

**SEPTEMBER
2022
ISSUE #16**

**RE <<
DEFINED**

UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF
REDEFINED - HEALTH + WELLBEING + MOVEMENT



A WORD FROM REDEFINED FOUNDER

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Welcome to the September edition of our Universal Wellbeing Newsletter!

I think the full lifting of restrictions and mandates earlier this week is a huge relief for everyone, and enables us to start to move on from some of the most morally, physically and emotionally challenging years in a very long time. Let's hope it's also a time for healing, and a time to come together again after the divisions that have been caused.

Social connectivity is at the forefront of our minds now here at ReDefined, I think we are all a bit over zooming, and ready to start spending more time in the company of those we love and trust!

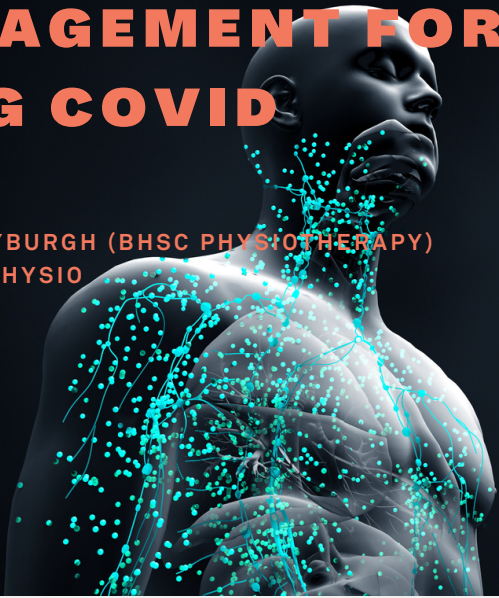
We are excited to announce partnership with Papamoa's awesome new coworking space Shared, as we share the same values of creating wellbeing and health within the workplace. If you are self employed or working, and in need of somewhere that can help brighten your creativity, check out their offer on page #4

Happy Reading, Happy Moving this September!

Jimmy
Founder - ReDefined

MANAGEMENT FOR LONG COVID

ELZANNE MYBURGH (BHSC PHYSIOTHERAPY)
RECHARGE PHYSIO



The arrival of Covid-19 was a shock to the population worldwide, let alone when we heard that the term “Long Covid” was going to be part of our lives going forward.

The emergence of post-viral fatigue syndrome was a surprise to everyone; however, health care professionals were well aware that this syndrome will be an outcome of the ongoing pandemic.

Physiotherapists can provide support in the management of long Covid symptoms. The key focus point will be to reduce the impact of persistent symptoms due to the absence of a cure.

The most common long Covid presentation that we are seeing now is ongoing breathlessness, fatigue, dizziness (related to orthostatic positioning), joint pain and chronic coughing. The symptoms can also include dysfunctional breathing that can lead to a breathing pattern disorder in the future.

This might sound daunting and like an impossible hurdle to get over. However, don't fear. We already have the necessary skills to support your management of these symptoms. Like mentioned before, the key focus point will be to decrease the impact of this ongoing symptoms.

Physiotherapists have the expertise to give you the necessary advice on when to return to exercise.

As well as assisting you on the frequency, duration, and intensity of exercise.

In some people living with Long Covid the presence of post exertional symptom exacerbation (PESE) can put a complete halt to your exercise routine.

According to research exercise is not recommended for people with PESE, as it can worsen symptoms.

CLASS IN FOCUS



REFORMER PRECISION (INT/ADV)

Classical Pilates, utilising reformer beds to explore a range of movements that open the body up and will have you leaving the studio feeling 2 foot taller.

The sessions are aimed at the intermediate/ advanced level and will challenge, engage and activate your POWERHOUSE.

Following the classical Pilates method, this is the step up from the exercises learned in Contrology as we bring a number of progressions and sequences to improve the way you move.

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MEET THE TEAM

NADIA KETTLE
HOLISTIC NUTRITION
HEALTH + FITNESS
COACH

Welcome to ReDefined's new Holistic Health Coach and Nutritionist Nadia!

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

Nadia is a mother to four children and 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!



We appreciate the fact that we do not know everything about long Covid yet, however, we know enough to be able to assist in alleviating some of your symptoms.

Physiotherapist will use specific screening tools going forward to assess for the presence of PESE, POTS (Postural orthostatic tachycardia syndrome) or any other cardiac involvement diagnosis to ensure the rehabilitation is appropriate for the specific individual. This could also include a referral to a cardiologist if needed.

Treatment of Long Covid will be patient specific to ensure that we get the desirable outcome.

Out of experience we noticed that most patients suffering with Long Covid symptoms have one specific symptom that seems to rise above the rest.

We see that breathlessness is common in most cases, resulting in dysfunctional breathing patterns.

We can specifically assess this to ensure that we give you the correct tools to work through the breathlessness. Treatment will include breathing retraining, pacing, breathing cadence and sufficient rest periods.

The value of sufficient care for long Covid patients is to ensure that we follow a team approach. We will work with GP's, personal trainers, and class instructors to ensure that we create a modified approach that fits the specific patient's needs.

Even though it feels like we still have a long road ahead of us to get to the end of this ongoing pandemic, it is important to realise the progress we have already made and what we have learned about Covid in the past 2 and a half years.

Elzanne has a special interest in respiratory physio and based at www.rechargephysio.nz

WHAT IS HOLISTIC NUTRITION + HEALTH?

Nadia is a down to earth, motivating and supportive coach who brings empathy and kindness to each session, and assures that you are in the absolute best hands throughout your journey.

With guidance and support you can feel in control your life again. "Find freedom through balanced nutrition and exercise, & bring back the energy you desire to live a healthy and happy life"

On 1st October Nadia is running a FREE workshop on "Guilt Free Nutrition".

Check out the last page for more details or how to book in a free discovery chat with Nadia!



SHARED - PAPAMOAS NEW EPIC COWORKING SPACE!

Shared are the Fun Workspaces for Serious Business! With 3 locations in Tauranga, Papamoa and Hamilton, we are the co-working hub for new and established businesses, as well as a premier event space for networking and training. We are also a thriving co-working community.

From the freelancer to the business traveller, hotdesking provides freedom, flexibility, and the space for you to work in a way that suits you, with the added bonus of a connected community.

If you're looking for a space to make and create, or an opportunity to escape the monotony of the home-office, you'll find it here at Shared.

****Sign up for a 6 month 123 Membership and receive 1 month FREE! ****

We also have Part Time and Full Time Memberships available.

Contact us for more details - papamoa@shared.nz - www.shared.nz

1 EASY AS 123
SHARED WORKSPACES

Membership as easy as 1,2,3

\$123 p/m

Included:

- 5 Days a week lounge workspace
- Access to exclusive Workshops/Seminars/Events
- Access to all of our locations Tauranga/Papamoa/Hamilton
- Reception/concierge
- Internet
- And more

FUN WORKSPACES FOR SERIOUS BUSINESS

TRIBE TESTIMONIAL

Honestly blown away, everything and everyone is amazing!

The consideration and effort you guys have put into every aspect to ensure your members have an amazing experience is glaringly obvious and much appreciated.

From the comprehensive yet super user friendly app, to childcare, to the range and accessibility of such holistic health promoting classes and services! You guys nailed it.

Wish I signed up years ago!!

Mel



Hello September

THIS MONTHS EVENTS

WHAT'S ON THIS MONTH @REDEFINED!

Mechanics of Lifting Workshop

Thu 22 Sep @4.45pm

Join Coach JLo with her

CrossFit/ Weightlifting skills for strong lifting mechanics

Spring Rest and Reset

Fri 23 Sep @6pm

Float into your weekend with Jaclyn Nicholas

Guilt-Free Nutrition

Sat 1 Oct @11am w. Nadia Kettle

Shift your mindset from "chasing skinny" to "healthy and happy"



PAPAMOA FARMERS MARKET

EVERY Sunday 8.30am - 12pm

www.papamoafarmersmarket.nz

#supportlocal

REGISTER ONLINE FOR THESE EVENTS BY CLICKING HERE!

THIS MONTHS OFFERS

KEEN TO TRIAL US OUT?

7 Day Trial



Holistic Nutrition + Health

Free Discovery Chat



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

MEET THE TEAM

NICKEE
YOGA TEACHER
HEALTH + FITNESS
COACH

Excited to connect with a new community of people, I teach Yin and Vinyasa, love CrossFit and Mindbody wellness.

A passion of mine is to weave Te Reo Maori, Yoga and Sanskrit. My favourite Maori translation to a pose 'mihi ki te whenua' (forward fold), means 'greet the earth'.

My favourite quote by Victor Frankl is, "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

See you on the mat
XO



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