



# Breathe Life

The Quarterly Newsletter from O2

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**A**nother year has gone by... and without even realising the speed with which it went! It's only when I sit back I realise so much went into the last year.

I have always said that we at O2 are different from many others in the same field. We are different because we really and sincerely approach our work with a genuine sense of care... for everyone who comes in contact with us!

Let me elaborate on that by starting from the top... The three of us the directors have always approached good health and wellness as a long term affair. If one wants to be in optimum Health or wants to get fitter then it's a total shift in the way we are leading our lives. We always believe our lifestyle defines us. All our health related issues mostly are connected with what we are eating or how much care is being taken of our precious bodies. Life catches up... if it's not today then it's very soon. It is this awareness that we approach our business of good health.

We impart the same vision to all our teams at different levels. The love and care that we put into our work are our only defining factors... no compromise there!

Our expansion plans are fine tuned to the needs of people who are seeking good Health. We intend to open more and more centres in different pockets of the cities of Chennai and Bengaluru. Our new centres at Marathahalli, Bengaluru and Thoraipakkam, Chennai have been received well by well meaning people in both areas. We are thankful and grateful for the trust... Thank you members!

We are grateful to Actor Mega Power Star Puneeth Rajkumar for inaugurating O2 Health Studio at Marathahalli, Bengaluru and also Actor Padmashree Dr. Vivekh for always being there for us and inaugurating O2 Health Studio, Thoraipakkam.

Hopefully by the same time next year I will be talking about many more centres!



# Making a *Difference*

## Can we ever thank our members enough?

The O2 anniversary celebrations every year are so successful only because of the untiring efforts of our members from each of our centres. The concept, the colours, the costumes or the music are completely conceived and executed by none other.

This year our concept was very interesting and unique! When our director Jeffery conveyed to the centres that each of their productions would be related to the geographical location of the respective centres... the minds started ticking! The outcome at the end of a lot of brainstorming among themselves was to say the least... mind boggling!

Each of the centres came up with beautiful ideas about their locations and connected the concepts to the flavour of that area. It was amazing to see these ideas come alive on the stage on the D Day... Each was different and unique in their own way... None was any less than the other! OMR

portrayed the IT culture, Velachery showcased the new... Basant ngr... Nungambakkam smacked of Fashion and high style and Mylapore conveyed the madras flavours!!

The slick dances and the superb body shows by our O2 staff completed the truly amazing evening!

The Miss O2 and Mr O2 contests brought a lot of talent, beauty and attitude under the spot light. All the contestants deserved to win... and the winners won finally from a tight competition.

Now tell us how can we ever thank our dear members enough? A thank you never seems good enough... but we bless them too from our hearts that are filled with love and more love!!

With very warm regards, **Nina**

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## Congratulations!

The following staff have been certified as Health Fitness Instructors by the Fitness & Rehab Forum. We at O2 are proud of their achievement.



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# Fascia

## the new fitness focus

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 Exercise Physiologist.  
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Fascia is a systemic net of connective tissue an **extra-cellular matrix (ECM)**, which includes everything in your body that isn't cellular. It's a web that wraps your muscle and attaches to the bone. Its also found in internal structures, the viscera etc.

### Remodeling and Tensegrity

Just as your muscles remodel themselves in response to training, the fascia remodels itself in response to direct signaling from the cells ; injury; long-held mechanical forces; use patterns; gravity; and certain chemistry within your body.

The idea of **tensegrity** (tension and integrity) and the phenomenon of remodeling are the basis for structural therapy, including yoga and the forms of soft tissue manual therapy, including foam rolling. Change the demand and the fascial system responds to that new demand.

### How to Train the Fascia

#### 1. Specific training can enhance the fascial elasticity.

**What's in:**

**Plyometrics:** Make use of elasticity of the muscle.

**Jump drills:** When you land on the ball of your foot, you decelerate and accelerate in such a way that you not only make use of but actually build elasticity into the tendons and entire fascial system.

**Stretch - Shorten Fascia:** Preparing for a movement by making a counter movement - for example, winding up before a pitch makes maximum use of the power of fascial elasticity to help make and smooth out the movement.

#### 2. The fascial system responds better to variation than to a repetitive program.

The evidence suggests that the fascial system is better trained by a wide variety of vectors—in angle, tempo and load.

**What's in:**

**Whole-Body Movements.** Engaging whole-body movements is the better way to train the fascial system. Every exercise is stimulating multiple nerves, involving multiple muscles and employing fascial tissues all around the site of effort, as well as “upstream” and “downstream” from it.

**Proximal Initiation.** It's best to start movements with a dynamic pre-stretch (distal extension) but accompany this with a proximal initiation in the desired direction, letting the more distal parts of the body follow in

sequence, like an elastic pendulum. Imagine Throwing.

**Adaptive Movement.** Complex movement requiring adaptation.

**Variable loads** build different aspects of the fascia. Sticking with near-limit loads will strengthen some ligaments but weaken others. Varying the load is the better way.

**Varying the tempo** of your training allows different fascial structures to build strength and elasticity.

#### 3. Proprioception and kinesthesia are primarily fascial, not muscular.

**What's in:**

**Skin and Soft Tissue Stimulation Enhance Proprioception.** Rubbing / foam rolling and moving the skin and surface tissues is important to enhance fascial proprioception. we have seen our ancient wrestlers and kabaddi players rubbing some sand and tapping the muscle before performance.

**Feel the Fascial Tissues.** Focusing on multiple joint/fascia stretch in a yoga pose can help prevent injury and make the perception of kinesthesia more accurate and fully informed, rather than focusing on an isolated muscle stretch.

**Shift from ligaments to Joint-Receptor for stability.** Given that the ligaments are often tensed by the muscles, the emphasis on joint receptors for joint position sense, co-ordination and balance with a more general attention to the whole area, from the skin on down to the joint.

A deeper understanding of the role of fascia in training changes your perspective, your work, your words and your effect. Fascia is not just a sling or a wrap. It has a life of its own!!

#### 4. Stretch as a Whole

**What's in**

**Fascia is a wholistic structure,** not starts from one joint and finishes in the next like the muscle. Stretching the biceps or quadriceps alone are not the way ahead.

**Stretch your body as a whole,** your posterior chain of muscles, anterior, lateral, spiral chain etc.,

**Isolated muscle stretches are out** and wholistic stretches like yoga, taichi, gymnastic (ballistic) stretches are in!!

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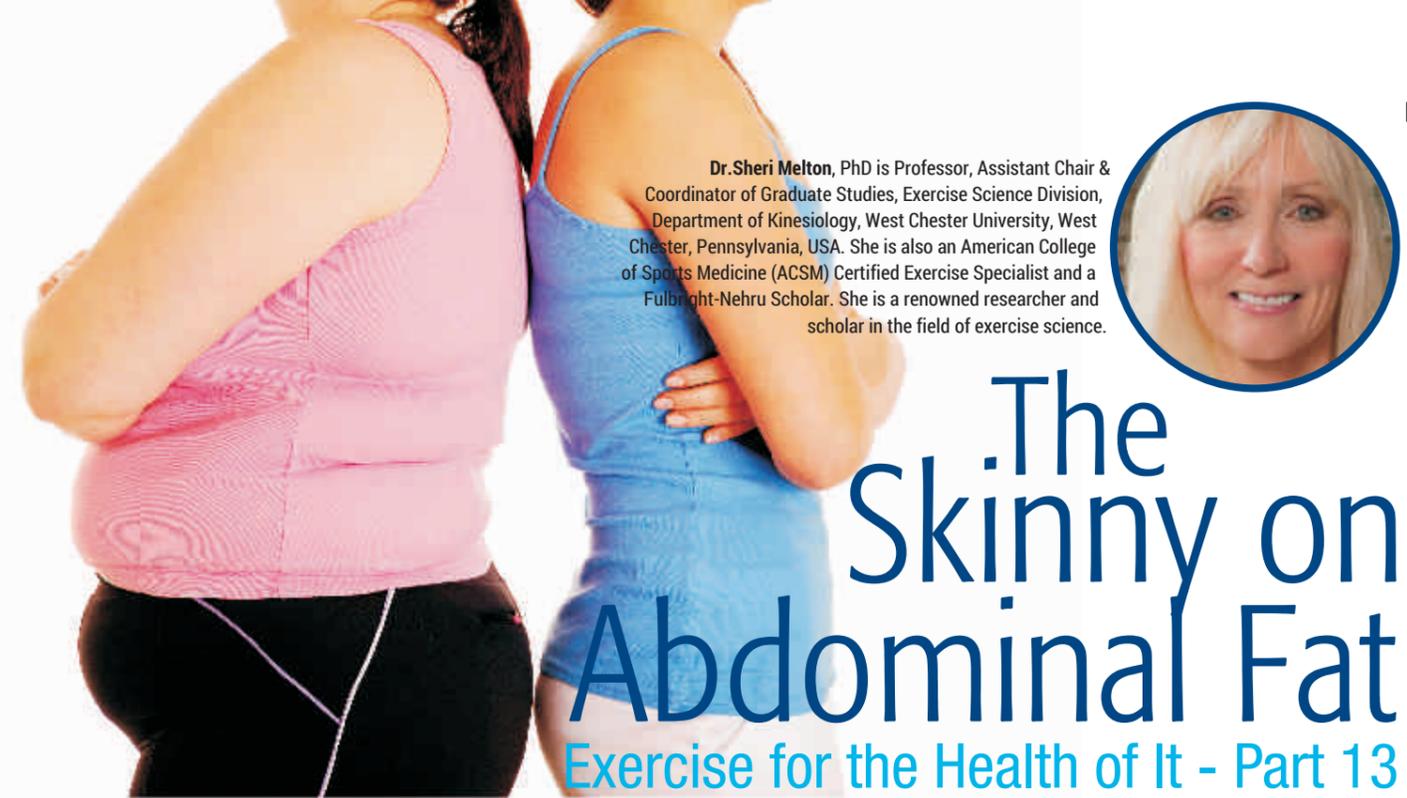
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Dr. Sheri Melton, PhD is Professor, Assistant Chair & Coordinator of Graduate Studies, Exercise Science Division, Department of Kinesiology, West Chester University, West Chester, Pennsylvania, USA. She is also an American College of Sports Medicine (ACSM) Certified Exercise Specialist and a Fulbright-Nehru Scholar. She is a renowned researcher and scholar in the field of exercise science.

# The Skinny on Abdominal Fat

## Exercise for the Health of It - Part 13

It is well known that body composition is a major component of fitness and that excess body fat is not healthy. However, the distribution of body fat, e.g., where fat is located, is also an important health factor. Overall excess body fat can give someone a "pear" shape - where fat is deposited on the hips and buttocks, or an "apple" shape - where fat is deposited around the middle of the body. Research has shown that these two shapes have very different health implications.

Clinically known as central obesity, this location of excess fat has been associated with the incidence of a wide variety of cardiovascular and metabolic diseases, in particular, hypertension, dyslipidemia, insulin insensitivity and diabetes, as well as the presence of knee pain and osteoarthritis and asthma. Most recently, central adiposity has also been linked with Alzheimer's disease.

A percent body fat measurement will not distinguish between the two body shapes. It is more useful to determine the waist-to-hip ratio (WHR) which takes a person's body structure into account (see WHR measurement protocol below). According to the World Health Organization, abdominal obesity is defined as a WHR above 0.90 for males and above 0.85 for females.

### Other ways of determining abdominal obesity includes:

- Absolute waist circumference (>102 cm in men and >88 cm in women)
- Index of Central Obesity
- Sagittal Abdominal Diameter

It is important to note here that a differential diagnosis includes distinguishing central obesity from ascites and intestinal bloating, either of which could influence the WHR measurement.

There are two types of central abdominal fat, visceral and subcutaneous. Subcutaneous fat is located underneath the skin and can easily be measured in millimeters by skinfold calipers. A common abdominal measurement is a vertical skinfold taken just to the right of the umbilicus. Visceral fat, also known as organ fat, is located inside the peritoneal cavity, packed in between internal organs within the torso. A skinfold

measurement on the abdomen of a person with a pot belly would not take the visceral fat into consideration. But visceral fat can be seen with powerful imaging techniques such as magnetic resonance imaging (MRI). It is this type of fat that makes the abdomen protrude excessively and is jokingly known as a beer gut or pot belly.

Of the two types of centrally located fat, it is believed that intra-abdominal fat conveys the bigger health risk. Research has shown that

- Surgical removal of visceral fat, but not subcutaneous fat, has been shown to extend the mean and maximum lifespan of rodents;
- Visceral fat, unlike subcutaneous fat, is implicated in many aging-associated diseases, for example, abdominal fat is a major source of increased inflammatory Interleukin-6 (IL-6) associated with aging as well as other inflammatory responses;
- Higher volumes of visceral fat, regardless of overall weight, has been associated with smaller brain volumes and increased risk of dementia;
- There is a relationship between abdominal obesity and lung function.

Though there are medical treatments which have proven to be successful in reducing fat weight, a lifestyle change of increasing caloric expenditure through a permanent exercise routine and moderately reducing caloric intake is still necessary in order to maintain a target weight and percentage body mass when it is achieved. A combination of aerobic/cardio exercises and resistance training has been shown to be more effective than either mode alone. Your trainer should be able to prescribe an exercise program that will help you reach your weight goals.

**WHR Measurement Protocol:** Proper placement of a stretch-resistant measuring tape is important: for the hips, place the tape at the widest portion of the buttocks (usually at mid-point of buttocks from the side view), and for the waist, place the tape at the narrowest point (from the front view). If the waist is not apparent, place the tape at the midpoint between the bottom of the rib cage and the top of the iliac crest. For both measurements, the individual should be standing with feet close together, arms at the side, body weight evenly distributed, and wearing little clothing. The person should be relaxed, and the measurements should be taken at the end of a normal expiration, with tape measure placement parallel to the floor.

References are available on request.

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



# Healing Power of Breath

*“Did you want to see me broken? Bowed head and lowered eyes? Shoulders falling down like teardrops Weakened by my soulful cries... Leaving behind nights of terror and fear I rise Into a daybreak that’s wondrously clear...I rise”  
-(Angelou, 1978)*

This is probably Maya Angelou’s best-known poem. In ‘Still I rise,’ this aggressive, uplifting cry from the deep heart of African-American people has a powerful metaphor for overcoming oppression. The poems scope is not limited to one people. This universal voice portrays a sustained rhythmic guide providing the courage and zeal we are able to discover in ourselves to attain our own process to heal. The process of healing begins with the healing power of breath.

Trauma is a type of disturbance to the psyche. Trauma occurs as a result of a severely distressing event. What happens if the pain is too deep? What happens when the trauma is too overwhelming? O2 Health Studios supports all members who are unstoppable and those members who are defiant towards their personal health and fitness goals. O2 even recognizes those who struggle along the way and feel as if they have difficulty with emotional pain and trauma. Sometimes this pain makes it difficult to cope with life and simply make an effort to go to the gym. O2 encourages all to rise. Rise up! We all can choose to rise up and own a part of ourselves that may be holding us back from achieving personal goals, inner peace and to heal our personal struggles. How do we do this? We can choose to use the healing power of breath.

Mind and body connection gives us a unique opportunity to engage body-centered methods to heal emotional scars. How do we do this if we feel disconnected? We own and love every part of ourselves and do so by connecting the mind and the body. The human body has the power to heal itself from the cellular level. Studies are revealing that by changing the patterns of breathing it is possible to restore balance to stress response systems, calm an agitated mind, relieve symptoms of anxiety and post traumatic stress disorder (PTSD), improve physical health and endurance, elevate performance, and enhance relationships. Studies have also shown that while talk-based and cognitive therapies can be of tremendous betterment, there are circumstances in which mind-body approaches, such as yoga, qigong, tai chi, breathing practices, and meditation can be promising and sometimes fundamental for full recovery.

Mind-body practices assist in a therapeutic approach. One technique is breathing. If you are having a difficult time in rising up, and accepting the distressing event use the body to speak to the mind to bypass the constraint against talking about the pain itself. Research suggests that these practices can be possibly more effective than only presumably verbal, cognitive or intellectual approaches. Studies have shown that people with post-traumatic stress disorder can have dysfunction in their

stress-response systems and in the brain circuits and anatomical structures responsible for processing fear, anger, and other emotions, particularly if the trauma occurred during childhood. Parts of the brain (the prefrontal cortex and insular cortex) that normally control the over activity of the brain’s emotion processing centers (the amygdala and hippocampus) become under active. The brain will have less control of fear reactions, which results in the release of defensive reactions as though a person may feel as if their life is in danger. By causing imbalances in stress-response systems and dysfunctions in emotion processing and regulation, trauma can disconnect us from our true selves, from others, and from the world around us.

Breathing practices can be learned. Breathing practices can become a part of our routine. Deliberately breathing gently can tell the brain that we are safe and no longer need to worry, be anxious or react with panic. The ideal breath rate for balancing the stress response system and calming the mind is between 3.5 and 6 breaths per minute for most adults.

### Here’s a guided exercise (retrieved from Gerberg and Brown, 2011) to get you started.

Become aware of your breathing at this moment. Feel the rise and fall of your abdomen and chest. Breathing through your nose with your eyes closed . . . Taking your time, count slowly and silently in your mind: As you breathe in, count 1 . . . 2 . . . ; as you breathe out, count 1 . . . 2 . . . for two breaths. Taking your time, count slowly: As you breathe in, count 1 . . . 2 . . . 3; as you breathe out, count 1 . . . 2 . . . 3 for three breaths. Taking your time, count slowly: As you breathe in, count 1 . . . 2 . . . 3 . . . 4; as you breathe out, count 1 . . . 2 . . . 3 . . . 4 for four breaths. Taking your time, count a little more slowly: As you breathe in, count 1 . . . 2 . . . 3 . . . 4; as you breathe out, count 1 . . . 2 . . . 3 . . . 4 for four breaths.

Work on this until you are able to breathe at a rate between five and six breaths per minute. This is a healing breath process. A process to restore a healthy body and will take a lot of practice. Although there are many ways to demonstrate mind-body practices towards connecting and healing this article only touches on one technique. This can become an integral part of any therapeutic plan in your exercise regime. Anyone who has suffered from trauma and pain of any kind can explore breathing and movement practices to cope with existing symptoms, to compliment improvement and to rise up and endure the unavoidable stresses life brings.

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# Switch up for Strength

## Maximize gains with lopsided lifting.

**Jeffrey Vardon** is Group Exercise Director at O2. He is an associate of the United Kingdom Alliance and specialises in Ballroom, Latin and Salsa. He is also a Reebok certified Fitness Instructor and the artistic director of The Hot Shoe Dance Company.  
Email: jeff@o2healthstudio.com



Breathe Life

### Balance is typically a good thing

Especially where budgets and tightropes are concerned. But when it comes to building muscle, The best approach is often one sided. Unilateral exercises, which work each side of the body independently, kick your stabilizing system into action, improving coordination, chiseling your core and counterintuitively correcting muscle imbalances.

**The Result** Greater total body power and less time on the disabled list.

### 1. Suitcase Deadlift

Using a neutral grip, hold a dumbbell in your right hand at arm's length next to your thigh (as if you are holding a suitcase). Stand with your feet hip-width apart and your knees slightly bent. Keeping your chest up, push your hips back and lower your body until the dumbbell is at mid-shin level. Pause and then return to the starting position. Don't touch the dumbbell to the floor. But do keep it close to your side throughout the move.

### 2. Dumbbell Single - Arm Overhead press

Stand holding a dumbbell next to your right shoulder, with your left arm hanging by your side. Press the weight overhead until your arm is straight, and then slowly lower the dumbbell back to the starting position. Proper form is key. Squeeze your glutes to prevent your lower back from hyperextending.

### 3. Dumbbell offset reverse lunge

Hold a dumbbell in your right hand next to your side. Step back with your right foot and slowly lower your body until your front knee is bent 90 degrees. Pause, and then push back up to the starting position. Injuries occur when knee stability breaks down. If you notice one or both knees wobbling, use a lighter weight knee in line with toes.

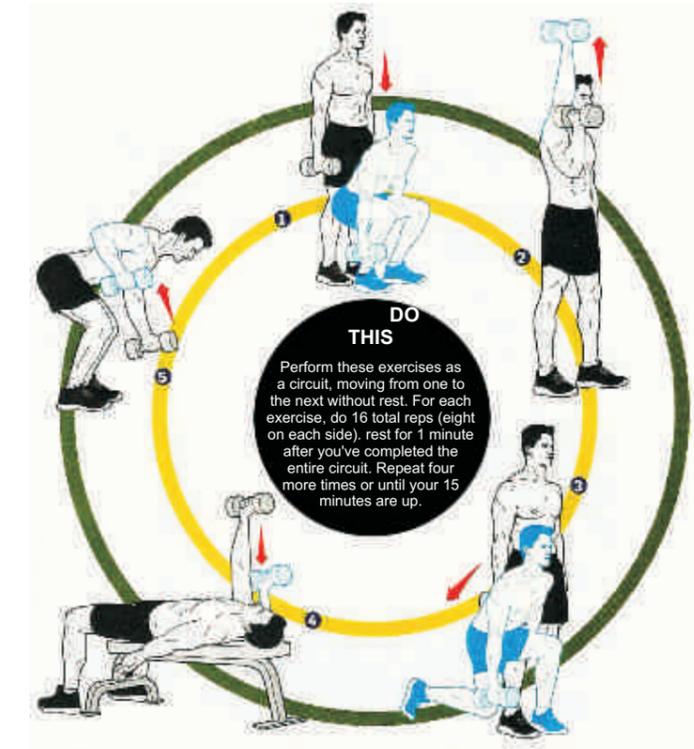
### 4. Dumbbell Single Arm Bench press

Lie face up on a bench holding a dumbbell straight over your chest, palm facing in. Without changing the angle of your hand, lower the dumbbell to

the side of the chest. Pause, and then press it back up to the starting position. Since the weight is offset, your opposite side will want lift of the bench. Brace your core, as if you are about to take a punch, in order to keep your back in place.

### 5. Neutral - Grip dumbbell single - arm row

With a dumbbell in your right hand, bend at your hips and knees, and lower your torso until it's nearly parallel to the floor, let the weight hang at arm's length. Now pull the dumbbell to your torso, keeping your elbow tucked close to your side. Return to the starting position. Grip the weight as tightly as possible. This will activate your rotator cuff, which assists in the movement.



## Congratulations!

The following staff have been certified as Health Fitness Instructors by the Fitness & Rehab Forum. We at O2 are proud of their achievement.



Alex (Trainer)

Raja Durai (Trainer)

Vekat (Trainer)

Saranya (Physio)

Rajesh (Physio)

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**Deepika Daniel** is a senior manager & senior nutritionist at O2 Health Studio. She is a Bachelor in Nutrition, Dietetics & Food Service Management.  
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# Eat Mindfully

**W**hen you are mindful you are fully present, in-the-moment without judgment. When it comes to eating, mindfulness helps increase the volume of your body's cues so you can hear loud and clear when you are hungry and full. Many social and environmental factors can stand in the way of being able to accurately decode your body's feedback. Mindfulness helps you break free from routine eating habits by examining the thoughts, feelings and internal pressures that affect how and why you eat (or don't eat).

**Shift out of Routine Eating:** What did you have for breakfast? Be honest. Many people eat the same thing day in and day out. Notice whether you are stuck in any kind of rut or routine.

**Take Mindful Bites:** Did you ever eat an entire plate of food and not taste one single bite? Bring all of your senses to the dinner table. Breathe in the aroma of a dish. Notice the texture on your tongue. Truly taste your meal. Experience each bite from start to finish.

**Attentive Eating:** Sure, you're busy and have a lot "on your plate."

It's hard to make eating a priority rather than an option or side task. If you get the urge for a snack while doing your homework or studying, stop and take a break so that you can give eating 100% of your attention. Try to avoid multitasking while you eat. When you eat, just eat.

**Gauge your hunger:** How hungry am I on a scale of one to ten? Gauging your hunger level is a little like taking your temperature. Each time you eat, ask yourself, "Am I physically hungry?" Aim to eat until you are satisfied, leaving yourself neither stuffed nor starving.

**Emotional eating:** Just because you think, doesn't mean you have to act on them or let them sway your emotions. Negative thoughts can trigger overeating or stop you from adequately feeding your hunger. Remember: A thought is just a thought, not a fact.

**Mindful Eating Support:** Friends provide an enormous amount of support, but often it's helpful to obtain assistance or a second opinion from a trained professional.

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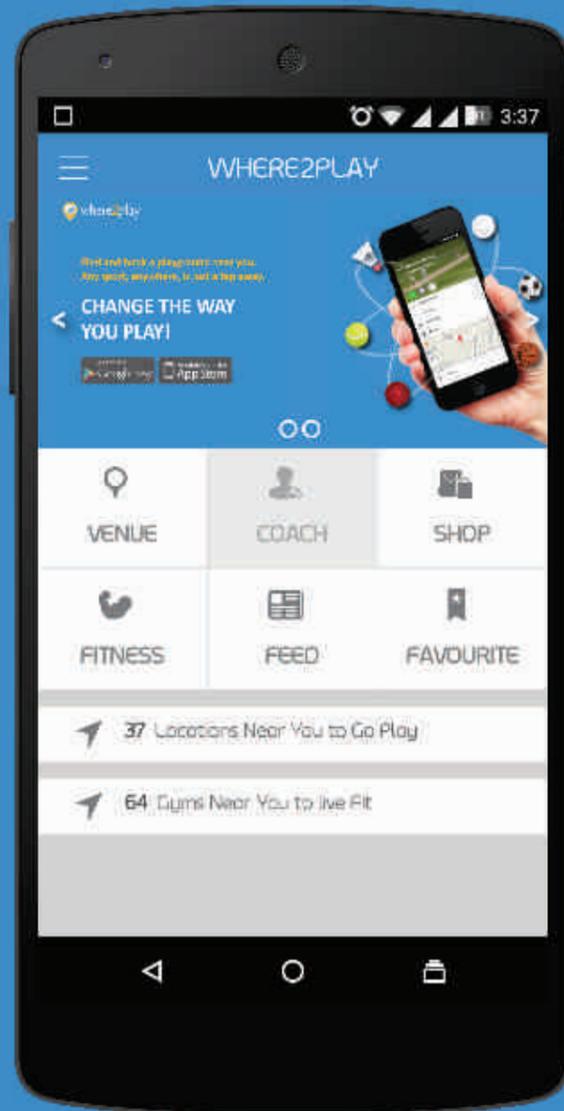
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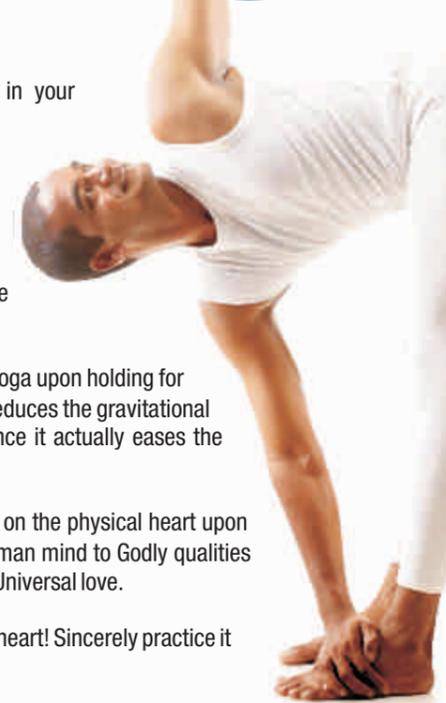


# Cardiac YOGA

Venkat is a Bachelor in Physiotherapy, with qualifications in Yoga and Naturopathic Sciences. He has been practicing Yoga for the past 18 years and teaching Yoga for the past 14 years. Mobile: +91 98402 99329 Email: venkatsyoganphysio@gmail.com



Breathe Life



1. Yoga is very friendly to your heart whether its in great shape or its in need of help.
2. Yoga exercises hardly increases the workload on the heart especially once you are a bit more seasoned in combining breathing with your poses or Suryanamaskars.
3. Yogic Suryanamaskars combines the benefit of Cardiac Strengthening with cardio vascular endurance.
4. Yoga is very calming on the nerves that connect the heart and the brain as well the blood vessels and the other spinal nerves. Because of this with regular practice of Yoga the blood pressure is regulated.
5. Yogic forward bends ie the poses that brings the head close to foot are observed to act on the Para sympathetic nervous system and bring about Para symnpathetic dominance. This helps a person to stay calm even during adverse situations.
6. Yogic pranayama techniques can improve the blood oxygen levels as

well as the Prana content in your blood.

7. Yoga works the heart at a comfortable rate as against other aerobic activities hence it is suitable for even people with some heart conditions.

8. The topsy turvy poses in Yoga upon holding for a specific duration, directly reduces the gravitational effects on the heart and hence it actually eases the heart muscles.

9. Anahatha Chakra located on the physical heart upon blossoming transcends a human mind to Godly qualities and opens up the conduit for Universal love.

10. Yoga is the best for your heart! Sincerely practice it everyday.



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**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 18 years in India & abroad.  
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 Mobile: 9840320632

# 10 Sen lines Thai Ayurveda Massage

(Thai Massage with Therapeutic Oil) Sen Calibration free the Flow of Prana

The Sen or vital energy lines can run through the whole energetic system inside and outside of the body. possibly finding its roots coming from India through the use of ancient Ayurvedic and Yoga practices ,and the T'ai hill-tribe shamanism and indigenous health care practices may have created or adopted these lines into what we know now as Thai massage.

Throwing some excitement into the reading we will share some mythology from Thai massage: this technique of Thai massage was possibly used by Buddha's physician (over 2,500 years ago) and could have been a key role in the Buddha's journey. The Thai massage technique has incorporated these lines into its practice along with other traditions (such as Chinese medicine practices) possibly adopting and incorporating over 72,000 of these Nadis or Sen lines into acupuncture. These Sen lines can crisscross the whole body and can be perceived to run throughout the body's whole energy field possibly maintaining health and vitality by facilitating the free flow of Prana.

## Sen Lines 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 Channels) of the Thai Massage and therapist uses hands to apply firm rhythmic pressure and deep massage. Usual Thai Massage no need 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 get unblock your senlines by painless Therapy with your favourite oils.

## Benefits

- 1) Reduces levels of the stress hormone cortisol
- 2) Lowers blood pressure
- 3) Decrease pain and improve body function
- 4) Improves sleep, specifically deep sleep
- 5) Boosts immunity by increasing white blood cells and reducing stress
- 6) Revitalizes skin through increased blood flow
- 7) Elevates level of alertness
- 8) Lessens digestive disorders
- 9) Increases serotonin, enhancing mood
- 10) Touch makes you happier

Touch is a necessary part of our lives and is a key element in both our physical and mental health. In today's fast paced life, we often tend to lose touch with our mind and body. Thai Ayurveda massage can be one way to connect with others and improve health through touch.

## 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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## O2 Thoraipakkam, Chennai

O2 Health Studio's 8th centre in Chennai was formally inaugurated in grand style at Thoraipakkam by Actor Padmashree Dr.Vivekh on 27th June 2015.

Taking a detailed look at the gym, the actor was greatly impressed with the Movestrong and the Boxmaster which are functional training units, a new and unique experience to him. He was also amazed with the variety of hi-tech cardio equipments, which allow clients to track their exercise data and goals. Things got exciting when the star took a swing with the imported clubs in the traditional Indian club workout. He was also briefed about the unique sports physiotherapy clinic which offers rehab services for all orthopedic and sports injuries. He then witnessed the Bollywood dance by S community and Yoga.

The evening ended with him autographing T-shirts and taking pictures. The 250 plus guests sat down for a hi tea at Delhi Dhaba and had loads of fun!



## O2 Marathahalli, Bangaluru

O2 Health Studio's First center in Bangaluru was formally inaugurated at Marathahalli, by Mega power star Actor Puneeth Rajkumar on 14th June 2015.

The actor was greatly impressed with the Precor cardio equipment which allow clients to track their exercise data and goals. The Movestrong and the Boxmaster which are functional training units was tried out by him, an impressive and unique experience to the mega power star.

He was also briefed about the unique sports physiotherapy clinic which offers rehab services for all orthopedic and sports injuries.

It was indeed a proud moment for Mr.Ravikumar Reddy, MD, Joint MD and Director O2 Ms.Nina Reddy, Fitness Director Earnest Vijay, Group Exercise Director Mr.Jeffery Vardon and all staffs of O2!!

O2 is indeed thankful to all the guests for spending their time with O2's first baby in Bangaluru and 9th overall!!



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# Aqua Therapy

Dinesh Kumar is a senior manager & senior physiotherapist at O2 Health Studio. He is a Bachelor in Physiotherapy.  
 Email: dinesh@o2healthstudio.com  
 Mobile: 9094791920

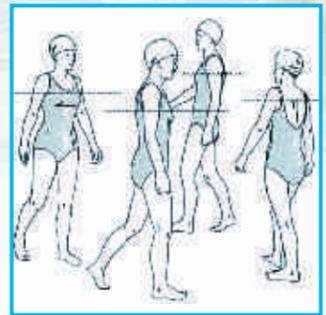


Water serves as a safety net for individuals with osteoarthritis, sports injuries, post operative & muscular Skeletal rehab. Physiotherapy in a swimming pool provides a safe place for you to exercise without putting yourself at risk for falls or broken bones. Aquatic therapy increases muscle strength, decreases pain by reducing weight-bearing forces to joints and bones, improves balance, speeds the rate of recovery, and increases proprioception (your body's ability to sense muscle and joint positioning). Aquatic therapy can help you relax

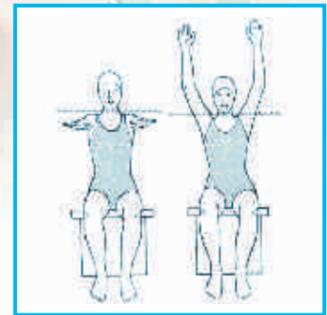
and improve your circulation, range of motion, muscle tone, and self confidence. Half the battle of reducing falls is eliminating the fear. Aquatic exercise can do just that.

The aquatic exercises illustrated below can help you improve your strength, balance, and coordination. Aqua therapy can complicate rather than complement certain conditions. So, before you begin any exercise program, discuss the program with your physiotherapist.

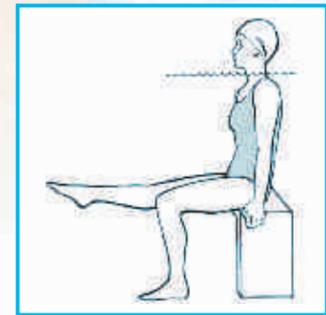
Walking



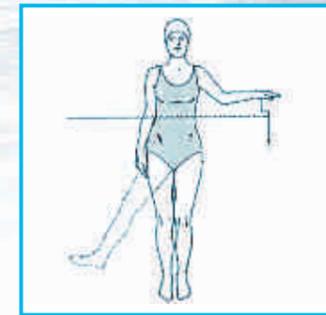
Shoulder Exercise



Knee Exercise



Hip Exercise



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# Features of the O2 Health Studio 14th Anniversary Celebration

1. Popular Music Director Yuvan Shankar Raja speaks on O2 Health Studio.
2. Dance performance by O2 Mogappair Members
3. Dance performance by O2 Ashok Nagar members.
4. Song performance by Ms. Krithika
5. Dance performance by O2 Nungambakkam members.
6. Fashion walk by Miss O2 Participants.
7. Fashion walk by Mr.O2 Participants.
8. Dance performance by O2 Thoraipakkam members.
9. Dance performance by O2 Neelankarai members.
10. Music Director Yuvan Shakar Raja with the Mr & Miss O2 Winners and Runners up.
11. Dance performance by O2 Besant Nagar members.
12. Dance performance by O2 Velachery members
13. Dance performance by Body Lyrics, Aqua Aerobics Team.
14. Dance performance by Savera swimming pool Kids.
15. Body show by O2 & Body Lyrics trainers.



1



8



9



2



10



11



3



4



5



12



13



6



7



14



15



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## O2 Car Rally for the Blind

O2 Health Studio, in association with National Association for the Blind and Madras Motor Sports Club, organized "The Car Rally for the Blind" on 22<sup>nd</sup> Feb 2015. Over 90 cars participated in the rally, and brought together the visually challenged and the sighted. The navigators read out the instructions in Braille for the drivers to follow the rally route. Actress Suhasini Mani Ratnam gave away the prizes. This is an event O2 is proud and privileged to partner. (images 1, 2 & 3)



## Weight Loss Challenge

Would you believe if you are dedicated and have the right guidance you can lose from 2 to 13 kgs in a month?! For members who lost weight, the Weight loss challenge was preparation for a happy 2014 ending and a great beginning to 2015. Members grouped in different colour themes from respective branches shared their experience. Mr.Vishnu & Ms.Shanlini were the Mr & Ms Weight Loss Champions and "Life of Pi" Fame actress Shraavanthi, crowned them. (images 4, 5 & 6)



## Women's Day at O2

International women's day was celebrated with this year's theme #Makeithappen. All the ladies dressed in purple spoke about what they would #Makeithappen this year. Many were about weight loss and fitness, learning driving, guitar were among the plans. There were games and lovely cakes and specialities of Brew room served. (images 7, 8 & 9)



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# Recent Trends in Physiotherapy

Physiotherapy is moving forward from traditional methods of pain relief and mobility work to accelerated healing and recovery. Recent trends in physiotherapy are usage of Microcurrent, Radial Pulse Wave Therapy and Fascial Manipulation.



Rajesh Kumar, is a senior physiotherapist at Body Lyrics. He is a Masters in Sports Physiotherapy. Email: enquiry@frf.co.in

## Microcurrent:

Microcurrent therapy is application of very low-voltage microampere current onto affected cells or tissue trigger points in order to stimulate the body's healing process. Each and every cell of the body has its own electrical impulses. Due to injuries, the bioelectric frequency of the cell is disturbed. Microcurrent therapy is similar to the body's bioelectric current thereby enhancing the tissues response to healing and repair.



## Radial Pulse Wave Therapy:

Radial pulse wave therapy is an acoustic wave which carries high energy to painful spots and myoskeletal tissues with subacute, subchronic and chronic conditions. The energy promotes regeneration and reparative process of the bones, tendons and other soft tissues by causing micro-ruptures due to this process arterioles are remodeled, stimulated to grow and new arterioles are formed. Thereby improving blood supply and oxygenation of the treated area and support faster healing of tissues.

## Fascial Manipulation:

It focuses on the fascia, in particular the deep muscular fascia, as a three-dimensional continuum. Once a limited or painful movement is identified, a specific point on the fascia is implicated and through the appropriate manipulation of this precise part of the fascia, movement can be restored.

## Functional Rehabilitation:

Just not restoring movement, but also getting them fit for their job / sport is functional rehabilitation.

## Early mobilization /movement:

Following injury/pain muscle wasting and joint stiffness can be rampant. Moving the joint in a pain free way can be helpful for joint health and slow down / prevent muscle wasting and can enhance faster recovery.

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# Testimonials from Mr & Ms O2



Shruthi

Shruthi – Miss O2 2015 – Winner

I am very happy to be a member at o2 health studio, nungambakkam . It has been 4 months since I joined o2 and it has indeed been a great experience so far. The trainers and all the staff are very friendly and supportive. I would like to thank Jeffery Vardon for his encouragement and for having given me the opportunity to be a part of the 14th anniversary event.

Ajay Vijendran – Mr. O2 2015 – Winner

O2 Nungambakkam is the best fitness studio I had come across ,the management motivates each and every individual to achieve their goals , trainers are outstanding ,I guess the its first gym to celebrate their anniversary every year with full bang,a good opportunity for the members to portray their talent. Thanks o2 for all their support & motivation they showered on me.Cheers !!!



Ajay Vijendran



Juni Kari

Juni Kari – Miss O2 2015 – Runner Up

I used to have a love-hate relationship with gyms. With O2, it is TOTALLY different. I have been a member of O2 since August 2013. From the moment you join you are treated as a friend. The staff and the trainers are friendly, helpful and attentive to our needs. They genuinely care about their clients and have this amazing ability to keep us motivated ensuring that workouts are effective and fun. With a wide range of machines and free weights, there is always someone on hand to advise you on anything you've not tried before. I really enjoy working out in sessions with other members.

Raj Thilak – Mr. O2 2015 – Runner Up

When I was searching for a gym change over I was looking around several gyms to join, after I stepped into O2 health studio that moment I decided to join it, the ambience is at its best, has all the equipments needed, the staffs are more of a family than friendly, I would prefer O2 and I would suggest all my friends and family to join in it.



Raj Thilak

## Relaunch of the all New Besant Nagar

When we opened O2 Besant Nagar 6 years back, we decided never to move out. The response and the warmth that we received in this part of Chennai was over whelming and reaffirmed our desire. What happened consequently was not anticipated when we were advised to move our centre to another location. Our relaunched centre is in Besant Nagar, closer to the beach. Though smaller in size there has been no compromise in keeping the welfare of our members in mind. We deeply appreciate the trust and faith of member. No words to express our gratitude. Dear members of Bessy we can only say our thank you from our hearts...



Mr.Paul Christopher inaugurates the new O2 Besant Nagar



Mr.Joseph inaugurates the new O2 Besant Nagar



Ms.Nina Reddy, Ms.Sejal Bhat & Mr.Munesh Bhat

## Thanks Giving Celebration

What is very special after our anniversary is "The Thanks Giving". Like I said, nothing is good enough to express our gratitude! All the participants are warmly invited to watch the anniversary video together.

A token of appreciation was handed over to everyone who helped in making the event a grand success. After a sumptuous meal we bid Adieu... till we meet again.



Ms.Weena, Mr.Girish Pradhan & Mr.Vijay.



Mr.Ramanan & Mr.Gabriello



Mr.Churchill Pandian



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Ms.Sejal Bhat, Ms.Priya Naresh & Aruna Mani and Staff

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# Simple Solutions

**Chandri Bhat** is a cookery expert and consultant based in India with more than 45 years of experience in her field.  
Email: chandri.bhat@gmail.com



One need not hunt for global recipes and cook books to make the daily meals healthy. Nor is there need to buy expensive oils or imported ingredients. The daily cooking in Indian homes can be made more nutritive and healthier with some diligence. These minor changes will not affect the taste and acceptability by the members of the family. I have incorporated these changes in my cooking and it is received well by my family and guests.

In this article I have given some tips use two healthy ingredients in your daily meals; Flax seeds and Millets. Introduce them in small amount and then increase the volume gradually.

Grind 200 gm of flaxseed into a fine powder and store in a dry container. Add 2tablespoons of this powder to 2 cups of wheat flour when making chapathis. The phulkas will fluff up as usual and chapathis will taste just as good. There will only be a slight change in the colour of chapathis,. Once the family gets used to it, the amount of flaxseed powder may be increased up to 2table spoons for 1 cup. Just remember this additions whenever you make chapathis. (Keep the flax seed powder next to atta in your kitchen shelf)

Buy ½ kg packets of any two of these millets: Ragi (finger millet, Kezhveragu), Bajra (Pearl millet, Kambu) or Jowar (Shorgam, Cholam). Add ¼ cup each of any two varieties to 3 cups of your dosai/ adai/ Pesarattu/ Chilla batter. Add salt and water to adjust the taste and consistency. The quantity of millets may be gradually increased as the family gets used to the taste.

**A healthy and tasty Adai recipe is given below:**

- Red gram (toor dal) ½ cup
- Green gram (moong dal) ½ cup
- Bengal gram (chana) dal ½ cup
- Black gram (ured) dal ½ cup
- Raw rice ½ cup
- Any two of the above millet flour ¼ cup each
- Salt to taste
- Chili powder ½ -1 tsp
- Turmeric powder ½ tsp
- Green chilies 2 finely chopped
- Asafetida powder ¼ tsp
- Curry leaves ¼ cup, finely chopped, firmly packed (curry leaves enhance the flavour and add health benefits)
- Coriander leaves 2-3 table spoon, finely chopped
- Onion ½ cup finely chopped

Wash and soak all the dals and rice in water for 2 hours. Grind them together into a slightly coarse (consistency of fine semolina) batter of medium pouring consistency. Mix in salt and millet flours and leave aside for 2-3 hours. Add rest of the ingredients and mix well. Make adais using gingili or coconut oil.

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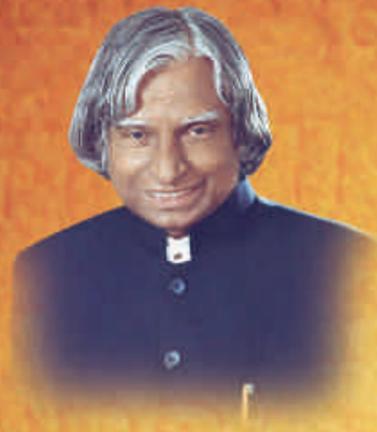
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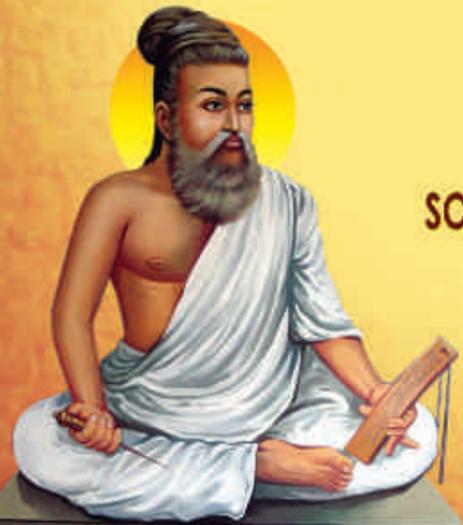
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# The Duchess All Women's Car Rally

As usual 2015 was an eventful and exciting year for the Duchess. The All Women's Car Rally this year was flagged off by Actor Ganesh Venkatram. This year the theme for the car rally was "Madras to Chennai" Unusual costumes, Maximum participants!



Actor Ganesh Venkatram & Saveetha Natraj, Chief Manager, Corporate communications



14th Duchess All Women Car Rally "Madras to Chennai!!!"



A meeting with Actress Vidya Balan.

# Utsav 2015

The Duchess Utsav was again a resounding success. Inaugurated by Actress Pooja Kumar, Ms. Anne, CEO of Apollo Hospitals & Actress Suhasini Maniratnam. Fashion show and the shopping was fantastic, stylish and meaningful.



Actress Pooja Kumar, Ms. Anne, CEO of Apollo Hospitals & Actress Suhasini Maniratnam Inaugurating the Duchess Utsav 2015.



Duchess Utsav 2015 - All in flaming red... with writer Sivashankari & Dr.Prithika.



Duchess travel goes to Isha for Sathguru's Inner Engineering



Duchess meeting & Book release of Neerja Malik "I Inspire". Attended by a host of celebrities.

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# Testimonials from our members



**Shashank Reddy**

1st Male Member - Bengaluru

It's been a fortnight since I have joined O2 and it's been a wonderful experience. I have never looked forward to going to a gym till now. The Manager, Trainers and the Staff are super helpful. They encourage and push to go further. The equipment are also very good. I surely recommend O2 Health Studio to all my friends.



**Vidya Priya R**

1st Female Member - Thoraipakkam

O2 is the first gym I had joined and it has been a positive journey until now. The hi-tech equipments and the most convenient atmosphere and the pleasant welcome by the trainers, front desk, physiotherapists give me an extra energy to work out in the gym. "TRUE ENJOYMENT COMES FROM THE ACTIVITY OF THE MIND AND EXERCISE OF THE BODY".



**Vinoth**

1st Male Member - Thoraipakkam

I wish I had found O2 when I first came to Chennai. This gym keeps me working with a positive attitude and doesn't let me to back down. I've been going for more than 2 months now and I'm sure that I'll celebrate an anniversary here. My thanks goes to the manager Deepika, my trainer Basha and to all the faculty who helped me out.

# Our Best Achievers testimonials



Before After

**Avinash Samy**

**Avinash Samy**

With a weight of 100kg and a waistline of 40" coupled with disc compressions in my lower vertebrae, fitness was definitely not on my agenda! Giving up and letting go was the easy way out. But not at Body Lyrics. Their trainers, physios, dieticians led by Mr. Earnest Vijay ensured that not only did I achieve my ideal body weight and fat percentage but also guided in strengthening my core and helping me build a strong lower back in order to keep the back pain away. Body Lyrics literally breathed a second life into me... a life where I witnessed drastic transformation in my physical and mental well-being and a life where health and fitness is now the first thing on my agenda always.



Before After

**Sayyed Yasmeen**

**Sayyed Yasmeen**

As we say O2 means oxygen so I must say O2 really gives oxygen to people as I got oxygen n new way of living. Before coming to O2 my weight was 109 n n 6 months I loss 27kgs n after that I was maintaing it, now m 82 n almost fit this happen bcoz of my trainers . All thanks to Siva ram and perumal, but special n lot of thanks to perumal who is trainer cum friend. So thanks a lot O2 for giving me different way of life.



Before After

**Vivek Ram**

**Vivek Ram**

My weight was 124kg in January, 2014. My Parents were very much concerned about me. One fine day I decided myself to reduce weight in order to reduce my Parents' anguish. I picked up O2 and I presented myself for weight reduction schedule. I simply followed my Trainer Perumal's Plan, both in Diet and Exercise. Gradually when I was losing weight, I gained confidence in myself and also my trainer Perumal's confidence in me pushed me forward.

Now I've lost 47kg over a period of 7 months, and now I am 77kg! I've succeeded in making my Parents Happy. This new lifestyle modification will be a part of my Lifetime in future. Thanks a bunch for O2 and my trainer & my brother Perumal for helping me to achieve this dream. This is a Dream I have had in my entire life.



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- Madha Medical College
- Muthukumaran Medical College
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- Ramachandra Medical College

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- Sriperumbudur - 16 Km
- Porur - 13 Km
- Tambaram - 16 Km
- Vandalur - 16 Km
- Poonamalle - 13 Km

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- Madha Hospital
- Muthukumaran Hospital
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Sushil Hari International School - Kelambakkam

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