

JUL
17
2017

FITTER RADIO EPISODE 171

ONE STEP AHEAD

More coffee, lower risk of death

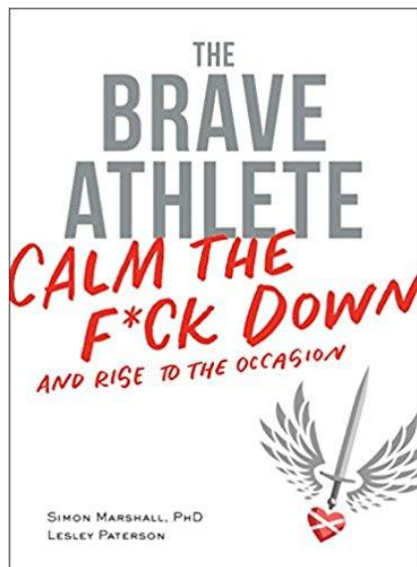
SID TALKS

We bring back Pro Triathlete Laura Siddall to talk about her race and second place podium finish at Challenge Roth!



5 MIN FOCUS

We talk to husband-and-wife team Dr Simon Marshall PHD and Lesley Paterson, three-time world champion triathlete, about their new book 'The Brave Athlete – Calm the F*ck Down and Rise to the Occasion'. The book offers an innovative, brain training guide for athletes that is the first to draw from both clinical science and real-world experience.



SIMS SCIENCE

We're back with Stacy Sims (Exercise Physiologist and Nutrition Scientist) and this week we talk about protecting yourself against a shark attack, plus gut microbiome issues in Ironman athletes.



LINKS

Follow Laura on Facebook at <https://www.facebook.com/lptriathlon/>

More about Laura Siddall at <http://laurasiddall.com/>

Follow 'Sid' on Facebook at <https://www.facebook.com/laura.siddall.5333> on Twitter at

<https://twitter.com/lmsiddall> and on Instagram at <https://www.instagram.com/lmsid/>

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

But the Brave Athlete book at <https://www.amazon.com/Brave-Athlete-Calm-Down-Occasion/dp/1937715736>

Marathon Investigation at <https://www.marathoninvestigation.com/>

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

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