

AUG
10
2015

FITTER RADIO EPISODE 071:

ONE STEP AHEAD

Antioxidants - 6 reasons to avoid them!

WORKOUT OF THE WEEK

The 30/20/10 workout.

HOT PROPERTY INTERVIEW – BELINDA GRANGER

Last year Belinda Granger announced that after having raced triathlons for more than 20 years, both as an age grouper and as pro, she was retiring from the sport. In that time she raced to 50 iron-distance finishes including 10 at Challenge Roth, 10 at Ironman Australia and 10 at Hawaii. She has also achieved 15 Ironman wins.

Looking back Belinda sees her greatest achievements as winning Challenge Roth, being inducted into the Australian Ironman Hall of Fame and her longevity in the sport.

Belinda is now Pro Liaison for the Challenge Family with the goal of providing as much assistance as she can to the athlete and making sure their racing experience is a great one. She is also working with MaccaX writing and approving custom training plans for all of the Challenge races. We talked to Belinda about her career, her transition from a world class athlete to retirement and what her plans are for the future.



THE GEEK OUT

Compression and when there's a good time to use it.

5 MINUTE FOCUS

This week we hand over to Joe McQuillan and Kathy Maling to talk about an exciting new symposium coming up this September. Organised and hosted by the University of Waikato, this two-day symposium will focus on the physiological, medical and psychological aspects of relative energy availability and the subsequent health related concerns for female athletes. See links below for ticket sales and more information.

Faculty of Education
Te Kura Toi Tangata

THE UNIVERSITY OF
WAIKATO
Te Whare Wānanga o Waikato

Female Athlete Health Symposium
3 – 4 September 2015, Avantidrome, Cambridge
Register your interest today

Three small images arranged horizontally. The first shows a female athlete in a black and orange triathlon suit. The second shows the Avantidrome building with its name on the facade. The third shows a rowing team in a boat on water.

MIKKI'S SWEET TREAT RECIPE

Sugar Free Fudge

1 x cup peanut butter

1 x cup coconut butter

Half cup coconut oil

Quarter cup chia seeds

Blend altogether and put in fridge.

LINKS

Follow Belinda on Facebook at <https://www.facebook.com/belinda.granger.5> and on Twitter at https://twitter.com/belinda_granger

Information and tickets for the Female Athlete Health Symposium at

<http://www.eventbrite.co.nz/e/university-of-waikato-female-athlete-health-symposium-tickets-16709717214>

CONTACT US

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