

**JUNE ISSUE  
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ISSUE #34**

**RE >>  
DEFINED**

# UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF  
REDEFINED - HEALTH + WELLBEING + MOVEMENT



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JUNE/JULY**

## A WORD FROM REDEFINED FOUNDER

Kia Ora, Hello

And here we are, in the depths of winter. It's times like these when focusing on keeping our immune system strong is vital. At ReDefined Wellbeing Hub, we emphasize a holistic approach to wellness.

Incorporate a balanced diet rich in vitamins and minerals, focusing on seasonal fruits and vegetables packed with antioxidants. Stay active, as it's crucial to keep moving even during the colder months. Don't underestimate the power of rest: ensure adequate sleep to help your body repair and rejuvenate. Hydration is equally important, so drink plenty of water and herbal teas.

Finally, manage stress through mindfulness and relaxation, which can significantly strengthen your immune response. Our team at ReDefined is here to support your health journey every step of the way!

Our integrated health team continues to grow, and in this issue, we give a shout-out to Puawai Pulu, who joins us as a traditional Mātanga Rongoā practitioner. We also have a blog article about the importance of recovery, along with other exciting news and profiles of our staff and tribe members.

If you ever feel stuck in your health and fitness journey, please reach out. We are all on this journey together here in Papamoa.

Kia Kaha

Jimmy August, Founder of ReDefined Health + WellBeing + Movement



## JASON FLY

- HEAD OF THE PERFORMANCE STUDIO
- PERFORMANCE AND PILATES COACH
- PERSONAL TRAINER EXTRAORDINAIRE!

Jason Fly is the Head of our Performance Studio, renowned for his expertise as both a performance and Pilates designing all of the epic workouts for our tribe week in week out! An amazing personal trainer, Jason consistently runs inspiring sessions that are not only effective but also infused with great vibes.

His dedication to excellence and passion for fitness makes him an invaluable asset to our team, inspiring clients to reach their highest potential with every workout.

With a background in sports science and years of experience in the fitness industry, Jason combines technical knowledge with a motivational coaching style.



# The Benefits of Recovery in Fitness: Embracing Downshifting for Optimal Health

By Jimmy August

In the realm of fitness, the focus often lies on pushing limits, breaking personal records, and achieving physical goals. However, an equally important aspect of fitness that is sometimes overlooked is recovery. Recovery plays a crucial role in optimizing performance, preventing injury, and ensuring long-term success in any fitness journey.

## The Importance of Recovery in Fitness

### Muscle Repair and Growth

During intense workouts, muscles undergo microscopic tears. Recovery is the period when the body repairs these tears, leading to muscle growth and increased strength. Without adequate recovery, muscles cannot repair properly, which can hinder progress and lead to overtraining injuries.

### Injury Prevention

Overtraining is a common issue among fitness enthusiasts. Continuous intense training without sufficient recovery can lead to chronic injuries such as tendinitis, stress fractures, and muscle strains. Incorporating regular recovery periods allows the body to heal and adapt, reducing the risk of injury.

### Enhanced Performance

Recovery is essential for replenishing energy stores and repairing tissues. Adequate rest and recovery allow athletes to perform at their best during subsequent workouts. Ignoring recovery can lead to decreased performance, fatigue, and burnout.

### Mental Wellbeing

Fitness is not just about physical health; mental wellbeing plays a significant role. Overtraining and inadequate recovery can lead to mental exhaustion, stress, and decreased motivation. Taking time to recover helps maintain a positive mindset, reduces stress levels, and enhances overall mental health.

## Best Tips for Effective Recovery

### Prioritize Sleep

Sleep is one of the most critical components of recovery. During deep sleep, the body releases growth hormone, which is essential for muscle repair and growth. Aim for 7-9 hours of quality sleep each night to ensure optimal recovery.

### Hydration

Staying hydrated is vital for overall health and recovery. Water aids in nutrient transport, temperature regulation, and toxin removal. Drink plenty of water throughout the day, especially after workouts, to support the recovery process.

### Nutrition

Proper nutrition is key to effective recovery. Consume a balanced diet rich in proteins, carbohydrates, and healthy fats. Protein is essential for muscle repair, while carbohydrates replenish glycogen stores. Incorporate antioxidant-rich foods like fruits and vegetables to reduce inflammation and support recovery.

### Active Recovery

Active recovery involves low-intensity exercises such as walking,



swimming, or yoga. These activities promote blood flow, reduce muscle stiffness, and aid in the removal of metabolic waste products. Incorporating active recovery days into your routine can enhance overall recovery.

## Stretching and Mobility

Stretching and mobility exercises improve flexibility and reduce muscle tension. Incorporate dynamic stretches before workouts and static stretches after workouts to enhance muscle recovery and prevent injuries.

## Massage and Foam Rolling

Massage and foam rolling can help release muscle knots, improve blood circulation, and reduce muscle soreness. Regularly incorporating these techniques into your recovery routine can enhance muscle recovery and flexibility.

## Listen to Your Body

One of the most important aspects of recovery is learning to listen to your body. Pay attention to signs of fatigue, pain, and decreased performance. Adjust your training intensity and volume based on how your body feels to avoid overtraining and promote effective recovery.

## Embracing Downshifting in Fitness

The concept of downshifting, often associated with simplifying life and reducing stress, can be effectively applied to fitness as well.

Downshifting in fitness involves intentionally slowing down, reducing training intensity, and incorporating recovery periods to enhance overall wellbeing. The recent addition of our cold plunge has been a game changer for many of our tribe!

## Reducing Training Intensity

Downshifting in fitness means recognizing that more is not always better. Reducing the intensity and volume of workouts can prevent burnout and promote sustainable progress. Incorporate low-intensity days and rest days into your training routine to allow your body to recover and adapt.

## Mindful Movement

Mindful movement focuses on the quality of movement rather than the quantity. Pay attention to your form, breathing, and how your body feels during exercise. This approach not only enhances physical performance but also fosters a deeper connection between the mind and body.

## Prioritizing Rest and Recovery

Incorporate intentional rest and recovery periods into your fitness routine. This could include taking a week off from intense training every few months or scheduling regular deload weeks where you reduce training intensity. Prioritizing rest and recovery allows your body to recharge and prevents overtraining.

## Holistic Approach to Fitness

Downshifting encourages a holistic approach to fitness that includes physical, mental, and emotional well-being. Incorporate activities that promote relaxation and reduce stress, such as meditation, yoga, or spending time in nature. A holistic approach ensures a balanced and sustainable fitness journey.

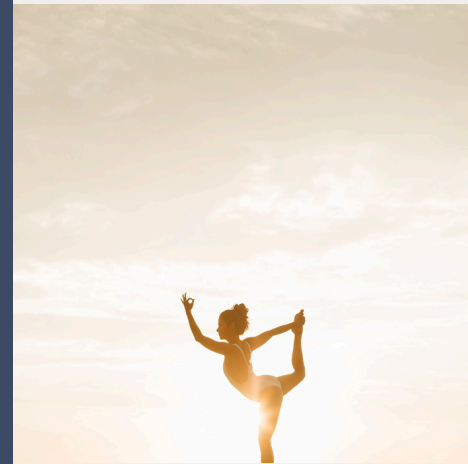
Adopting a downshifting mindset involves taking a long-term perspective on fitness. Instead of focusing solely on short-term goals, consider how your fitness routine impacts your overall quality of life. Sustainable progress and long-term wellbeing should be the ultimate goal.

Recovery is a fundamental aspect of any successful fitness journey. It plays a crucial role in muscle repair, injury prevention, performance enhancement, and mental well-being. Prioritizing rest, and taking a holistic approach to fitness, you can enhance overall well-being and achieve long-term success in your fitness journey.

Remember, recovery is not a sign of weakness but a strategic component of a well-rounded fitness routine.

Every successful athlete will testify to this.

Jimmy – ReDefined Founder



## MINDFUL MOVEMENT

- NEW YOGA CLASS
- MONDAYS AND THURSDAYS 5.50PM

Join us for a journey through dynamic hatha yoga in our newest class offering. Mindful Movement is designed to cultivate mindfulness, alignment, and body awareness, guiding you towards a deeper mind-body connection through breath and movement.

In this class, you'll embark on a journey of alignment exploration, refining your postures to find balance and strength within. Through deliberate movements aligned with conscious breathing, experience some Hatha-inspired static asanas combined with fluid and mindful transitions, flowing through a sequence that challenges both body and mind, allowing you to fully immerse yourself in the present moment.

As the class progresses, prepare to elevate your practice with a powerful flow, harnessing the strength and focus cultivated throughout the session.

# SAUNA AND ICE BATH UPDATE

## HAVE YOU CLAIMED 50% OFF YOUR FIRST CONTRAST SESSION YET? (SAUNA + ICE BATH)

We have been fine-tuning our ice bath, and with the addition of our full spectrum infra-red sauna, we can provide the most amazing recovery and rejuvenation tool - Contrast Therapy.

Contrast therapy utilises the power of alternating hot and cold treatments, stimulating the lymphatic and immune systems, boosting circulation, and melting away muscle tension.

Alternating sauna and cold plunges for the most amazing health benefits. All part of the journey towards longevity here at ReDefined. The water is cooled to 8-9 degrees permanently.

[Book online here](#)



## TRIBE MEMBER SPOTLIGHT - ZAC FITZGERALD



A big shout-out to the ever-friendly and super-positive Zach Fitzgerald. Zach trains with our trainer Jason and always finishes his sessions with a cold plunge, helping him build mental fortitude and resilience.

Zach's favourite exercises are the chest press and boxing, and he has seen some amazing results in 2024. He has shown great resilience, overcoming many challenges to build his confidence and improve his mental health.

In his own words, when asked why he likes training with Jason, Zach said, "He helps me emotionally, keeps me focused on my goals, and ensures my programming is on point."

Zach's main goals over the next few months are to continue his fitness journey and tone up a little more.

Well done, Zach—keep it up legend!



# STAFF IN FOCUS



## PUAWAI PULU

Tena koutou.

Ko Puawai Pulu (nee Tawa-Butler) toku ingoa.

He uri ahau nō Tauranga Moana.

As a traditional Mātanga Rongoā/Rongoā Practitioner, I am blessed to share not only the whakapapa of which I've learned from, but also that which is yet to come. I am pleased to be part of the team here at ReDefined and will be available on Mondays.

I am also ACC Registered and a Rongoā provider for Telus Health, NIB & Southern Cross Health Insurance.

Through kōrero/connection AND conversation, we will co-create a Hauora plan/Wellness plan using tools such as:

- Karakia/Pastoral Care
- Whakawhiti kōrero/Counselling & Conversation
- Pūrea/Cleansing
- Mirimiri/Body work & Massage
- Rongoā Rakau/Traditional Plant Medicine, and much more!



## UPCOMING EVENTS

### BREATH OF SOUND

Fortnightly with Vitor

Upcoming Sessions on 28/6 and 12/7

Members FREE / Non-Members \$30

### SOULFUL STILLNESS

Fortnightly with Marina

Upcoming Sessions on 5/7 and 9/7

Members FREE / Non-Members \$30

### PERSONALITY PROFILES AND YOUR GOALS

With health coach Emily Searle

Sunday July 7th 10.30am

Members FREE / Non-Members \$25

### TARAWERA TRAILS WALK

30th June 7.30 am

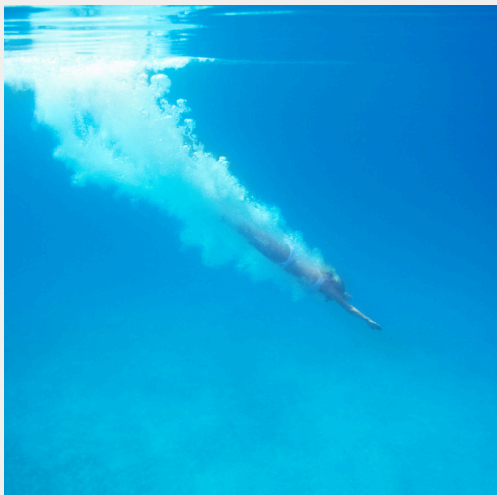
FREE Community Event

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

## THIS MONTHS OFFERS

TAKE THE PLUNGE!

50% OFF YOUR FIRST SAUNA/ICE BATH



KEEN TO JOIN US?

GET A COMPLIMENTARY WELLBEING PACK!

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