

DEC
07
2015

FITTER RADIO EPISODE 088

ONE STEP AHEAD

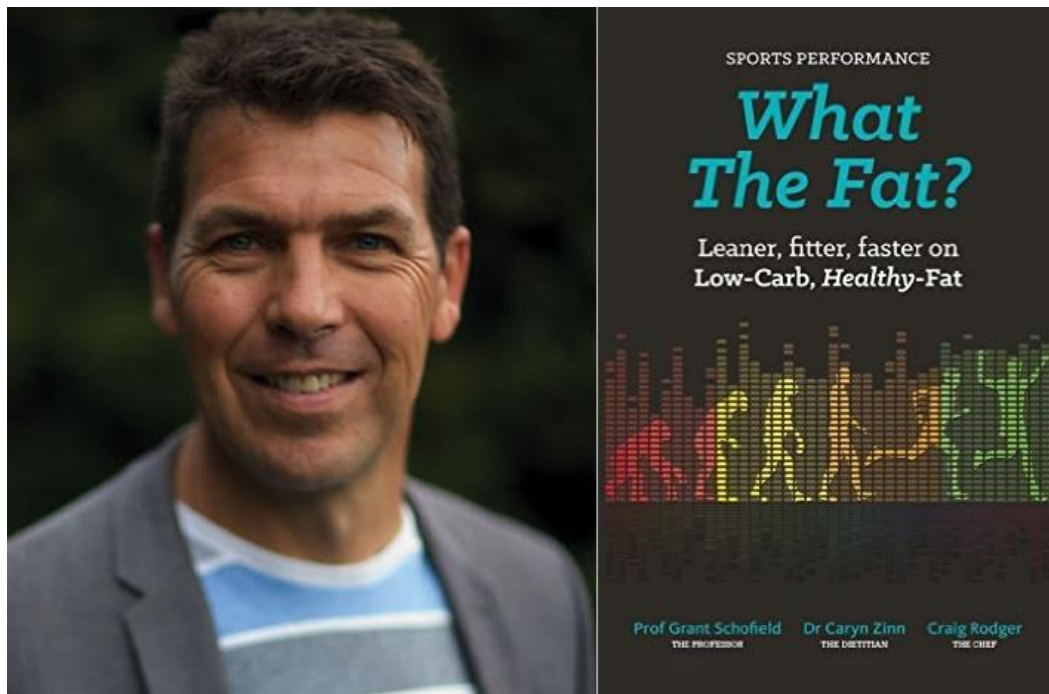
Aqua Alert. A new app to help track your water intake.

WORKOUT OF THE WEEK

Stride rate for running.

HOT PROPERTY INTERVIEW - GRANT SCHOFIELD

Professor Grant Schofield is a respected PhD public health academic of 20 years. Dubbed 'The Fat Professor' he is at the forefront of challenging the widespread fat phobia that has pushed us to eat a diet full of processed, carb-laden food. In his latest book 'What The Fat? Sports Performance: Leaner, Fitter, Faster on Low-Carb Healthy Fat' Prof Grant focuses on the science and practice of low carb eating for peak athletic performance. "Retraining your body and brain and turning on your fat burning almost seems like an unfair advantage when it's applied to the sporting environment. For decades the brightest minds in the athletic performance nutrition field have had carbs pegged as the ultimate good guy - forget everything you were taught by your old-school sports performance nutritionist and learn how to become the ultimate fat burning athletic machine."



5 MINUTE FOCUS

Meredith Kessler gives us her race tips for Ironman 70.3 Taupo.

GEEK OUT

This week our geeky contributors 'The Prof and The Plews' talk to us about a recent paper published in the British Medical Journal Open Sports and Exercise Medicine - "Rethinking the Role of Fat Oxidation - substrate utilisation during high intensity interval training in well trained and recreationally trained runners."

LINKS

More about Aqua Alert at <http://www.aquaalerts.com/>

Slack - the messaging app for teams at <https://slack.com/>

Meredith Kessler at <http://www.meredithkessler.com/>

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

Contact Dan Plews - High Performance Sport NZ at daniel.plews@hpsnz.org.nz

Contact Paul Laursen - High Performance Sport NZ at paul.laursen@hpsnz.org.nz

More about High Performance Sport New Zealand here <http://hpsnz.org.nz/>
Follow Prof Tim Noakes on Twitter at <https://twitter.com/ProfTimNoakes>
Link to the Geeks paper - <http://bmjopensem.bmj.com/content/1/1/e000047.full>
More about Prof Grant Schofield and 'What the Fat' at <http://whatthefatbook.com/>
Buy 'What The Fat? Sports Performance: Leaner, Fitter, Faster on Low-Carb Healthy Fat' at http://www.amazon.com/What-Fat-Sports-Performance-Low-Carb-ebook/dp/B017GRBF6C/ref=asap_bc?ie=UTF8
Visit Loop Restaurant at <http://www.loopdining.co.nz/>

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](#)