

AUGUST
25
2014

FITTER RADIO EPISODE 021:

ONE STEP AHEAD

Alcohol. Does it affect athletic performance? Mikki tells us yes or no and if so why.

Link: Sugar and alcohol, what to drink at <http://iquitsugar.com/resource-sheets/the-lowdown-on-alcohol/>

Please note: Whilst beer is low in sugar, Mikki suggests it's not the best choice due to grains - wheat, barley, hops can all cause inflammation and beer belly, even in the fittest of athletes. Sorry team!

HOT PROPERTY INTERVIEW & WORKOUT OF THE WEEK

This week we bring back Professor Paul Laursen. Paul leads the Performance Physiology Team at High Performance Sport New Zealand. In this episode (Part 1 of a 2 part interview) Paul and Bev talk about 'Heat Adaptation'. Why should we heat adapt, what's happening in the body when we do adapt and how does it help athletic performance.



SPORTS PERFORMANCE
RESEARCH INSTITUTE, NEW ZEALAND
AN INSTITUTE OF AUT UNIVERSITY

Adjunct Professor / Performance Physiologist

THE GEEK-OUT

Mikki tells us about the best vitamins to take for heat adaptation and hot climates.

THE 5 MINUTE FOCUS (OK well maybe a bit longer than that...)

Bev chats to Rob Dallimore of Foot Traffic Coaching. Rob is a Field Marketing Rep for Magellan GPS Products in New Zealand and tells us about the range of products they offer for runners, cyclists and triathletes.



GIVEAWAYS

In this episode we are giving away a Magellan Echo watch!! To be in with a chance to win send us in a photo of the most beautiful place you could imagine yourself running and wearing the watch. See Facebook for details. Competition ends Sunday 31 August 2014.



LINKS

Magellan GPS Products at <http://www.magellangps.co.nz/>

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

More about the Heat Chambers at AUT/Millennium Institute at

<http://www.autmillennium.org.nz/theclinics/enduranceperformance/heat-acclimatisation-training/>

EXO bars (made with cricket flour) <http://www.exo.co/>

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