

MAY
19
2014

FITTER RADIO EPISODE 007:

1. WORKOUT OF THE WEEK

Bev tells us about a great free 'sports coaching' app called "Ubersense" which when downloaded gives you the facility to capture video footage of yourself and play it back frame by frame and in slow motion. Great to use in conjunction with the "swim smooth" app. See links below.

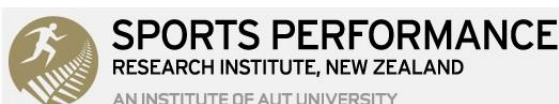
2. ONE STEP AHEAD

Mikki talks about almonds and how they can help in endurance performance. Check out her awesome Grain Free Porridge recipe:

Makes 2 servings:
3 tbsp almond butter
6 tbsp coconut cream
¼ cup desiccated coconut
1 cup unsweetened almond milk
2 tbsp chia seeds
2 tsp vanilla extract
1 tsp all spice
2 tsp cinnamon
1 tsp natural sweetener (optional)
Heat ingredients on low-medium heat, stirring constantly, until desired consistency is achieved.

3. HOT PROPERTY INTERVIEW

Our interview this week is with Professor Paul Laursen. Paul leads the Performance Physiology Team at High Performance Sport New Zealand. Paul and Bev talk about all things pedalling and the latest research.



Adjunct Professor / Performance Physiologist

4. LINKS:

Ubersense can be downloaded from <http://www.ubersense.com/>

Kinovea: <http://www.kinovea.org/>

My fitness pal: <http://www.myfitnesspal.com/>

Paul Laursen can be found at: <http://www.aut.ac.nz/profiles/sport-recreation/professors/paul-laursen>

6. CONTACT US:

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