

**FEBRUARY  
2024  
ISSUE #31**

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DEFINED**

# UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF  
REDEFINED - HEALTH + WELLBEING + MOVEMENT



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## A WORD FROM REDEFINED FOUNDER

Kia Ora, Hello

I hope you are enjoying this blessed weather, a classic Kiwi summer. Things are full steam into 2024 here at ReDefined, and it's been a busy few weeks since the turn of the New Year.

It's the end of a 10-week cycle of movement across our studios, and we have loved seeing the progressions and results from our tribe, who have shown such great consistency and endeavour. Every 10 weeks we set goals around movement and progressions in our Movement, Mindbody and Performance Studios. As we hit the end of our current cycle, this week is all about recovery, a designated week to slow down, downshift, allow some rest, and come back stronger and refreshed for the next movement cycle

Our next set of 10 week goals is being confirmed as we speak, and we look forward to sharing these with our tribe later this week

I am really excited about the addition of a new class we have been working on for a while - 'Breath of Sound' will launch on Friday evenings with Vitor, mixing breathwork and sound healing into one magical session. Check out more info on page #3!

"A calm mind brings inner strength and self-confidence, so that's very important for good health." – Dalai Lama

Jimmy August, Founder of ReDefined Health + WellBeing + Movement

# Beyond the Surface: Embracing a Holistic Approach to Fitness

By Jimmy August

Our theme, which we are striving to have our local community embrace in 2024, is 'Feel Good to Look Good'. Following on from our theme of 2024 of 'Exercise is Medicine', we continue to advocate the main benefits of exercise as is that on both mental and physical wellbeing. From the inside out, not the other way around.

In the age of Instagram fitness influencers and meticulously curated wellness blogs, the narrative surrounding exercise has increasingly become fixated on achieving a specific aesthetic. This phenomenon has led many to pursue fitness goals with a singular focus on altering their appearance, often at the expense of their overall wellbeing. While the desire to look good is a valid and understandable motivation, an excessive emphasis on aesthetics can lead to a myriad of issues, including burnout, body dissatisfaction, and even physical injury. Conversely, a "feel good to look good" approach to exercise emphasises the intrinsic rewards of physical activity, advocating for a more sustainable and fulfilling path to personal fitness. This article delves into why prioritising aesthetics in exercise often falls short and how shifting the focus towards feeling good can lead to a healthier, happier fitness journey.

The quest for the perfect body is a relentless force in many people's lives. Driven by images of idealised physiques, individuals can become obsessed with mirroring these standards through their workout routines. However, this aesthetic-centric mindset harbours several pitfalls:

**Unrealistic Expectations:** Social media and advertising present highly selective and often edited

images that set unrealistic standards for body image. Attempting to replicate these can lead to disappointment and a skewed self-image.

**Neglect of Mental Health:** Exercise is a powerful tool for managing stress, anxiety, and depression. However, when the focus is purely on aesthetics, the mental health benefits of physical activity can be overshadowed by anxiety over appearance.

**Risk of Injury:** Pushing the body to achieve a certain look, especially in a short timeframe, can lead to overtraining and injury. This not only hampers progress but can also lead to long-term health issues.

**Loss of Motivation:** When physical changes don't happen as quickly as hoped or when the desired aesthetic is achieved and there's nothing more to strive for, motivation can wane. This often results in a cycle of starting and stopping exercise routines, which undermines long-term health benefits.

**The "Feel Good to Look Good" Philosophy**  
Adopting a 'feel good to look good' approach shifts the focus from external validation to internal satisfaction. This philosophy is grounded in the understanding that when we feel good, both physically and emotionally, our confidence and self-esteem improve, naturally enhancing our appearance. Here's how this approach benefits us:  
**Enhanced Wellbeing:** Exercise releases endorphins, known as the body's feel-good chemicals, which can elevate mood and reduce stress. Regular physical activity also

## CLASS IN FOCUS

*Breath of Sound*



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### NEW CLASS! BREATH OF SOUND

Immerse yourself in a transformative 75-minute class that harmoniously blends the ancient practices of breathwork and sound healing, designed to nurture your mind, body, and spirit. This unique session invites you to embark on a journey of self-discovery and rejuvenation, as you explore the profound impact of deep, intentional breathing coupled with the therapeutic vibrations of sound.

The class begins with guided breathwork, where you will be introduced to powerful breathing techniques aimed at releasing stress, clearing the mind, and preparing your body for the healing power of sound. As you settle into a state of deep relaxation, the room will be filled with the resonant sounds of Tibetan 'singing' crystal bowls, gongs, and

promotes better sleep, boosts energy levels, and improves overall health.

**Sustainable Motivation:** When enjoyment becomes the primary goal of exercise, it's easier to maintain a regular fitness routine. Finding activities that bring joy—whether it's dancing, hiking, swimming, or yoga—ensures that exercise is something to look forward to rather than a chore.

**Holistic Health Benefits:** A well-rounded fitness approach prioritizes not just physical health but mental and emotional well-being too. This holistic view recognizes the importance of rest, recovery, and nutrition,

offering a more balanced and healthful lifestyle.

**Positive Body Image:** By focusing on how exercise makes us feel rather than how it makes us look, we learn to appreciate our bodies for their strength and capability. This shift can lead to a more positive body image and a healthier relationship with exercise and food.

**Implementing the "Feel Good to Look Good" Approach**

Adopting this philosophy requires a shift in mindset and, for many, a change in how we engage with physical activity. Here are some strategies to embrace this approach: **Set Feel-Good Goals** - Instead of setting purely aesthetic targets, focus on goals related to functionality and feeling. This could include improving endurance, increasing strength, or simply aiming to feel more energized and less stressed.

**Diversify Your Routine** - Experiment with different types of physical activities to find what you genuinely enjoy. Remember, the best exercise is the one you look forward to doing.

**Listen to Your Body:** Pay attention to how different activities make you feel during and after. Adjust your routine to include more of what makes you feel good and less of what doesn't.

**Celebrate Non-Aesthetic Achievements:** Recognize and celebrate milestones that aren't related to appearance, such as completing a challenging workout, improving your flexibility, or achieving a new personal best.

**Cultivating a Community of Support**  
The journey towards embracing a "feel good to look good" mindset can be significantly enhanced by surrounding yourself with a supportive community. Whether it's friends who share your approach to fitness, a group class that feels like a team, or an online community offering encouragement, being around others who value well-being over aesthetics can reinforce your commitment to this healthier perspective.

In a world where the pressure to conform to certain standards of beauty and fitness can be overwhelming, choosing to focus on feeling good as a pathway to looking good offers a refreshing alternative. This approach not only fosters a healthier relationship with exercise but also with ourselves.

By prioritizing our wellbeing, we unlock the deepest benefits of physical activity, benefits that radiate far beyond the surface and contribute to a lifetime of health, happiness, and genuine self-esteem. The "feel good to look good" philosophy isn't just about rejecting unrealistic standards; it's about redefining success in fitness on our own terms, emphasizing the joy of movement and the intrinsic rewards of a healthy lifestyle.

**Make 2024 your FEEL GOOD year!**

**Jimmy – ReDefined Founder**

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## **CLASS IN FOCUS**

**BREATH OF SOUND CONTINUED:**

other harmonic instruments. These sounds are carefully selected to create a healing frequency that resonates through every cell of your body, promoting emotional balance, physical healing, and a profound sense of wellbeing.

Throughout the session, you'll be encouraged to let go of the external world and turn your focus inward, allowing the vibrations to work their magic. The combination of breathwork and sound healing is designed to facilitate a release of blockages, align your energy centers, and harmonise your body's natural rhythms.

This class is a sanctuary where you can find peace, healing, and connection to your inner self. It's suitable for individuals of all levels, whether you're new to meditation and sound healing or an experienced practitioner looking to deepen your practice.

Fortnightly on Friday evenings starting March 7th. Free for All ReDefined Members. Non-Members can Buy a Ticket for \$30 on our Events Page.

<https://www.redefined.nz/events-and-workshops>

## TRIBE MEMBER SPOTLIGHT - JULIA GREENWOOD

Julia's journey through her fitness regimen is a testament to the power of consistent effort, discipline, and a well-rounded approach to health. Over the course of her time here at ReDefined, she has achieved remarkable results, shedding an impressive 14 kilograms through a dedicated routine of thrice-weekly workouts complemented by incidental, at-home activities. Julia's commitment to improving her health for the long term wasn't just about the numbers on the scale, it was about embracing a lifestyle that prioritised wellbeing, including spending time outdoors and staying disciplined in her efforts. Her strategy of integrating exercise into her daily life, whether through planned gym sessions or natural activity at home, showcases the importance of consistency and the value of finding joy in the journey toward better health.

Julia's experience in the gym is highlighted by her enthusiasm for our "Reformer Move" class, which has become her favourite way to stay active, indicating her preference for dynamic and engaging workouts. On the flip side, she humorously notes that any class led by Sam presents a formidable challenge, showcasing her willingness to push her boundaries and try her best, even in the face of difficulty. As Julia looks ahead, her goals are clear - lose a few more kilograms and then shift her focus towards maintaining her weight and keeping fit. Her secret tip for others on a similar path is to change habits slowly and listen to one's body. This piece of advice underscores the importance of patience and mindfulness in the process of transformation, emphasising that sustainable change comes from understanding and respecting one's own physical and mental needs.



## MEAL PLANNING OPTIONS NOW AVAILABLE FOR OUR TRIBE

Big news for our members on our Premier/Lifestyle or Platinum plans...

We're now including FREE meal planning software and tracking in your membership!

This feature, accessible through our custom Wellbeing ReDefined app offers:

- Customisable SMART 7-day Meal Plans
- Plans tailored to your calorie and macro needs
- Options for various dietary preferences, including vegan, vegetarian, gluten-free, dairy-free, etc.
- Thousands of recipes to explore and customise

Check out this quick [introductory video](#) for more information.

To get started with your personalised meal plans, just send us a DM through the Wellbeing ReDefined app, and we'll set everything up for you.

# HELLO SUMMER

## UPCOMING EVENTS

We have an awesome range of events and workshops lined up for 2024

### MEDITATION TRILOGY

Learn the essence of meditation and how to train your mind with Verena.

1st, 15th and 29th March

Members FREE / Non-Members \$40/Session

### YOGA FOR PREGNANCY

Suitable for all stages of pregnancy, no prior Yoga experience is needed.

9th March 10.30 am

\$49

### EMBODIMENT RETREAT

A 4.5-hour journey into Yoga and Mindfulness

3rd March 6.15am - 10.45am

Members \$90 / Non Members \$120

**BOOK IN FOR THESE WORKSHOPS AND EVENTS HERE!**

## THIS MONTHS OFFERS

20% OFF MASSAGE VOUCHER

BOOK IN HERE

WEEK OF WELLBEING!

TRIAL PASS

### BOOK A MASSAGE

Rejuvenate your body, revitalise your soul, embrace the ultimate self-care.

20%  
OFF  
1st massage

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WEEK OF WELLBEING  
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## STAFF IN FOCUS



### LEIGH HAYWIRA

Leigh joins us as a Performance Coach across all of our classes.

- Strength & Mobility
- Self Awareness

Leigh's background as an athlete & coach in Volleyball, Breakdancing, Calisthenics, SUP, and a Stuntman in the film world has led him to vast knowledge and experience of functional body awareness.

As a Movement Coach Leigh has a passion to help people connect their mind & body for everyday use to enjoy a fun lifestyle.

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TO CLAIM EITHER OF THESE OFFERS GIVE US A BUZZ ON 07 542 0576, EMAIL US ON [US@REDEFINED.NZ](mailto:US@REDEFINED.NZ) OR VISIT [WWW.REDEFINED.NZ](http://WWW.REDEFINED.NZ)