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2015

FITTER RADIO EPISODE 050:

ONE STEP AHEAD / WORKOUT OF THE WEEK

Bevan talks us through his IMNZ race.

HOT PROPERTY INTERVIEW – BOB SEEBOHAR

Bob Seebohar has a Bachelor's degree in Exercise and Sports Science, a Master's degree in Health and Exercise Science and a second Master's degree in Food Science and Human Nutrition. He is a registered dietician, exercise physiologist, Certified Strength and Conditioning Specialist, Author and a High Performance Triathlon Coach. We talk to Bob about his work in and around metabolic efficiency, nutrition periodization, high fat diets and his newest venture <http://www.enrgperformance.com/>



5 MINUTE FOCUS

This week to talk to Scott Longden of DNAeX <http://dnaex.net/> Genetic testing is a new and exciting area in sports performance. DNAeX offer a simple saliva test that reveals information locked in an athlete's DNA to help them, perform better, eat better and get more out of life!



THE GEEK OUT

Fluid and sodium intake – the latest research.

LINKS

Follow Bob Seebohar on Twitter at <https://twitter.com/bobseebohar>

Visit his new website eNRG performance at <http://www.enrgperformance.com/>

Buy Bob Seebohar's books at <http://www.amazon.com/Bob-Seebohar/e/B00287PB6Q>

Visit DNAeX at <http://dnaex.net/>

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