

JULY
07
2014

FITTER RADIO EPISODE 014:

WORKOUT OF THE WEEK

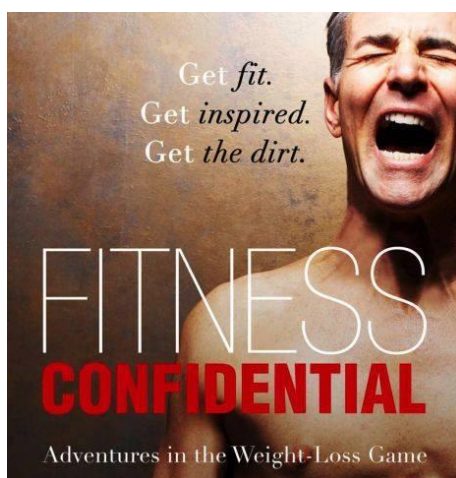
Bev talks about Cold Thermogenesis and its beneficial effects in altering the core temperature of the body.

ONE STEP AHEAD

Mikki gives us the latest research on caffeine - a well-known ergogenic aid - and its benefits as a stimulant in exercise.

HOT PROPERTY INTERVIEW

Our interview this week is with the amazing Vinne Tortorich, better known as America's Angriest Trainer. Vinnie, an athlete in his own right, is also the author of the bestselling 'Fitness Confidential' covering his career as a coach and personal trainer, his fight back from a leukaemia diagnosis in 2007 and his no sugar/no grains approach to healthy eating. He also hosts his own Angriest Trainer podcast and works with top Hollywood celebrities in their quest to stay thin!



LINKS

NASA Scientist Ray Cronise's TED Talk at

http://www.youtube.com/watch?v=UrQ_IdCwKUQ&feature=kp

Science Daily – How keeping cool could spur metabolic benefits

http://www.sciencedaily.com/releases/2014/06/140622142228.htm?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+sciencedaily%2Ftop_news%2Ftop_scienc+e%28ScienceDaily%3A+Top+Science+News%29&utm_content=FaceBook

Vinnie Tortorich can be found at <http://vinnietortorich.com/>

The Furnace Creek 508 (now the Silver State 508) - The world's premier weekend ultra-cycling race. This 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available <http://www.the508.com/>

Cate Shanahan's books can be found at <http://www.amazon.com/Catherine-Shanahan/e/B002BOE234>

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