



O2
HEALTH STUDIO
 presents
ONE MILE RUN WITH DAVID O'MEARA
 COACH, SPEAKER, AUTHOR AND ATHLETE

Around The World in Less Than 30 Minutes. That is 6 one-mile races, on 6 continents, in 6 consecutive weeks.

Purpose

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



Why Chennai, India?

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

What did the citizens of Chennai gain from this event?

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

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

Why O2 Health Studio?

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

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