

FALL WELLNESS

Fall Is the Season to Invest in Your Health

The habits you set now can carry you through the colder months ahead. Don't let the seasonal shift slow you down—this is the time to strengthen your body's performance and immunity.



How to Boost Performance & Immunity with Vasper + LiveO²

As the seasons change, so do the demands on your body. Cooler temperatures, shorter days, and the back-to-school rush can leave you feeling drained just when you need your energy most. Fall is also when your immune system starts working harder, making it the perfect time to give your body the tools it needs to perform, recover, and stay strong. At Universal's Renewal Center, two innovative technologies - Vasper and LiveO² - are here to help you take on fall with more energy and resilience.

Vasper: Train Smarter, Recover Faster

The Vasper system combines cooling, compression, and interval training into a 21-minute session that gives you the benefits of hours of traditional exercise. The result? A powerful workout that leaves you feeling energized, not drained. Vasper improves circulation, lowers stress hormones, and supports your body's natural recovery process—perfect for maintaining peak performance all season long.

LiveO²: Oxygen for Energy & Immunity

Your cells need oxygen to function at their best, especially when your immune system is on high alert. LiveO² oxygen training supercharges your body by helping you absorb and utilize oxygen more effectively. This means more energy for workouts, faster recovery, and stronger immune support as the weather shifts.

Why Pair Them Together?

When you combine Vasper and LiveO², you're giving your body the ultimate edge:

- Boost energy and focus for busy fall schedules
- Enhance immune strength heading into cold season
- Recover faster so you can stay consistent in training
- Save time with efficient, science-backed sessions



Click here to
schedule your free
Renewal Center
demo session!

The Renewal Center is Located inside Universal Athletic Club
and is open to everyone. UAC membership not required.