

**SEPTEMBER
2023
ISSUE #27**

**RE <<
DEFINED**

UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF
REDEFINED - HEALTH + WELLBEING + MOVEMENT



WHAT'S INSIDE THIS ISSUE:

**BLOG : LIVE TO 100,
THE SECRETS OF THE
BLUE ZONES**

**CLASS IN FOCUS:
JUNGLE
FREEDOM YOGA**

**MEET THE TEAM:
MORGAN WILLIAMS**

**TRIBE MEMBER
SPOTLIGHT:
SHANNON HOLLOWAY**

**PROJECT:ME
AN 8 WEEK ONLINE
HEALTH IMMERSION**

**WHAT'S ON FOR
SEP/OCT**

**RE <<
DEFINED**

A WORD FROM REDEFINED FOUNDER

Kia Ora, Hello and a Happy Start to the Spring of 2023.

A dream that began over 20 years ago, became a reality in September 2020 when ReDefined first opened its doors, and after our 3rd lap around the sun we are super proud to be here with roots firmly established in our local community. We truly have an amazing tribe of both members and staff, who day in and day out, create magic together!

Really exciting to see the Blue Zones getting some media coverage, with Dan Buettner's Netflix series 'Live to 100: Secrets of the Blue Zones'. The blue zones research forms the pillars of our Universal Wellbeing Philosophy, and the show really brings to life what sustainable healthy living is all about. Highly encourage a watch for the gold dust of information you will find. We have used a lot of this research in as part of our relaunch of project:ME. Providing an online platform for an 8 week health immersion, covering all topics relating to anyone who has struggled for sustainable long term results, with a big focus on behavioural change and nutrition.

You can find more information further in the newsletter.

Kia Kaha

Jimmy August - Founder - ReDefined Health + WellBeing + Movement

CLASS IN FOCUS



Live to 100 Secrets of the Blue Zones

By Coach Janine Lowe

At ReDefined, we have a Universal WellBeing Philosophy that is based on the POWER 9 BLUE ZONES research - scientific evidence as to why certain populations of the world live the longest.

Just recently, NetFlix released a series, Live to 100: Secrets of the Blue Zones, to travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives.

Dan was first to coin the term “blue zones”, a National Geographic Explorer and Fellow and journalist, during an exploratory project he led in 2004.

After an expedition to Okinawa, Japan in 2000 to investigate the longevity there, he set out to explore other regions of the world with reportedly high longevity.

Their mission is more of what our world needs:
“We empower everyone, everywhere to live better, longer”

The busyness of life, can make a lot of us feel the overwhelming noise of a patriarchal culture to compete, compare, analyze, strategize, which have gratefully created revolutionary technology and mind-blowing discoveries that have allowed us accessibility to so many wonders of life!

However, this continued taking from Papatuanuku (Mother Earth) is impacting our climate, the supply and quality of our food, the reducing wildlife population and health of their habitat and ecosystems, at a devastating consequence.

Our physical, mental, emotional and spiritual well-being has also been disrupted for decades from the amount of highly processed food available to us that is often cheaper and strategically placed to influence our purchases; the heavy use of pharmaceutical drugs without being informed of the full side effects, to treat symptoms and not the root cause; technology evolving faster than we can keep up with and creating a reliance on distraction and instant gratification vs socializing in person; less families having their aging parents and grandparents nearby or in the home.

JUNGLE

HIIT CLASS

We are excited to launch a new HIIT workout for our Friday sessions, on rotation with Hype, Point Break and Inferno!

Both Jimmy and Jason have been working on this one for a while and it's called JUNGLE.

Jungle is a HIIT workout that focuses primarily on bodyweight movements. Zone 1 is all about conditioning, Zone 2 is all about bodyweight power, and Zone 3 brings functional Zuu and Animal flow based movements. Two rounds of each zone with time to catch your breath in between.

The first instalment of this class ran last Friday, with rave reviews!

RE X DEFINED

The Blue Zones is creating a pathway for communities around the world to reconnect to themselves, their bodies, their friends and families, their community and their connection to nature.

Dan commented during his research “the priceless value of slowing down, of engaging in long conversations with a neighbor, of unrushed family dinners, of eating low off the food chain, and of cooking at home.

I recalled the counterintuitive joy of getting out from behind my steering wheel and back onto my feet. Of walking to the places I need to go—and if they were too far away, of moving closer to them. Of gardening instead of weight training. Of getting closer to family, to beauty, to nature, and to the rhythms of life that have set the tempo for the human species for the past 25,000 generations.”

The research of the people living in the Blue Zones found that they didn't pursue health and longevity as if it were a chore. Their health and longevity stemmed from their surroundings.

Change your environment, change your life!

This insight changed everything. It meant that if Dan and his team wanted to help improve the health and longevity of Americans, they needed to focus on the environments in which they lived—their communities, workplaces, and homes and the businesses they patronized—rather than trying to change their behaviours. Dan's goal wasn't to change people's behavior, but rather to shape their environments—to make healthy choices the easiest ones.

With the vast amount of scientific research, the Blue Zones has been and continues to be, a fundamental pillar in guiding and walking alongside our community at ReDefined, by redefining the Health and Fitness Industry with a holistic approach committed to longevity:

- Natural movement: find ways to move your body within your daily environment.
- Know your purpose: you can add up to 7yrs to your life if you know your why.
- Downshifting: making time to nap, pray, meditate, or connect with yourself, others or nature to reduce stress and inflammation.
- Conscious eating: till your 80% full by chewing your food thoroughly and allowing 20min to digest.
- Eat whole real food and knowing your energy balance and macros.
- The bigger picture: being conscious of your choices and the impact on the community and planet.
- Find your tribe: making time for supportive people aligned with your values.
- Embrace challenges: to cultivate a mindset that builds resilience from accepting and appreciating life's obstacles.
- Balance: Building a lifestyle you can maintain 80% of the time to allow yourself the gratitude to reward yourself and enjoy life!

The ReDefined Tribe of Teachers and Coaches are all so passionate about our Wellbeing Philosophy by integrating these important pillars in our daily living whilst also acknowledging we are constantly learning and growing, and its even more exciting and honourable to be alongside such open-minded and open-hearted members curious and committed to paddle in our waka together.

MEET THE TEAM

MORGAN WILLIAMS
SENIOR SPORTS &
PILATES
PHYSIOTHERAPIST



Hi I'm Morgan. I graduated from AUT University in 2013 after developing an interest for injury rehabilitation when competing in Pole Vault & Gymnastics for NZ. I have worked in Australia and UK but love being back in NZ.

With a special interest in sports injuries, pre and post natal care and clinical Pilates. I use a combination of these along with manual therapy, exercise prescription and dry needling to help clients achieve their goals, and prevent their injuries from re-occurring. I also enjoy helping women diagnosed with cancer, completing my PINC cancer rehabilitation accreditation in 2020. Outside of work, I love to spend time outdoors, traveling or trying out the local restaurants!!

TRIBE MEMBER SPOTLIGHT: SHANNON HOLLOWAY

Kia Ora, my name is Shannon. Born and bred on the Kapiti Coast, my husband and 3 kids moved here in 2021 to be closer to whanau. I'm a registered nurse with 16yrs in GP practice/community health, and now specializing in skin cancer screening.

I have always had a love and passion for health and fitness. Before moving here, I was at an amazing gym. It was a place where you built connections and where people come first, fitness second. Initially, I joined gyms to stay fit/lose weight but I soon realized there is more to going to a gym and how important it is for my wairua and hinengaro. It was high on my list to find something similar here in Papamoa.

I stumbled across ReDefined and its been the best decision ever. From the moment I walked in, it had an amazing feel to it. Their holistic approach and values are exactly what I needed and wanted from a gym.

I love the variety of classes. There are options for everybody. I enjoy doing my own weight training from time to time, so being able to have this option available too, was a huge positive for me. I like to call it my one stop shop. It has everything I need for my health and fitness from workouts to nutrition to massage to physios.

The Coaches are second to none. I'm a huge believer in not only offering good services at a gym, but having an exceptional team of coaches to guide you, makes all the difference. The team are the real MVP's!! I get excited each and everyday to workout. This alone speaks volumes.

As I'm getting older, my goal posts are moving in a different direction slightly.



Shannon and Coach JLo

I want to be able to continue to move my body for a long time, so being more aware with what my body wants and needs has been something I am learning since joining. It's a hard lesson for someone like me, used to being on the go, a busy mind or smashing my body daily. But the benefits I am seeing and FEELING from changing this mindset, has been great for my soul both physically and mentally.

I'm super grateful for the ReDefined team and all the other wonderful people associated with it. I'm excited to continue on my journey alongside them all.

Thanks JLo for the opportunity to do this. You guys are the BEST!!!

Nga Mihi, Shannon

PROJECT:ME LAUNCHES OCTOBER 2ND!

Do you feel like you're struggling to find the motivation, time, or energy to make lifestyle changes? Do you worry you're not getting the best advice with so much conflicting information out there? Have you tried different tactics to improve your health, but your efforts don't seem to be paying off?

Welcome to Project: ME, an 8-week online program designed to help you achieve sustainable results in your health and wellbeing. Our program focuses on nutrition, movement, education, and support to help you make positive changes to your weight, body shape, energy, and motivation.

All the conflicting advice out there can be confusing, overwhelming, and often, ineffective. Project:ME is an innovative 8 week online program designed to help those of you who are feeling lost and uncertain when it comes to weight loss, body transformation and motivation.

If you would like to know more, click the weblink below. Earlybird pricing of just \$99 for the 8 weeks provides great value if you are looking for an holistic evidence based results program - <https://www.redefined.nz/projectme>





CLASS IN FOCUS

**FREEDOM
YOGA**
RE >>
DEFINED

UPCOMING EVENTS

LEARN ABOUT STRESS PART #1

Workshop 1:

In this workshop, Exercise Physiologist and ReDefined Yoga Instructor Natalia Weise will delve into environmental and psychological stressors, and look into what hormones are activated.

Analysing how our nervous system responds to stressful situations as well as the physiological changes that come with it.

Exploring self-management strategies to combat today's busy life

Members \$29, Non Members \$39

LEARN ABOUT STRESS PART #2

Workshop 2:

In this workshop, Exercise Physiologist and ReDefined Yoga Instructor Natalia Weise will discuss at the physical, mental, and emotional changes when we experience burnout. And how we can identify and manage if we are experiencing stress or if we are experiencing long-term stress which can lead to burnout. Supporting corporate wellbeing in a fast-paced business environment or else.

Members \$29, Non Members \$39

[REGISTER ONLINE FOR THESE EVENTS BY CLICKING HERE!](#)

THIS MONTHS OFFERS

STRUGGLING WITH NUTRITION?
TAKE PART IN PROJECT:ME - JUST \$99!



JOIN AND GET YOUR FIRST
MONTH FREE! OFFER ENDS SEP 30



FREEDOM YOGA L2 (WARM)

“Progress Your Practice”

This is a Level 2 class intermediate/advanced progression from our Sunday Freedom Yoga class Freedom Yoga is designed to give you a well-rounded yoga experience.

Beginning with Pranayama (breath exercise) to awaken awareness of the breath, followed by traditional hatha style postures focused on alignment to build strength, flexibility and focus, including floor postures that will strengthen and mobilise your core, hips and spine.

Classes run Mondays 5.50-6.50pm with the highly skilled and knowledgeable Scott Millham

TO CLAIM EITHER OF THESE OFFERS GIVE US A BUZZ ON 07 542 0576,
EMAIL US ON US@REDEFINED.NZ OR VISIT WWW.REDEFINED.NZ

**RE >>
DEFINED**