

**OCTOBER
2023
ISSUE #28**

**RE <<
DEFINED**

UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF
REDEFINED - HEALTH + WELLBEING + MOVEMENT



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

A WORD FROM REDEFINED FOUNDER

Kia Ora

A really proud moment for all us here at ReDefined, as we received news that we are one of four finalists at the Exercise NZ awards for “Independent Fitness Facility Of The Year” as well as being in the running for “Overall Supreme Club Of The Year”

This is a massive reflection on our tribe, our ethos, our philosophy, and most importantly our amazing team here who deliver on our philosophy day in and day out. We say thank you to every ReDefined team member past and present who have helped us on our journey, and no matter the outcome on November 25th, we are truly grateful to be considered as one of NZ's premier health and fitness facilities.

We also say thank you to everyone who has supported us our our journey over the past three or so years. It's not been without its many ups and downs and challenges, but here we are standing strong with such an amazing community.

Bring on Summer! Movement is Medicine

Jimmy August - Founder - ReDefined Health + WellBeing + Movement

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MICRONUTRIENT INSUFFICIENCY

By Kylie Stowe

CLASS IN FOCUS

SIDEKICK



SIDEKICK CONDITIONING CLASS

The 'Metcon' (short for metabolic conditioning) is a staple of Cross-Training.

It is a workout involving repeated and/or sustained high-intensity exercises, usually involving weight lifting movements, with short rest periods in order to create a “conditioning” effect.

Expect to work hard and bust through plateaus, these sessions are a great combination of both strength and fitness!

Sessions are catered to for ALL levels with different options provided to suit

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Micronutrient insufficiency is a topic I am very passionate about because I see it more often than not in clinic, and it has such far reaching health implications.

What are micronutrients?
They are essential nutrients that our bodies require in relatively small amounts to allow our body to function & maintain health.

Unlike macronutrients such as carbohydrates, proteins, and fats, which are needed in larger amounts.

Micronutrients include our vitamins & minerals, perform a range of functions, including enabling the body to produce enzymes, hormones and other substances needed for normal growth and development.

Deficiencies in iron, vitamin A and iodine are the most common around the world, particularly in children and pregnant women.

Micronutrient deficiencies can cause visible and dangerous health conditions, but they can also lead to less clinically notable reductions in energy level, mental clarity and overall capacity.

This can lead to reduced educational outcomes, reduced work productivity and increased risk from other diseases and health conditions.

There is often a lot of focus on tracking macros, yet very little on using this information to consider your micronutrient intake to see any trends in micronutrient insufficiency.

With this in mind I really do recommend some periods of tracking to see where your nutrient intake is sitting.

The 2008 study from the University of Otago & Ministry of Health NZ Adult Nutrition Survey - a focus on health recorded the percentage of the population (both male & female) who were not reaching RDI targets for each micronutrient.

This is the most recent study, but these statistics could very well be worse now.



MEET THE TEAM

NADIA KETTLE
HOLISTIC NUTRITION
HEALTH + FITNESS
COACH



Percentage of the population NOT reaching RDI targets:

- Vitamin A around 15%
- Vitamin B1 25%
- Vitamin B6 20%
- B12 15%
- Vitamin C 5%
- Calcium almost 75%
- Zinc 10%
- Selenium 60%
- Iron 1:4 are deficient and this is closer to 50% in female athletes.

This is even more concerning when you consider many RDIs are simply minimum ranges required to survive, not to thrive. Our nutrient demands increase when we are sick, highly stressed, injured, pregnant & breastfeeding, and highly active.

Why are we seeing micronutrient insufficiency across the board? Increases in intakes of processed foods, faster growing crops, poorer soil quality. USDA data suggests some fruits and vegetables contain half the amount of nutrients it did in the 1950s.

One thing that many chronic illnesses such as autoimmune disease all have in common is nutrient deficiencies, this has also been linked to those with poorer outcomes from covid, long covid.

A focus of improving nutrient sufficiency across the board is really important here alongside specific dosing / intake of key nutrients to support health such as Vitamin D.

What can we do to help optimise our nutrient intake? Eat a diet full of whole and unprocessed foods such as good quality protein, oily fish, nuts, seeds and an abundance of dark green & brightly coloured vegetables and some fruits. Consider where you can crowd in more nutrient rich foods.

Nutrition is our best source of bioavailable nutrients. I am also an advocate of using a multi nutrient powder such as Nuzest's Good Green Vitality and a really good Omega 3 supplement if you don't consume oily fish. I like to think of these as my nutritional insurance to complement a varied wholefoods diet.

If you would like some help optimising your nutrition, or accessing practitioner only supplements I am available 9-2pm every Wednesday at ReDefined, you are more than welcome to book in for a free discovery chat. If you would like more information or to book an appointment outside of those times please email me at kylie@redefined.nz

Extremely passionate about health and wellness, Nadia incorporates Nutrition, Fitness and Mindfulness to help and support clients with their specific wellness goals. She is a supportive, solution-based coach.

As a mother to four children she understands how busy it can be balancing your personal and professional life.

In her spare time, she enjoys re-grounding in nature, playing the piano, listening to music and spending quality time with her family. She likes to relax with a guilt-free glass of red wine and some dark chocolate on a Friday night and her weakness would have to be salt n vinegar chips!

TRIBE MEMBER SPOTLIGHT: JAMES KEER-KEER

G'day, I'm James I have lived here with my family since 2015. We moved here from the South Island to allow the kids to grow up in a warm beach environment.

I completed an apprenticeship as a Diesel Mechanic in the Air force and now the Foreman for a large roading Company's workshop.

I joined ReDefined when I prodded by my sister during the Healthy Men Project and haven't looked back. After over a year of attending the 5.15am classes it has become very easy to make the morning timing, with the increase in fitness and improved sleep.

My aim is to boost overall strength and fitness to allow me to get more out of sports, like Kitesurfing, Surf Life Saving, refereeing soccer, wakeboarding and water skiing.

Having only just learnt to water ski I have made quick progressions, that can be attributed to Jason's Burn classes. A few years ago I would of laughed at you if you told me one day I would attend Pilates and love it. This has really helped build in areas were I have always struggled.

A great win ReDefined has helped with, came about during an annual workplace medical. With a peak flow increase of over 10%.

I find with exercise, as long as its fun you often think about what you're asking your body to do.



Coach JLo and James, post 5.15am HIIT class!

BECOME A CERTIFIED PILATES TEACHER! NEW COURSE DATES

Our comprehensive, balanced course fuses traditional Joseph Pilates' principles and modern dynamic functional exercises to empower you to create engaging, safe, and effective Pilates classes that meet (and exceed!) industry expectations and standards.

"Change happens through movement and movement heals" - take the first step in transforming your own Pilates journey with Fusion Reformer Teacher Training.

OUR NEXT COURSE DATES!

LEVEL #1

17th & 18th, 24th & 25th February 2024

LEVEL #2

16th & 17th, 23rd & 24th March 2024

Upon completion, you will become an effective, safe, hands-on instructor and will know how to confidently modify and teach Reformer Pilates to any client.

Learn more at

<https://www.redefined.nz/reformerteachertraining>





UPCOMING EVENTS

FRI 27 OCT 6-7pm

Mantra and Self-Discovery Workshop with Vitor Ramos
- A transformative experience to connect with your inner self.
Members FREE, Non Members \$25

SAT 28 OCT 10am-12pm

Learn about stress - Part 1
with Exercise Physiologist and ReDefined Yoga Instructor Natalia Weise
- Physiology of the Body and Stress Management
Members \$29, Non Members \$39

SAT 11 NOV 10-11.30am

Sustainable Nutrition with Kylie
- The science is clear, diets don't work so let's look at sustainable changes to improve health, energy and support metabolic health and longevity.
Members FREE, Non Members \$30

SAT 11 NOV 10am-12pm

Learn about stress - Part 2
with Exercise Physiologist and ReDefined Yoga Instructor Natalia Weise
- Learn about Burnout and the difference to Stress
Members \$29, Non Members \$39

SAT 11 NOV 7-8.30pm

Yinny Yumminess with JLo
Yin is a nourishing invitation to connect with the power of our breath and body by moving and resting in ways that feel deliciously yummy to you!
Self-investment: \$30

REGISTER ONLINE FOR THESE EVENTS BY CLICKING HERE!

THIS MONTHS OFFERS

FREE 14 DAY TRIAL TO OUR ONLINE APP
<https://www.redefined.nz/wellbeingredefined>

KEEN TO TRIAL US OUT?
\$7 FOR 7 DAYS TRIAL PASS



CLASS IN FOCUS

EXPLORE YOUR FLOW



EXPLORE YOUR FLOW (HOT)

This class encourages deeper exploration of Yoga and the body, mind, and spirit by introducing you to a wider range of yoga poses and modifications.

This class is suitable for anyone who has some yoga experience or a solid awareness of their body and how it moves.

Explore your Flow is a more dynamic class in which the motions are linked in a fluid fashion, with a major focus on linking movement with the breath.

Beginners are welcome and will be encouraged to take their time and learn the fundamental positions before progressing to the more challenging poses. Our Infra-red heaters will be set to 40°C so please bring a large towel.



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