

MAY
23
2016

FITTER RADIO EPISODE 112

ONE STEP AHEAD

Latest CHO titbits.

WORKOUT OF THE WEEK

Strength training.

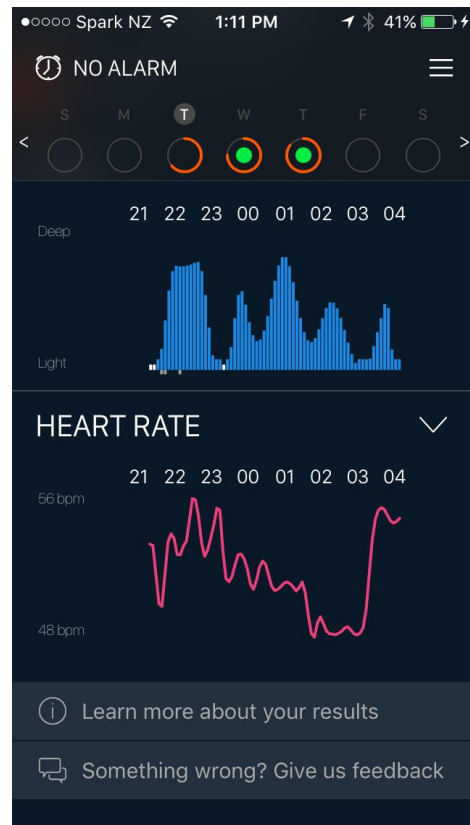
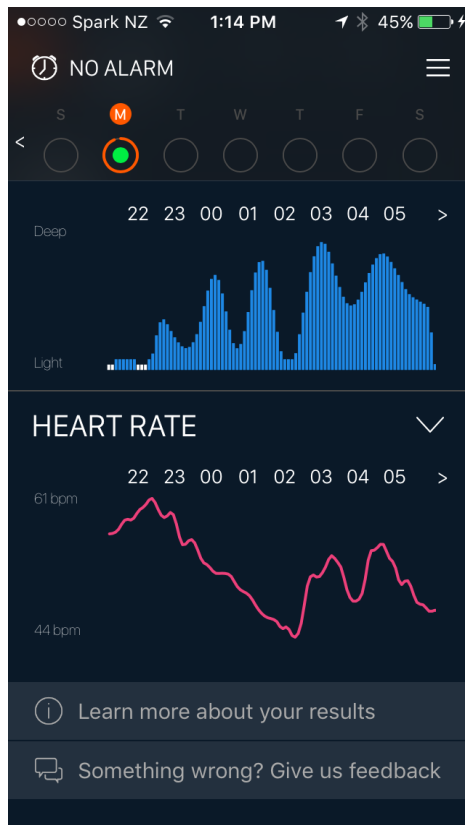
HOT PROPERTY INTERVIEW – LIONEL SANDERS

Canadian Pro Triathlete Lionel Sanders is not from your typical sporting background. Having been side-tracked by alcohol and drugs in his teens he eventually dropped out of university becoming severely social phobic, depressed and paranoid. In 2009 he started running again and out of nowhere decided to do an Ironman. In 2013 Lionel raced his first triathlon as a pro – 3 years on he's one of the hottest properties on the 70.3 circuit. This year he's won every 70.3 he's participated in – Panama, Oceanside, Texas and most recently the Ironman 70.3 North American Champs in St. George, Utah. We loved talking to this inspirational triathlete.



GEEK OUT

This week our geeky contributors 'The Plews and Prof' bring us Part 2 of Dr Peter Attia's 'Keys to Longevity'.



LINKS

More about Lionel Sanders at <https://lsanderstri.com/>

Follow Lionel on Facebook at <https://www.facebook.com/lionel.sanders.9> and on Twitter at <https://twitter.com/lsanderstri>

Follow Garmin New Zealand on their new Facebook page at <https://www.facebook.com/garminnz/>

Katee Pedicini at Holistic Endurance – Buy the book ‘Healing the Grumpy Athlete’ here <http://www.holisticendurance.com.au/>

The Hormone Nerd series at Witsup - <http://www.witsup.com/hormone-nerd-series-qa-with-emma-snowsill-and-katee-pedicini/>

The Geeks longevity links at <http://eatingacademy.com/dr-peter-attia>
<https://chriskresser.com/the-keys-to-longevity-with-peter-attia/>

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>

More about the Beddit Sleep Tracker at <http://www.beddit.com/>

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Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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