

JUN  
15  
2015

## FITTER RADIO EPISODE 063:

### ONE STEP AHEAD

Mistakes people make when following a low carb diet.

### WORKOUT OF THE WEEK

Mental toughness.

### HOT PROPERTY INTERVIEW – MATT HANSON

American Matt Hanson did his first triathlon in 2011 winning his first Ironman in Chattanooga in 2014 in a time of 8:12:32. Last month he won Ironman Texas in a record time of 8:07:03 winning the North American Championships. Relatively new to triathlon he's a force to be reckoned with and one of the fastest runners in the sport. Definitely someone to look out for at Kona this year!



### 5 MINUTE FOCUS

This week we talk to Emma Bedard, Product Manager with 4iiii Innovations, about their Precision Power Meter. "Due to a cost prohibitive price point, power meters have been a performance tool that up until now was restricted to a small segment of the cycling population, 4iiii have designed a power meter that delivers uncompromised accuracy at an affordable price". <http://4iiii.com/product/precision/>



### THE GEEK OUT

The largest survey into both cognitive and physical doping in age group triathletes.

### GIVEAWAY

Win a free entry to the upcoming AUT Millennium Endurance Performance summit! Email us the names of 3 of the speakers at the event (other than Bevan, Mikki or Kelly) to [info@fitter.co.nz](mailto:info@fitter.co.nz) and you'll go in the draw to win. Winner's name drawn at 12 noon Friday 19 June.

## **LINKS**

Endurance Performance Summit, AUT Millennium:

<http://autmillennium.org.nz/special/enduranceperformancesummit>

More about Matt Hanson at <http://www.matthansontri.com/>

Follow Matt on Facebook at <https://www.facebook.com/MattHansonTri> and on Twitter at <https://twitter.com/MattHansonTri>

More about the 4iiii Precision Power Meter here <http://4iiii.com/product/precision/>

More about HCH Formulas at <http://www.hchformulas.com/>

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

## **CONTACT US**

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