

AUGUST
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FITTER RADIO EPISODE 020:

WORKOUT OF THE WEEK & ONE STEP AHEAD

We double up this week as both Bev and Mikki take on the subject of stress and cortisol.

THE GEEK-OUT

Mikki tells us about a new study around protein in endurance athletes.

THE 5 MINUTE FOCUS

Bev chats to Dr Kristi Salonijs (Chiropractor) of BettaBody in Auckland.



HOT PROPERTY INTERVIEW

This week we bring you the amazing Braden Currie. Braden is the 2 x winner of New Zealand's iconic Coast to Coast Race as well as numerous other multisport races both here and overseas. He is fast becoming one of the most respected multi-sport adventure racing athletes in the world.



GIVEAWAYS

In this episode we are giving away a 750g Tub of Balance 100% Natural Whey Powder. Let us know what you do to reduce stress (clean posts please☺) when you see the photo on our Facebook page and you're in with a chance to win!



LINKS

Check out the Red Bull Defiance race in October here <http://redbulldefiance.co.nz/>

More about Braden Curry at <http://www.bradencurrie.com/>

Kristi Salenius can be found at <http://www.bettabody.co.nz>

Balance products can be found at <http://www.balancesportsnutrition.com/>

CONTACT US

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Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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