

NOV
16
2015

FITTER RADIO EPISODE 085

ONE STEP AHEAD

Tips to help get your 'significant other' on board with your eating plan.

WORKOUT OF THE WEEK

Mindfulness training.

HOT PROPERTY INTERVIEW - JOE GAMBLES

Competing at the highest level of triathlon since the age of 16, with 17 professional victories, a bronze at the 2013 Ironman 70.3 World Championship, and having won the first full distance Ironman he ever entered in Wisconsin, Aussie Joe Gambles is already one of triathlon's greats. One of the Bahrain Endurance 13 Team, media and fans have dubbed him, 'Smokin' Joe' as he packs some major heat, with a power-house bike-to-run combination that makes him a threat for the win every time he lines up.



GEEK OUT

Introducing our new contributors who join us from next week for our Geek Out. 'The Prof' (Paul Laursen - who leads the Performance Physiology Team at High Performance Sport New Zealand) and 'The Plews' (Dan Plews - Physiologist for High Performance Sport New Zealand).

5 MINUTE FOCUS

An excerpt from Matt Fitzgerald's new Book - How Bad Do You Want It - Mastering the Psychology of Mind over Muscle.

LINKS

More about Joe Gambles at <http://joegamblesracing.com/>

Follow Joe on Twitter at <https://twitter.com/joegambles> and on Facebook at

<https://www.facebook.com/Joe-Gambles-161500103872755/?fref=nf>

Ironman 70.3 Taupo <http://www.ironman.com/triathlon/events/asiapac/ironman-70.3/taupo.aspx#axzz3qCer193l>

Contact Dan Plews here daniel.plews@hpsnz.org.nz

Contact Paul Laursen here paul.laursen@hpsnz.org.nz

Buy Matt's book at <http://www.amazon.com/How-Bad-You-Want-Psychology/dp/1937715418>

More about Headspace at <https://www.headspace.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](#)