



INSIDE OXFORD



Eisenhower Corporate Center • 2705, 2725 and 2805 South Industrial, Ann Arbor



Founded in 1998, our success is the result of our knowledge of, commitment to, and investment in our local community.

OUR MISSION

Oxford eliminates your work space worries by creating a productive and cared-for environment.

312 S. State Street, Second Floor

Ann Arbor, MI 48104

734.747.6000

www.oxfordcompanies.com

Oxford Purchases Two Properties; Welcomes New Tenants

On August 12th, Oxford Companies finalized the acquisition of 62,000 square feet of office space on the south side of Ann Arbor, at 2725 & 2805 South Industrial Highway. The acquisition is the first for Oxford's latest investment vehicle, the Ann Arbor Opportunity Fund.

Oxford Companies is already in the planning stage to invest in several capital projects, including roof and parking lot improvements, in order to modernize and improve the buildings. Lyle Beckwith, Property Manager for Oxford Companies, commented on the positive changes taking place at Eisenhower Corporate Park,

"Our headquarters are less than three miles away from the properties, and our maintenance and shop facility is less than two miles away. We manage more than 500,000 square feet on the south side of Ann Arbor, including the building adjacent to the new acquisition. As an enthusiastic local company, we look forward to delivering personal, high-quality, 24/7 service."

Oxford would like to recognize and welcome several tenants to the Oxford family. We look forward to long and productive relationships with each of our new tenants:

- Community Television Network: www.a2gov.org/ctn
- Great Lakes Commission: www.glc.org
- MediaSpan Group:
www.mediaspanonline.com
- Michigan Education Association:
www.mea.org
- Michigan Life Ventures
- Waters Technologies Corporation:
www.waters.com



2755 Carpenter Road
Space Available
602 SF-3,017 SF



WELCOME NEW TENANTS

PR Fitness

255 E. Liberty, Suite 229
prfitnessa2.com

Goldfish Swim School

2107 W. Stadium Blvd.
goldfishswimschool.com

Wandres

719 W. Ellsworth, Suite 5
wandresusa.com

Ann Arbor Sports Memorabilia

255 E. Liberty, Suite 213

Sacred Body

308 1/2 S. State Street, Suite 21
sacredbodyannarbor.com

OFFICE HEALTH TIPS

Top 10 Tips for Healthy Back *myhealthtoday.com*



To mark backcare awareness week, ten tips for a healthy back:

- 1 Exercise your back regularly. Walking, swimming, and using exercise bikes are all excellent ways to strengthen your back muscles.
- 2 Always bend your knees and your hips, not your back.
- 3 Never twist and bend at the same time.
- 4 Always lift and carry objects close to your body.
- 5 Try to carry loads in a backpack and avoid sling bags.
- 6 Maintain a good posture. Avoid slumping in your chair or hunching over a desk.
- 7 Use a chair with a backrest. Sit with your feet flat on the floor or on a footrest. Change how you sit every few minutes.
- 8 Quit smoking. Smoking reduces the blood supply to the discs between the vertebrae, leading to degeneration of these discs.
- 9 Lose any excess weight.
- 10 Choose a mattress suited to your height, weight, age and sleeping position.

After Hour Emergencies **WE ARE AVAILABLE 24/7**

Call (734)747-6000 after
business hours and on weekends.

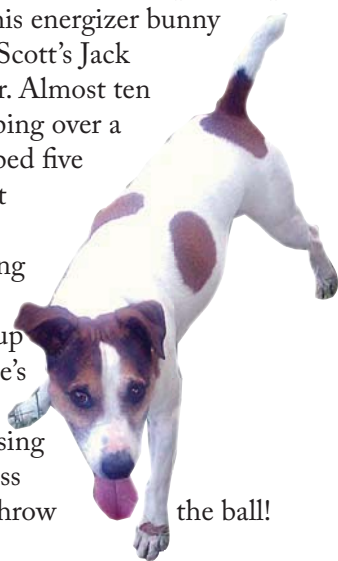
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STAFF PROFILE

Scott Myer *Senior Building Engineer*



Scott oversees the maintenance for all the buildings in the Oxford Portfolio. With over 25 years of commercial and multi-family residential property management experience, he handles all manner of building projects and maintenance with ease. While Scott is dedicated to the round-the-clock demands and pace of his job, his heart belongs to a twenty pound bundle of energy who goes by the name of "Fast Eddie". A regular tough guy, Fast Eddie plays soccer like a fiend and any ball will do—basketball, football, you name it. He is relentless and rests only for a 30-second dip in his pint sized pool. This energizer bunny enthusiast is Scott's Jack Russell terrier. Almost ten years old, leaping over a queen-sized bed five times without stopping and barely touching the floor is a quick warm-up for Fast Eddie's regular three hour ball chasing sessions. Guess who gets to throw the ball!



BUSINESS PROFILE

Pilates and Back Pain

Intelligent Exercise Pilates & Fitness Studio

Melissa Francis,
founder and owner



By now you've probably read or been told that Pilates can help ease back pain. But does it really work? First, it's important to understand some philosophy behind the work.

Pilates has nine principles: breathing, concentration, control, centering, precision, rhythm/flow, whole body movement, balanced muscle development, and relaxation. The ultimate goal is to achieve each of these principles in every movement whether you are in a Pilates class, spinning, or at home vacuuming. Pilates believed that his series of movements could change lives if performed utilizing all principles.

With back pain, Pilates focusses on "Balanced Muscle Development". Many times back pain is caused by an imbalance between abdominal and low back strength, or between our left and right deep spinal or torso muscles to name a few.

Pilates trainers strive to first understand the imbalances, then correct them with a series of exercises that both stretch and strengthen to align your skeleton and balance strength with range of motion. Pilates professionals are trained to help identify these imbalances by looking at posture, flexibility, and strength simultaneously while performing the movements. Certified Pilates trainers look at the body as a whole to get it functioning at its best.

Pilates should not be used in lieu of getting a diagnosis from a doctor. Any exercise program should be approved by a qualified professional. Make sure your trainer is fully certified to work with special needs such as back pain. Visit: intelligentexercise.net