

OCT
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2014

FITTER RADIO EPISODE 028:

ONE STEP AHEAD

Mikki talks to us about anti-inflammatory foods.

HOT PROPERTY INTERVIEW

This week (Kona week) we are excited to be able to bring you an interview with Exercise Physiologist, author and owner of Purple Patch Coaching, Matt Dixon. Matt coaches some of the big names who'll be battling it out for the world title in Kona including Gina Crawford, Tim Reed and Meredith Kessler.



WORKOUT OF THE WEEK

We catch up with the race post Kona.

THE GEEK-OUT

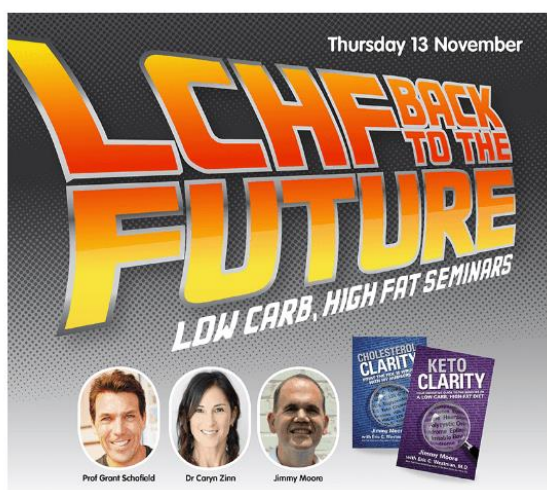
Energy drinks. We look at a study which has analysed the positive and negative effects of energy drinks on athletes.

5 MINUTE FOCUS

This week we talk to Prof Grant Schofield about the upcoming LCHF "Back to the Future" Seminars being held in Auckland next month. Grant, who heads up the Human Potential Centre here at AUT/Millennium in Auckland, together with Dr Caryn Zinn and Jimmy Moore of <http://www.livinlavidalowcarb.com/> will be presenting the latest in research and practice in low carb high fat eating.

Next LCHF Seminar: Thursday 13 November

Join Professor Grant Schofield and Dr Caryn Zinn as they present their annual "state of the nation" lecture on the latest in research and practice in low carb high fat eating. Featuring special guest Jimmy Moore, who will be visiting from the US.



LINKS

Fermented cod liver oil/butter oil blend capsules can be found at

<http://www.greenpasture.org/public/Products/ButterCodLiverBlend/index.cfm>

More about Matt Dixon at <http://www.purplepatchfitness.com/>

Buy Matt's book "The Well Built Triathlete" here <http://www.purplepatchfitness.com/well-built-triathlete>

More about the LCHF "Back to the Future" Seminars here

<http://www.humanpotentialcentre.aut.ac.nz/>

Read about Jimmy Moore at <http://www.livinlavidalowcarb.com/>

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