal for Business traveller



SOUTHERN CUISINE RESTAURANT WITH IN OUR PREMISES

Special Offer on Bulk booking options for Marriage & Conference

Distance From : • Egmore 7 Kms • Central Railway station 8 Kms • Koyambedu Bus terminus 4.4 kms • T.Nagar Railway Station 7.9 kms

Block No 112 & 113, 4th Avenue, Shanthi Colony, Anna Nagar (Nr Sundaram Medical Foundations), Chennai - 600 040. Ph : 4550 0555 / 4550 0222

ஆரோக்கியமே ஆனந்தம்...



Celebrating 16 years

CALL 044 - 45 555 555



Our Services

- 3T MRI Twin Speed High Definition MR
- 64 Slice FDG - PET / CT with Robotic assisted CT Biopsy / FNAC
- 64 Slice Cardiac CT Angio
- 3D Multislice CT
- Spect CT (Nuclear Scan)
- Most Advanced Open MRI
- 2D/4D Ultrasound (Voluson E8)
- Doppler Scan
- Echo Cardiogram (Vivid 7 Dimension)
- Treadmill
- Digital Mammography (FFDM)
- iDEXA Scan (Whole Body BMD)
- Digital Radiography (DR)
- Digital X-Ray (CR)
- Capsule Endoscopy
- Video Endoscopy (Gastroscopy & Colonoscopy)
- Interventional - USG / CT / PET guided Biopsy
- Digital EEG
- Holter ECG
- Ambulatory BP Monitor
- Digital Audiometry
- Advanced Clinical Laboratory
- Master Health Check-Up
- Corporate Health Check-Up

Innovation at work

Corporate Office
ROYAPETTAH
 197, Peters Road, (Opp. to New College) Chennai - 600014
Ph: 044 - 45 555 555

ANNA NAGAR
 AB-1, 2nd Avenue, (Near Rountana) Anna Nagar, Chennai-600040
Ph: 044 - 44 100 100

TAMBARAM
 105, Mudichur Road, West Tambaram, Chennai-600045
Ph: 044 - 44 900 900

ASHOK NAGAR
 84, 1st Avenue (Near Ashok Pillar) Ashok Nagar, Chennai - 600083
Ph: 044 - 44 200 200

NANGANALLUR
 19, Medavakkam Main Road Vanuvampet, Chennai-600091
Ph: 044 - 44 700 700

Quality is our Image



Exercising During Pregnancy

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**



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 better approach childbirth with calm and confidence if her

- o Muscles are in good tone and has learnt how to control them
- o Has understood breath control
- o Has learnt to relax herself at will
- o 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.

Benefits of exercise during pregnancy

- o Improved posture and appearance
- o Relief of back pain
- o Enhanced circulation
- o Increased flexibility
- o Strengthened muscles in preparation for labour and support for loosened joints
- o Increased/maintained endurance
- o Increased energy level: combats fatigue
- o Decreased muscle tension: promotes relaxation
- o Promotion of feelings of well being and a positive self-image

Exercises to be performed during pregnancy

1. Abdominal muscle strengthening
2. Pelvic tilting exercises
3. Strengthening and stretching of postural muscles
4. Pelvic floor muscle exercises
5. Upper and lower extremity strengthening and stretches
6. Relaxation
7. Squatting and duck walking (preparation for labour)



Swimming is possibly the perfect pregnant exercises. The buoyancy of water supports the mother's increasing body weight and assists her in toning the muscles as well as improve her endurance.

Walking is equally important to improve the fitness levels of the expectant mother which will help her to withstand the long hours of labour.

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.

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

Messages from our close friends...



Karthi Sivakumar

The O2 experience: I was a regular Gym goer before I joined O2 Health Studio at Savera a year ago and I switched to O2 for 2 reasons. a) Ambiance and b) Work outs to manage my back pain that resulted due to an injury. Physio & Personal Training sessions: My PT Sessions turned out to be great and gave a better understanding of my physique and ever changed the way I worked out. While I agree the grueling circuit and Weights Training were quite tiring, the training program that Dr. Earnest Vijay, Sports Physiotherapist put together for me gradually built up my core fitness levels in line with my own ability and personal goals and greatly reduced my back pain to the extent that i could easily exert during difficult shots on the sets and pull through a whole work day at the shooting spots with no pain at all!!

The Personal Touch: What I admire about O2 is the professionalism with which the staff interact with the members. They have a courteous attitude and know their job pretty well to the level that, toss them a problem & they can come up with innovative and state of the art workout solutions to help you solve your fitness needs. I should mention about my trainer Mr.Karthik who makes sure i never miss my workouts and does everything possible to make me complete my workout routines. I have experienced this professional

group and its needless to say that I will recommend anybody out there who is interested in sincere work outs and Personal Training to try this group - So guys Look no further - O2 is your answer.

Where to find Us

O2 Health Studio - Nungambakkam
17/10, Shyam's Garden, Khader Nawaz Khan Road, Nungambakkam, Chennai-600006.
Phone : 91-44-42323231, 43000538

O2 Health Studio-Reliance
No 6, Haddows Road, Nungambakkam
Chennai - 600006
Phone : +91-9094791922

Body Lyrics at Savera Hotel
146,Dr.Radhakrishnan Salai, Chennai-600004
Phone: 91-44-28111979

O2 Health Studio - Mogappair
No. P.C.-5, Bazaar Road,
Mogappair, Chennai - 600037
Phone : 91-44-45548404, 45548636

O2 Health Studio - Velachery
No.1, 100 Feet Bypass Road
Velachery, Chennai - 600042
Phone : 91-44-45493237, 45493094

O2 Health Studio - Besant Nagar
E 153, 7th Cross Street,
Besant Nagar, Chennai - 600 090
Phone: +91-44-45511670, 45511680

COMING SOON

O2 Health Studio - Neelankarai
No.14, Manju Complex,
East Coast Road, Kabaleeswarar Nagar,
Neelankarai, Chennai 41
Phone no: 9551277275

O2 Health Studio - Ashok Nagar
New no.23, Old no.35, 10th avenue
Ashok Nagar, Chennai 83
Phone no: 9551291698

Fax: 91-44-28113475

Email: enquiry@o2healthstudio.com

Website: www.o2healthstudio.com

www.facebook.com/o2healthstudios

Message from our swimming coach



Mr. D. Jayaraman

It is a matter of amazement that some one could have thought the life-saving skill of swimming to over 25000 people. Yes It is true, indeed. Since 1972, Mr. D.

Jayaraman has been producing swimmers and swim coaches. It is an interesting fact that his first student was Mr. AVM Saravanan. From 2 years old children to 70+ years young people have benefitted from Mr. Jayaraman's coaching.

Mr. Jayaraman won the State Championship in Diving during the period 1973-79. Presently Mr. Jayaraman is the Chief Coach for Marina Swim Club at Hotel Savera, producing many more star swimmers from our state and country. He says he is "Happy to be associated with O2. I wish everyone associated with O2 the very best for the future... keep on making the lives of people healthier!"

Messages from our close friends...



David and Sekyen O'Meara

We wish Nina Reddy and her entire staff a huge congratulations on reaching their 10th Anniversary at O2 Health Studios! We were sorry that we could not be a part of the celebrations on Monday evening, but we are there in spirit. Thanks for O2's support and assistance during our www.OneMileRunner.com tours in 2010 and 2011. We wish you many more years of setting the standards of excellence in fitness and physiotherapy.

Cheers, David and Sekyen O'Meara



Susanna Joshua

I am ecstatic to send my congratulatory wishes to O2 Health Studio for completing 10 glorious years at the helm of the fitness industry in Chennai. I was there at O2 Health studio when it had its grand launch in August 2001, when it enrolled its first member and when the first fitness classes were started 10 years ago.

A lot of thought and effort was put in by its founder Nina Reddy to create a fitness centre that members would feel comfortable and eager to work out in. O2 Health Studio's objective from the beginning was to be a fitness centre that has the latest equipment and the most current fitness classes but most importantly it that would have a personal touch & stay connected with its members. I am honoured to have worked with some great instructors and other staff at O2 Health Studio who are fantastic at what they do. O2 Health Studio will be always special to me, I will always feel a part of it.



Arun

I've been with Savera from 96'and started off as a swimmer with Jayaraman the swimming coach. I was 9 times national champion, 6 times Asian silver medalist and represented India in the world championship. In the journey of my swimming career, Earnest Vijay, Sports Physio at Body Lyrics, Savera had really helped me a lot during my injuries... hats off to that... The trainers at Body Lyrics, Savera have also helped me quite a lot for me to get to where I am now. Thanks to the team of Body Lyrics, O2 and Nina aunty. Savera is my 2nd home :) and I wish Body lyrics & O2 the very best on their 10th anniversary.

Congratulations to our trainers...



Lavanya D - Physiotherapist

O2 Health Studio congratulates Lavanya D, Physiotherapist on successfully completing her American College of Sports Medicine's Health Fitness Specialist Certification, a gold standard in the fitness industry.



Guna - Instructor

Many Congratulations to Guna, on being certified as the Health/Fitness Instructor, by the Fitness & Rehab Forum.

10TH ANNIVERSARY CELEBRATION
CHENNAI BREATHE'S LIFE WITH US



Breathe Life

Ten years seem to have whizzed past... seems like yesterday that we were putting the last detail in place preparing for the inauguration by bollywood actor Rekha. It was time for the first anniversary before we even realized the year had gone by thanks to the action filled calendar.

The second and the third came and went quietly. One completely lost track of time and suddenly we realized we were in our 10th year! When I look back what do I see? Growth, progress, more

centres, happy members and a bigger team.

The ten years have only added mere numbers to our age... Today we at O2 look younger, fitter and healthier!

What started out of passion is a mission today.. To reach out to as many people as possible and to make them fitter and happier!

As I sign off I am doing so with a heart filled with love and gratitude for everyone who has made our mission a possibility...

It was absolutely a magnificent event from start to finish with O2 health Studio & all its members participating in the events on this memorable event. Compering done by non other than the voices & face of Chennai city, Popular RJ Mr. Dheena & Pretty VJ Ms. Ramya. The occasion was graced by celebrities such as Actor Suhasini ManiRatnam, Evergreen Actor Mohan, Actor Aadhi of Eeram Fame & Comedian Mr. Vivek & film Directors Padikathavan fame Suraj & Thoonga Nagaram Mr. Gaurav, Cricketer VB Chandrashekar

The crowd was bemused with the performance of Mr.Vivek, Pop Shalani & captivated by appearance of the only lady saxophonist in India .

More than the state- of- art equipment & machines it was the personalized touch by O2 & its trainers that gave all the members a sense of Bonding as a family event was the message by most celebrities and members on this 10 anniversary of O2 Health Studio



Features of the O2 Health Studio 10th Anniversary Celebration

1. Actor Aadhi of Eeram fame with VB Chandrasekar
2. Mr.Vivek -Stand up comedy
3. Pop Shalani with her ever green songs
4. Subhashree ramachandran, with her melodies
5. Live singing by Arjun Thomas
6. Kravmaga by S.SreeRam and group
7. Model Arun & VJ ramya on the ramp
8. Dance Performance by Jeffery Vardon's Hot Shoe Dance Company
9. Dance Performance by Senthil's S community
10. Dance Performance by Sathish & Troupe
11. Ms. Lavanya Performance of the saxophone
12. Performance by Yoga Venkat
13. The O2 Team



1



8



2



9



11



3



4



5



10



12



6



7



13

10TH
ANNIVERSARY
CELEBRATION

**CHENNAI
BREATHES
WITH LIFE**

Yogic Punch

Venkat is a Bachelor in Physiotherapy, with qualifications in Yoga and Naturopathic Sciences. He has been practicing Yoga for the past 14 years and teaching Yoga for the past 10 years. **Mobile: +91 98402 99329**



Hi o2 folks! I have really brainstormed a lot to put together this experiential knowledge. There are two intentions (A) To help you develop a better understanding of your PLUSes and MINUSes (B) To pack an informative punch during this anniversary occasion.

Take few deep breaths and read on!

Irrespective of what you are? And who you are? The whole world appears or simply put exists only from your wakefulness. Just imagine the case when you are fast asleep! All your communication tools viz., eyes, nose, ears, skin and tongue are still pretty much intact with your brain but they no longer do any processing, Its because your mind has gone off to its source to get recharged, And the minute you wake up you are on the track again! (just think about it). This SUBTLE mind is what is making each person so UNIQUE! And your mind has strength, endurance, flexibility, balance and so on just like your physique. These aspects of mental fitness can be trained as though you are training a muscle group. The untold and often not discussed information about your intangible mind is that it obeys certain laws of which a few I have explained below. Read and register this info and start using the laws for your advantage in other words learn this! practice!! get wise!!!

LAW OF CONTINUITY

For example if I show you a fresh ROSE flower, in a minute you will think of every occasion relevant to it. And this applies to all the attractive impulses you come across. Understand this and make sure you dont get lost in unnecessary thought streams for unduly long.

LAW OF MAGNIFICATION

Good or Bad, Positive or Negative your mind is capable of magnifying everything that it analyses. For instance if you like a person even the tiniest good quality in them will appear large. On the contrary if you don't like the person even if they do a silly mistake you will make it bigger. So its wise to count on someones merits than demerits.

LAW OF FOCUS AND CLARITY

Whenever the Mind is focused on any work or situation things will start to get better. But also understand the fact that wherever there is a Area of Focus there exist an area which is out of focus. So be sure about your Priorities. Consider the necessity to focus on your Health as well as Work and so many other things at the same time!

LAW OF CORRESPONDENCE

As is above so is below. To apply this law observe well the things you can see in order to know about the unseen.

For instance When you are attentive, mindful and 100% involved in whatever you are doing it shows and so does the contrast. Is'nt all these self stuff interesting!?! Yoga is cool folks! get into it!! and keep doing it!!! Live life better!!!!

Wish you all round fitness. Yoga venkat.



Suriya

Messages from our close friends...

All at O2, Congratulations!!! on the 10 th Anniversary... So happy to see the way O2 has branched out all over to make Chennai fit n healthy. Time I spent for the past few years was so special... have found your certified trainers, spa & physiotherapy very useful...appreciate your team for maintaining the ambiance of your gym...Your personal care for me during my training period is very much appreciated.

The message from O2 has been exercise the discretion to stay healthy of body and mind. The needs are met by several outlets. While food chains build bonds, O2 chain offers the customers a bond to break the complex food mostly detrimental to healthy living. Happy Anniversary in the milestone year of completing the perfect 10.

"A DECADE OR TWO ITS O2" BEST WISHES TO THE MANY BEHIND THE GROWING POPULARITY OF CONCEPT O2.



V B Chandrasekhar

The Duchess Club

www.theduchessclub.com

The weekend break at kumarakom for the duchess was short but amazing! the breathtaking location of the kumarakom lake resort set at the backwatres was an unbelievable getaway.

The sumptuous food,relaxing massages,languid boatrides,exciting kalari demos,dips in the meandering pool,umm all perfect for great bonding with friends!

The duchess sure know how to have fun!

Way to go Ladies!



The Duchess Club on the Kumarakom Kaanaam Trip



Duchess club members with the famous boat houses in Kumarakom.



Duchess Kumarakom Kaanaam Trip.

CELEBRATE EVERY BITE OF LIFE

Wide variety of Breads, Baguette, Bagels, Japanese Buns, Danish/ White chocolate Brownies, Coco-Chcoco slice, Almond raisin slice, Cinnamon roll, Fresh cream Pastries, Tarts, Puffs, Muffins, Doughnut, Variety of cakes & Cookies etc.,

We undertake special orders for occasions like Birthdays, Anniversaries etc.,

<p>ECR Injambakkam Kebab Court Complex Opp. Prarthana Theatre Ph: 2449 4444</p>	<p>OMR Thoraipakkam Delhi Dhaba Complex Near DB Jain College Ph : 2496 3870</p>	<p>VELACHERY 100 Ft Bypass Road Kebab Court Complex Opp. Hero Honda Showroom Ph: 2259 1275</p>
---	---	--

O2 & KravMaga Part 1

O2 is the ONLY fitness studio in Chennai, which offers KravMaga self defence classes. Past experience of various gymnasiums and fitness centres with fighting arts has never been satisfactory. Because even though most of us fantasize about bashing up the bad ones like in movies, a small miniscule actually take the effort of studying a fighting art. In spite of this small audience, O2 has been offering KravMaga for many months now, with a sustained appeal. O2 Nungambakkam and Besant Nagar, which have space for group activities, have attracted Chennaites who have heard of KravMaga – the self-defence system developed by the Israeli defence forces.

KravMaga and Physical fitness

Any fighting art physically demands Stamina, Flexibility and Power. Learning of KravMaga benefits the cardiovascular fitness. Experts say each session of KravMaga burns around 800 calories. Each technique is tested for application efficacy by trying it out under physical stress. This kind of training is unique to KravMaga. Even the warm-up goes through a scientifically tested sequence of increasing the heart rate, lubricating the joints and stretching the larger group of muscles. The sessions have the fitness component



S.SreeRam, KravMaga Instructor, Chennai. Apart from civilians SreeRam teaches the Chennai city police, VIP Protection group, Private security and Hotel bouncers. He also conducts corporate workshops on Safety awareness.



inbuilt in the form of 'Power-drills' – which are martial techniques combined with exercises. A simple stomach crunch becomes more interesting when combined with punching a focus mitt. A boring squat evolves when combined with kicking a bag. The explosive power required in a crisis is developed by plyometric exercises; which condition the twitch muscles. In contrast, regular weight-lifting increases mass and strength, at the cost of mobility.

Flexibility is another fitness component improved by practice of a fighting art like KravMaga. The interesting aspect with stretching exercises is that they are the one type of physical activity which can be done daily without worrying about muscle fatigue.

In essence, KravMaga enhances Stamina, Flexibility and Power which are the major components of physical fitness.



O2 KravMaga workshops

O2 conducts regular KravMaga workshops to make you aware of the fundamentals of self defence and personal safety. The sessions are different for Men and Women since their problems are different. Call up O2 Besant nagar or Nungambakkam register for the next workshop.

THERE IS SO MUCH TO TALK ABOUT KEEPING YOU ACTIVE

Keep yourself active with Yoga, Dance, Aqua aerobics, Aerobics, Pilates, Kravmaga (self defense) & More



NUNGAMBAKKAM - Ph: 42323231, 4300 0538
BESANT NAGAR - Ph: 4551 1670, 4551 1680
MOGAPPAIR - Ph: 4554 8404, 4554 8636

E-mail: enquiry@o2healthstudio.com Follow us: <http://www.facebook.com/o2healthstudios>

KALAIVANAN EQUIPMENT HIRING AGENCIES

- *TRANSPORTING *CONTAINER HANDLING
- *HIRERS OF FORK LIFTS *CRANES
- *WARE HOUSING & PROJECT WORKS



New No.23, Old No.9, North Madha Church Street, Royapuram, Chennai - 600 013
 Tele Fax : 044-42632226 / Mobile : 9841079209
 E-mail - tkeha@yahoo.com / keha@india.com

O2 EVENTS

Corporate Programs

O2 always believed in taking fitness to the community, like schools, colleges, neighbourhood etc & the corporates. These sections need a lot of awareness on health & fitness and on weight & stress reduction. O2 team comprising of Health/Fitness Specialist, Nutritionist, fitness instructors and physiotherapists,



recently conducted health fitness & posture analysis and remedial exercise camp at the TCS premises, for their employees.



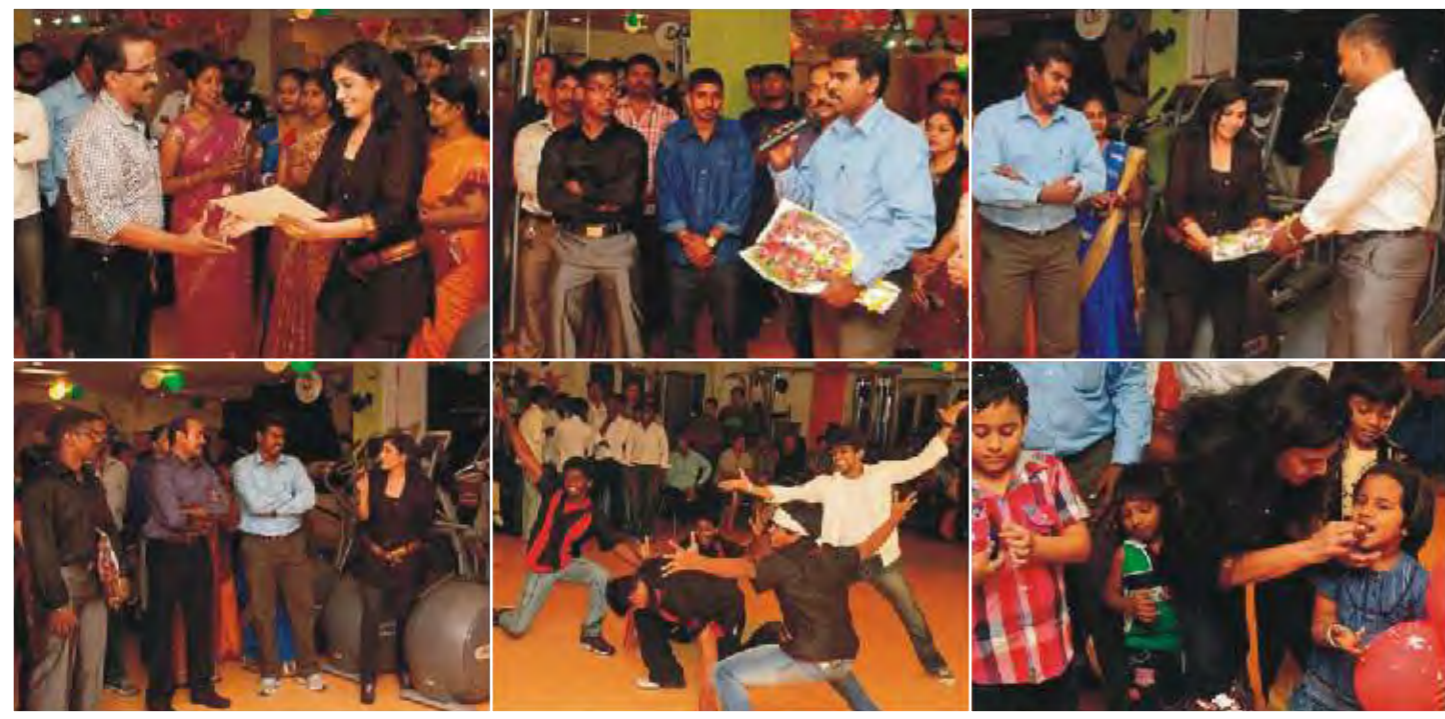
Mogappair anniversary

It's always a pleasure being with my members at Mogappair O2. Believe me when we say we just need to dress up and get there to get engulfed in a world of warmth. The team of Mogappair and the willing members get together to plan and implement the event to the last detail. The decor was simple but eye-catching

thanks to the painstaking efforts of the ladies at the centre and the lovely lady members.

The evening went off really well with the members participating in the lively entertainment. After the heartwarming bonding session between the members and the O2 team, a sumptuous dinner completed the evening at Mogappair.

Thank you O2 mog you all are very special!



With Best Compliants From



AUM ASSOCIATES



Go with Technology...



Customised Services to Save Cost
wide range of Technology
in Printing, More



Mercy Printers

We are Specialist such as
Magazine, Leaflet
brouchers, Tag,
Calendars, etc.,

With Best Compliments

**Gandhi Nilayam, 248, Ambujammal Street,
Alwarpet, Chennai - 600018.
Cell: 98840 95190 E-mail: mercyprinters@gmail.com**





With Best Compliments

From

**Coventry
University**

Lost in Pilates

K. Ganesan, MPT (Sports), Pilates Instructor, O2 Besant Nagar, is a STOTT Certified Instructor in Mat & Reformer. For further details contact Ganesan at +91-9884463520



roshan, Prabhu deva, Shriya, Shakira? Exercises are planned to add good flexibility and control of the spinal movements. We need a flexible & strong spine for a healthy living

Gang: while working out in a group class there is lot of fun involved. People try to challenge, motivate each other during exercise.

Posture: since most exercise concentrate on the muscles used for stabilizing the human structures, it changes the posture. People tend to sit straight rather than slouch. A good posture will always give a better movement with less stress on the muscles producing them.

Awareness: clients start to have an awareness of the movement and start working on improving them. Lot of movements which are not used consciously are reactivated.

Principal: Once you understand the Pilates principal it can be incorporated in any fitness regime. It helps to get better result in terms of output.

Props: Balls, Bands, Rings add variety to the exercise in terms of challenge and regression. Sometimes the props help to perform the exercise correctly & sometimes it helps to challenge the exercise.

Boredom: Bored of the usual exercise for ages, try the Pilates exc.

Inches: weight loss and inch loss are 2 different area of work and needs specific exercise for them. Pilates helps in inch loss by toning up various areas like lower abs, upper abs, arms, and thighs. You can also loose about 200 kcal in 1 session of the class

Back pain: these exercises target the key core muscles which form the core. It helps in improving the hip joint, pelvis and lower spine in terms of movement. Medical research has shown that Pilates exercise helps in people recovering from back pain. Physiotherapists, incorporate pilates principals in the rehab.

Spinal flexibility: Ever envied spinal movements of Hrithik

Messages from our close friends...



MR. Ravi, IPS

O2 health studio is one of the best gyms in chennai. In its journey of one decade it has contributed a lot to the health status of the chennaiites. As a member of this health studio I gained a lot of fitness techniques and lessened weight. Working out in this studio is a great fun and pleasure. The ambience and the kind of fitness equipments are amazing.

My heartiest congratulations to the Director Ms. Nina reddy, Fitness Director, Vijay and their O2 Team on their 10th Anniversary.

Former national champion & winner of bronze medal in Asian Cycling Championship, recipient of Prime Minister's award for achievement in sports.

Despite travelling almost every day of my life and eating food from every possible place and country, if I'm still able to stay fit and healthy I owe it completely to Jeffery Vardon's aerobics sessions at O2 health studio and to the aesthetically designed gym and ever ready to pamper fitness experts at O2 health studio.



Capt. Deepa Iyer, M

Towards Healthy Cooking

Ambrosia Fruit Salad Serves 4

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



Here is a delicious guilt free dessert to celebrate 10 years of O2

- | | |
|-----------------------------|----------------|
| Low fat curds | 3 cup |
| Sugar free Orange marmalade | 2 Tbsp |
| Papaya, peeled and cubed | 1 cup |
| Pineapple, peeled and cubed | 1 cup |
| Apple, cubed | 1 cup |
| Tender coconut pulp* | ½ cup, chopped |
| Honey | 2 Tbsp |

*Use soft tender coconut pulp. This is low in calories and lends a delicate texture contrast to the dish. Line a strainer with thin cloth. Pour the curds in it and let the liquid drain till about a cup of thick curd cheese is left in the cloth. Transfer the curd cheese to a bowl and beat till smooth. Add the sugar free marmalade and mix till well combined. Leave in refrigerator till serving time. Combine all the fruits and coconut and toss with honey. Chill in refrigerator. To serve, divide the fruit mixture in 4 serving bowls and top with the orange flavoured curd cheese.

MKB FRUITS

WHOLESALE FRUIT MERCHANT



T/D-111, Anna Fruit Market, Koyambedu, Chennai - 600 092.

Phone : 044-24791212 - Mobile : 9841121416 / 9940230544 / 9840188488 / 9962588488

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
email: admin@o2healthstudio.com

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.

Disclaimer: All information contained in this presented for informational purposes only. Nothing contained in this issue is to be used as a substitute for seeking professional medical advice, diagnosis, treatment and care. Please consult your own physician or appropriate health care provider about the applicability of any opinions with respect to your own symptoms or medical conditions. We do not endorse, recommend or approve any products or medications or any other information provided/referred herein. We take no responsibility as to the accuracy of statements. We rely on independent writers and reader responses to present us with ideas and informational material.

RAVI PRABHAKAR

WWW.DHANISHKHA.COM

DHANISHKHA CONSTRUCTIONS

AND

DEVELOPERS



YOUR THOUGHTS MAKES THINGS

Give Your Land



CHOOSE WHAT YOU WANT



WE BUILD BUDGET RATES CONTRACTS AND INTERIOR PROJECTS

ECR
GST ROAD
KANDIGAI TOWN
T - NAGAR
KELLAMBAKKAM

VILLA .
INDEPENDENT HOUSES .
JOINT DEVELOPMENT .
APARTMENTS .
INTERIOR DESIGN .
FACELIFTS .
COMMERCIAL .
ARCHITECTURAL DESIGN .

CONTACT

G.M : SRIMATHI LATHA
9841521727 / 9841521707

JT / ARCH : ISHA PRABHAKAR
9500073737 / 9841039955 / 9840779999

A.G.M : VIGNESH
9962928934

16 , Flat No.4-A, 4th Floor, 1st Avenue, Indira Nagar, Adyar, Chennai - 600 020
Mail Us On : dhanishkahomes@gmail.com Landline : 43504542 / 3



conditions supply *

Select your experience and go.



Progress View



iPod Playlist View



Customization View



TV View

With the new E-TRxe, it's really that easy.

From the intuitive interface of its revolutionary embedded touch screen, to the most entertainment options we've ever offered, the new E-TRxe truly exemplifies relevance, elegance and simplicity. For those ready to move beyond individual features and specs and experience a treadmill on an entirely different level, your time has come.

For more information about this product, call us at +91 93238 54445 or visit www.startrac.com / www.trinityht.com.



expect different.