

JUN
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FITTER RADIO EPISODE 116

ONE STEP AHEAD

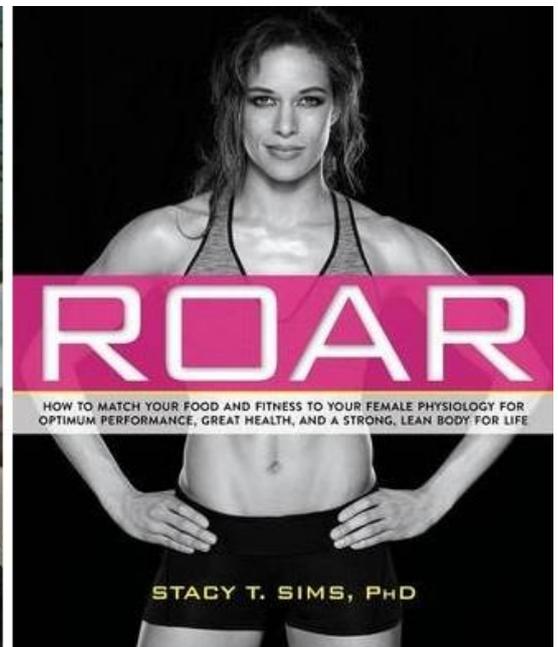
A mixed bag of nutritional tidbits – how to reduce the effects of a hangover, helping digestion and food intolerances.

WORKOUT OF THE WEEK

Cairns Ironman recap.

HOT PROPERTY INTERVIEW – DR STACY SIMS

Stacy Sims has recently returned to New Zealand to take up a position at the new 'University of Waikato Adams Centre for High Performance' at the Mount. Bevan talks to Stacy about this exciting new facility plus her new book 'ROAR'. ROAR's focus? Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women.



GEEK OUT

Prof Paul Laursen brings us the final part of a fascinating 3 Part interview with the legendary Dr Phil Maffetone, coach to world champion athletes and internationally recognized expert on health, nutrition, and human performance.

LINKS

Doctors Best Active B Complex at <http://www.pharmacydirect.co.nz/Doctor-s-Best/?gclid=CLXC26vmss0CFQqBvQodoEENgg>

BioBalance Liposomal BioActive B Complex at

<http://www.biobalance.co.nz/product/liposomal-bioactive-b-complex/>

More about Ironman Asia Pacific Champs Cairns at

<http://ap.ironman.com/triathlon/events/asiapac/ironman/cairns.aspx#axzz4Bu4UIXnN>

Follow Stacy Sims on Facebook at <https://www.facebook.com/drstacysims/>

Buy Stacy's new book 'ROAR' at <https://www.amazon.com/ROAR-Fitness-Physiology-Optimum-Performance/dp/1623366860> or at Fishpond at

<http://www.fishpond.co.nz/Books/Roar-Stacy-Sims-Selene-Yeager/9781623366865>

More about the University of Waikato Adams Centre for High Performance here

<http://www.uowadamshpc.co.nz/>

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 Dr Phil Maffetone at <https://philmaffetone.com/>
MAF in a Nutshell at <https://philmaffetone.com/maf-in-a-nutshell/>
Phil Maffetone 2 Week Test at <https://philmaffetone.com/2-week-test/>

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