

DEC
15
2014

FITTER RADIO EPISODE 037:

WORKOUT OF THE WEEK

The value of 'big week' training. How to manage and plan it effectively and what to watch out for.

HOT PROPERTY INTERVIEW – KAYTEE BOYD

We combine our One Step Ahead section with our Hot Property Interview this week to bring you Kaytee Boyd. Kaytee, a specialist in 'Adrenal Fatigue', has worked in many facets of the health industry as an exercise professional, strength conditioner, CHEK Holistic Lifestyle Coach, Nutrition Specialist and Sports & Biomedical Nutritionist. A professional athlete herself Kaytee has competed for New Zealand in BMX, Mountain Bike, Road and is a World Cup Gold Medalist in Track cycling. She has also competed in the Commonwealth Games. Kaytee has her own company Balanced Wellbeing, coaching athletes and beginners alike in all areas of endurance and power sports.

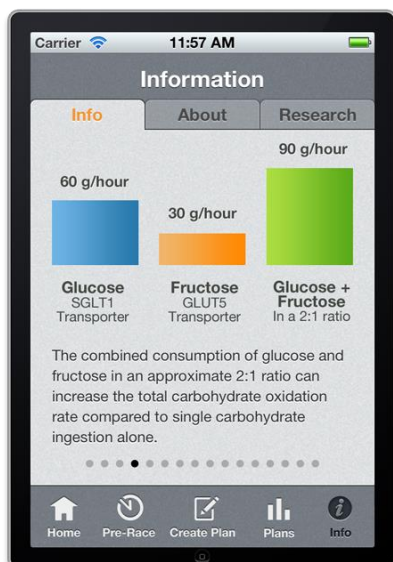


THE GEEK OUT

Inflammation and the athlete – a recent study looking at the risks of using ibuprofen or non-steroidal anti-inflammatory drugs.

5 MINUTE FOCUS

We bring back Professor Paul Laursen to talk about 'never-bonk' a unique app that calculates your race fuelling and nutritional needs for long distance triathlon racing.



LINKS

More about Kaytee Boyd at <http://balancedwellbeing.co.nz/>

More about never-bonk at <http://www.never-bonk.com/>

CONTACT US

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

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

[LISTEN HERE](#)