

APR
04
2016

FITTER RADIO EPISODE 105

ONE STEP AHEAD

The perils of coconut oil.

WORKOUT OF THE WEEK

Kicking for swimming.

HOT PROPERTY INTERVIEW - ANGELA NAETH

Canadian Triathlete Angela Naeth is known in the Triathlon world for her prowess on the bike. She's a multiple 70.3 Ironman Champion, the Ironman 2014 Chattanooga Champion and last year won the 2015 North American Ironman Champs finishing the race in an amazing 8:55 mins! With a Masters in Physical Therapy and a Bachelors in Health Sciences she worked for 3 years as a paediatric and orthopaedic physiotherapist before deciding to race full-time. Angela is now focused on the Ironman distance and looking to qualify again for Kona this year.



GEEK OUT

This week our geeky contributors 'The Plews and Prof' revisit Fat Oxidation: "Whole body fat oxidation increases more by prior exercise than overnight fasting in elite endurance athletes". Author: Andersson Hall, Ulrika; Edin, Fredrik; Pedersen, Anders; Madsen, Klavs

5 MIN FOCUS

Bevan talks to Mark Mastalir, VP of Marketing and Partnerships for Lumo Bodytech. Lumo Bodytech have developed a technology platform that leverages smart sensors and software to optimize performance and address human biomechanics through the real-time tracking of body movement. Their products include the Lumo Run - a small and discreet sensor that

measures and coaches you on your running form to improve performance and reduce the risk of injury. It incorporates the personal attention of a running coach with the professional data of a running lab to help you achieve your best.

LUMO[^]



LINKS

More about Angela Naeth at <http://angelanaeth.com/>

Follow Angela on Twitter at <https://twitter.com/AngelaNaeth>

Contact Dan Plews - High Performance Sport NZ at daniel.plews@hpsnz.org.nz or on Twitter at <https://twitter.com/theplews1>

Contact Paul Laursen - High Performance Sport NZ at paul.laursen@hpsnz.org.nz or on Twitter at <https://twitter.com/PaulBLaursen>

Link to GEEK OUT study at <https://tspace.library.utoronto.ca/handle/1807/71760>

More about Lumo Bodytech at <http://www.lumobodytech.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