

**MARCH  
2023  
ISSUE #21**

**RE <>  
DEFINED**

# UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF  
REDEFINED - HEALTH + WELLBEING + MOVEMENT



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## A WORD FROM REDEFINED FOUNDER

Kia Ora! Welcome to the changing season of Autumn as we farewell an all too brief and all too wet summer.

We are really pleased to announce the addition of some new faces to our integrative health team . Nikki Kiyimba joins us as a ACC registered psychologist, with specialities in trauma care.

Kylie Stowe also joins the team as a nutritionist and health coach with specialties in Nutrition, Naturopathy, Behaviour Psychology, Meditation & Mindfulness to build comprehensive evidence based Health Protocols.

As we head into these cooler months I really want to remind our community on the power of your everyday habits as preventive medicine. The movement you do, the food you fuel yourself with, the way you downshift, the way you enjoy and live your life is all influencing the future of not just yourself, but your whanau also.

Use movement to FEEL GOOD, the looking good will come as a byproduct of this, not vice versa!

Happy Moving this month of March

Jimmy August - Founder - ReDefined Health + WellBeing + Movement

# SELF CARE ISN'T SELFISH

Self-care seems to sound like a trending phrase, but what does it actually mean, for you? With so much information, it can feel overwhelming with all the noise! Eat this, drink this, exercise this way, parent this way, love this way, work this way, which may make you ask "WTF "should" I be doing then?"

Self-care can be an invitation to explore rituals that fill your "cup" by taking care of yourself FIRST, so that you can keep showing up as your best self for YOU and the people in your life. Rituals give us a sense of safety and a solid foundation to connect with when creating new habits for ourselves.

You may hear a lot of "you should, need or must" do certain things, but YOU are the one that lives in your body, your mind, your life, and its all for you to explore and experience! Whatever anyone says or recommends is simply information for you to integrate how you like. We all want to feel good and have fun, so give yourself permission to create a life of joy, love and happiness!

This can be an uncomfortable unlearning of old patterns that we have become identified with from the perceived expectations we learnt through life. None good or bad, rather serving us as feedback to decide on "how do we want to feel" and "whose the type of person we want to become?"

Self-care is an opportunity to build on the amazingness you already are through rituals that nourish your body, mind and soul. We can create a long, happy and resilient life in so many ways:

- Min. 2x full body strength sessions/week (30-60min)
- 1x 20min HIIT session/week (Zone 4-5: struggle to talk)
- 1x 60min steady state cardio session/week (Zone 2: breathe heavily and can talk a little)
- "Movement snacks" every 30-60min of sitting, ideally 30sec of running on the spot, or walk up/down stairs to get heart rate up, OR just move and stretch for 60sec!
- 8-10K steps/day for <60yrs, 6-8K steps for >60 yrs
- Eat whole real food 80% of the time, sitting down with no distraction (TV, phone, book)
- Daily 30sec cold shower at the end or Winter ocean dip! 3x week sauna or hot bath 40deg

## CLASS IN FOCUS



### STRONG

High-Intensity Resistance Training, HIRT, provides a powerful strength training workout that is one of the best ways to increase muscle and to burn fat, often even more so than traditional strength training.

Get your heart rate up while working through various strength exercises, improving strength, muscle tone and building a longer lasting body.

We have three Strong classes a week with different focuses each day:

Tuesday: Lower Body

Thursday: Upper Body

Saturday: Full Body





- Daily breathwork eg box breathing: 4sec in, 4sec hold, 4sec out, 4sec hold for 1-5min
- Daily mindfulness: 10min to focus on breath, let thoughts and feelings come and then go
- Ideally same wakeup and bedtime every day
- Look towards morning sun in your eyes for at least 2min, 10min (good), 30min (great), and low lights, no screens 30-60min before bed
- Massage can be a big support, along with other therapies, to heal the body, mind and soul

All these practices are "good" stressors to regulate our body's natural rhythm and create a calm state for us to heal, recover and regenerate i.e. THRIVE vs SURVIVE (constant chemical, physical, mental or emotional stress).

Now, you can't climb Mt Everest tomorrow! SO, start with one ritual, keep it easy and achievable and ideally within 2min for a new habit e.g. upon waking 2min of mindful breathing. Once that is humming, add another! And be proud, loving and appreciative of all that you are choosing to do and be vs what you aren't xx

ReDefined has two amazing massage therapists:

- Irene Eilers is a specialist in sports and rehab massage, Swedish massage, reflexology, Aromatherapy, Hot Stone Therapy and Cupping
- Tracy Hawkins offers a range of therapeutic, remedial, sports flushes, trigger point and pregnancy massage

Benefits of massage:

- Improved sleep
- Calms the nervous system
- Stimulates blood circulation
- Reduces pain and muscle tension
- Supports and improves the immune system
- Improves functionality in day-to-day life

Massage for Elderly:

Regular massage can improve their quality of life by increasing energy levels and help them feel younger and healthier overall.

Regular massage is a great self-care practice to keep you moving and loving your body, mind and soul!

You can view more info and book online by clicking [HERE](#)

## MEET THE TEAM

TRACY HAWKINS  
MASSAGE THERAPIST

Kia Ora, Tracy here:)

I am a mum of four, my two boys play Rugby, one for the Hurricanes and one for the Blues. My two girls are also very competitive and keep their brothers in line!

I have been massaging for 18 years and have treated: Tall Blacks, Tall Ferns, Hawkes Bay Magpies, Bay of Plenty Steamers, Chiefs and the Volcanics.

While living in Papamoa the past 12 years I have worked alongside some amazing Massage Therapists, Chinese's Acupuncturist, Osteopaths and Physiotherapists.

My passion is to work with the individual person and create a goal for them to be pain free, mentally and physically. To get them back to full range of movement using the skills and knowledge I have collated over the years. Each treatment is personalized to fit the individual needs.



## BIG WARM WELCOME TO PSYCHOLOGIST NIKKI KIYIMBA

We are really excited to announce Nikki Kiyimba from Mātai Rongo is joining the team as a psychologist, with specialties in trauma care. We feel this gives our integrative health care team a really well rounded balance!

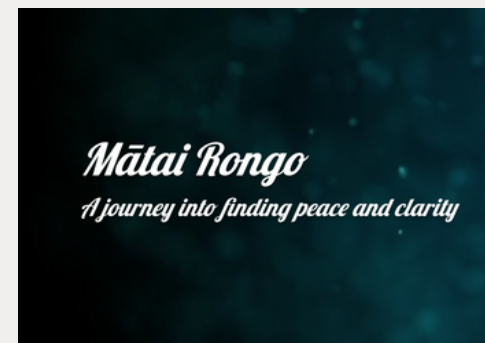
Mātai Rongo specializes in providing Trauma-Responsive Services online or in person (NZ only)

- \* Client facing clinical psychology
- \* Consultancy about trauma-responsive care
- \* Training courses and bespoke packages
- \* Research projects and collaboration
- \* Professional supervision and case consultation

Nikki is recognized as one of Aotearoa's foremost experts on trauma-responsive psychological care. Her nickname is 'Dr Dr' because she holds two PhDs in psychology! She is an international researcher, author, and trainer, but you will find her down-to-earth, approachable, non judgmental and easy to talk to. She is married with two daughters and three mokopuna.

Nikki is ACC registered for psychology assessment, treatment and sensitive claims, and also takes private referrals.

View more at [www.maatairongo.com](http://www.maatairongo.com)



## WELCOMING NUTRITIONIST AND HEALTH COACH KYLIE STOWE

We are also happy to announce Kylie is joining our team as a nutritionist and health coach. Kylie brings a wealth of experience and will be helping us to roll out our nutrition based app!

Nutritionist, Health Coach & Meditation Teacher, Kylie takes a holistic evidence based approach to guide her clients towards achieving their goals for health and wellbeing. She understands that every individual's unique needs require a tailored and personalised nutrition and lifestyle protocol in order to achieve optimal health. She is passionate about helping people achieve sustainable health and wellness.

Kylie is a mother of four who lives here in Papamoa with her family. Kylie understands firsthand the challenges of navigating motherhood, autoimmune disease and weight loss in a healthy and sustainable way after ditching fad diets and losing 40 kilos and reclaiming her own health & wellbeing. She is passionate about helping others achieve the same.

She has worked within the health & Nutrition space for over ten years in various roles including Lead Nutritionist & Health Coach at Edison Clinic focusing on longevity & precision healthcare along side Doctors. Lead Nutrition Coach for projects such DOT Aotearoa - a charitable trust serving at-risk populations with metabolic syndrome. Nutrition & Health Coach lead at Recal for group programs and projects such as Iron Maori powered by Recal.





# Hello Autumn



## UPCOMING EVENTS

### Somatic Yinny Yumminess

Fri 24 Mar @6.30pm, w. JLo

A safe space to move your body and feel into poses that "shift the shit" in your body  
Self-investment: \$30



### The Gut and Brain Connection

With Nadia Kettle

Sun 16 Apr 11am-12pm

Give your gut some love!

Members FREE

Non-Members \$25

### Wim Hof Method Workshop

With Nigel Beach

Sat 22 Apr 9.15am-12.45pm

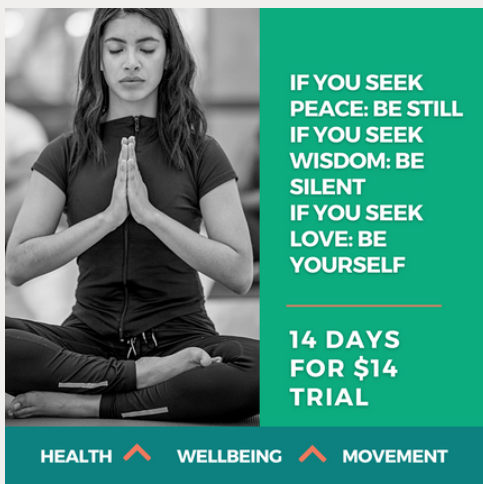
Covering Cold Immersion, Breathwork & Mindset Training

**REGISTER ONLINE FOR THESE EVENTS BY CLICKING HERE!**

## THIS MONTHS OFFERS

\$14 for 14 Days

Trial Pass



20% Off

Massage Voucher!



## MEET THE TEAM

IRENE EILERS  
MASSAGE THERAPIST

With 20 years of experience and worked a lot with elderly people, emotional and physical trauma. I enjoy finding a special way to work with everyone individually and customize the massage to their needs.

I am from the Netherlands and where I learned a variety of different massage styles.

I have traveled a lot and opened my view on life. I like to incorporate meditation and mindfulness in my work.

I offer sports massage, deep tissue, relaxation, Thai, foot reflexology, prenatal, lymph drainage, and pincement massage (special scar treatment), Hot stone massage and Cupping!!!!



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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