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2017

FITTER RADIO EPISODE 158

ONE STEP AHEAD

Visceral fat and its relationship to athletic performance.

HOT PROPERTY INTERVIEWS – BRADEN CURRIE & JOCELYN MCCAULEY

Both Braden and Jocelyn stunned Taupo with wins at IM New Zealand this year beating Cam Brown and Meredith Kessler for their first IMNZ victories.

Braden is one of New Zealand's most well-known multisport athletes, but his talent extends far beyond multisport. In this year alone he's raced to a 2nd place at Coast to Coast, won Red Bull Defiance, won IM New Zealand and most recently took out the short course win with his teammate Courtney Atkinson at the inaugural Breca Wanaka Swimrun.



Jocelyn hails from Texas and whilst growing up there excelled in both swimming and running. The end of 2016 brought Jocelyn her first Ironman win at IM Mallorca and this year she accomplished her dream of winning IM New Zealand.



SIMS SCIENCE

In this week's segment Stacy Sims (Exercise Physiologist and Nutrition Scientist) talks to us from New York about Nuun's new hydration products.



LINKS

The Barkley Marathons at <http://barkleymarathons.com/>

The Barkley Marathon movie at <http://barkleymovie.com/>

Prof and Plews blog at <https://www.plewsandprof.com/single-post/2017/04/09/JAN-VAN-BERKEL-THE-FAT-ADAPTED-HEALTHY-ATHLETE-VISCERAL-FAT-AND-ITS-RELATIONSHIP-TO-HEALTH-AND-PERFORMANCE>

More about Dr Phil Maffetone at <https://philmaffetone.com/>

More about Braden Currie at <https://www.bradencurrie.com/>

Follow Braden on Facebook at <https://www.facebook.com/multisportbradencurrie/> and on Twitter at <https://twitter.com/BradenCurrie>

More about Jocelyn McCauley at <http://jocelynmccauley.com/>

Follow Jocelyn on Facebook at <https://www.facebook.com/jocelynmccauley> and on Twitter at <https://twitter.com/JoceMcCauley>

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

More about Nuun Hydration at <https://nuunlife.com/hydration/>

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