

JUNE
30
2014

FITTER RADIO EPISODE 013:

WORKOUT OF THE WEEK

Part 3 of a 3 part series in which Bev looks at training intensities and the differences between the devices you can use to measure.

ONE STEP AHEAD

Magnesium. Its vital role in our body for both athletic performance and health.

HOT PROPERTY INTERVIEW

A fascinating interview with one of the world's leading sports cardiologists Dr James O'Keefe and his research around the effects of exercise on the heart. James works at the mid America Heart Institute and has had 300+ articles published in both scientific and literature journals. He is also the author of numerous books including the bestselling 'The Forever Young Diet & Lifestyle' and 'Let Me Tell You a Story'.



LINKS

James O'Keefe - TED Talk: Run for your life! At a comfortable pace and not too far:

<http://www.youtube.com/watch?v=Y6U728AZnV0>

More information on James can be found here:

<http://www.saintlukeshealthsystem.org/doctor/james-h-okeefe-jr-md>

Magnesium:

<http://www.bioceuticals.com.au/product/preview/Ultra-Muscleze>

<http://www.healthpost.co.nz/shop-by-brand/supplements-and-natural-health/radiance/magnesium-powder-rdmgp>

<http://ethicalnutrients.com.au/>

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