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DEFINED

UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF
REDEFINED - HEALTH + WELLBEING + MOVEMENT



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**WHAT'S ON FOR
JULY/AUGUST**

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A WORD FROM REDEFINED FOUNDER

Kia Ora, Hello

I hope you are keeping well through these chilly winter weeks and feeling excited for spring around the corner.

We often find that the depths of winter are when our tribe struggles the most with consistency. Our next 10-week cycle of movement will address this, with a rallying call for physical transformation and progress through consistency!

This cycle will focus on improving physical aspects: becoming fitter, stronger, faster, more mobile, and developing a greater sense of purpose. You can find more details on page #4 and check out my blog for key macronutrients and micronutrients to help you get through these last few weeks of winter.

We are thrilled to continue offering amazing workshops and events in our MindBody Studio space. Vitor's 'Breath of Sound' has provided an incredible sound healing experience fortnightly on Fridays, paired with Marina's 'Soulful Stillness' guided meditation sessions. Both of these sessions will now move to 6:45 PM to accommodate more of our tribe. For anyone who missed out on Emily's amazing 'Personality Profiles' workshop, there will be another one running on 25th August, RSVP on page #5!

"Enduring means accepting. Accepting things as they are and not as you would wish them to be, and then looking ahead, not behind."

Kia Kaha

Jimmy August, Founder of ReDefined Health + WellBeing + Movement

Nourishing Your Body in Winter: The Importance of Micronutrients and Macronutrients

By Jimmy August

As the temperature drops and the days grow shorter, our bodies face unique nutritional challenges. Winter is a time when our immune systems can be under extra stress, and our energy levels may wane. To stay healthy and energized during the colder months, it's essential to understand the roles of both macronutrients and micronutrients in our diet.

Macronutrients: The Building Blocks of a Winter Diet

Macronutrients are nutrients that our bodies need in large amounts. They provide the energy necessary for daily activities and bodily functions. The three primary macronutrients are carbohydrates, proteins, and fats. Each plays a crucial role in maintaining our health, especially during winter.

Carbohydrates: Fuelling Your Body and Brain

Carbohydrates are the body's primary source of energy. They are especially important in winter when we may be less active but still need to stay warm and alert. Complex carbohydrates, such as those found in whole grains, vegetables, and legumes, are ideal choices. They release energy slowly, helping to maintain stable blood sugar levels and providing sustained energy throughout the day.

Winter Tip: Incorporate oatmeal, quinoa, sweet potatoes, and whole-grain bread into your diet. These foods are not only comforting but also rich in fibre and nutrients.

Proteins: Building and Repairing Tissues

Proteins are essential for the growth, repair, and maintenance of body tissues. They also play a vital role in the immune system, making them crucial during the winter months when colds and flu are more common. Good sources of protein include lean meats, fish, eggs, dairy products, beans, and nuts.

Winter Tip: Enjoy hearty stews and soups made with lean meats, beans, and lentils. These dishes are not only warming but also packed with protein and other essential nutrients.

Fats: Essential for Energy and Warmth

Fats are a concentrated source of energy and are necessary for the absorption of fat-soluble vitamins (A, D, E, and K). Healthy fats, such as those found in avocados, nuts, seeds, and olive oil, help to maintain cell membranes and support brain health.

Winter Tip: Add healthy fats to your diet by using olive oil for cooking, snacking on nuts, and incorporating avocados into your meals. Fatty fish like salmon and mackerel are also excellent sources of omega-3 fatty acids, which have anti-inflammatory properties.

Micronutrients: The Key to Immune Support and Overall Health

While macronutrients provide the bulk of our energy and building materials, micronutrients are equally important for maintaining



MARINA GOMES
YOGA/PILATES/MASSAGE

Marina is a dedicated and skilled Yoga Teacher, Pilates Instructor, and a Massage Therapist. With a deep passion for holistic well-being, she brings a sense of calm and welcoming energy to every session.

As a Yoga Teacher, Marina guides students through practices that promote balance, flexibility, and inner peace, catering to all levels.

In her role as a Pilates Instructor, Marina emphasizes core strength, alignment, and controlled movement, helping students improve posture and body awareness.

As a Massage Therapist, she tailors each session to meet individual needs, relieving tension and promoting relaxation.

Known for her mastery of her craft, Marina blends technical precision with compassionate guidance, fostering a serene and supportive environment.

health, especially during winter. Micronutrients include vitamins and minerals that our bodies need in smaller amounts but are crucial for various physiological functions.

Vitamin C: Boosting Your Immune System

Vitamin C is well-known for its role in supporting the immune system. It helps in the production of white blood cells, which are essential for fighting off infections. Citrus fruits, strawberries and kiwifruit are excellent sources of vitamin C.

Winter Tip: Start your day with a glass of orange juice or a fruit salad to ensure you're getting a good dose of vitamin C. Including a variety of colourful fruits and vegetables in your diet will help keep your immune system strong.

Vitamin D: The Sunshine Vitamin

Vitamin D is critical for bone health and immune function. During winter, when sunlight exposure is limited, it can be challenging to get enough vitamin D. Foods like fatty fish, fortified dairy products, and egg yolks can help, but supplements may be necessary for some individuals.

Winter Tip: Spend time outdoors during daylight hours, even on cloudy days, to boost your vitamin D levels. Consider taking a vitamin D supplement if you're not getting enough from food and sunlight.

Zinc: Supporting Immune Response

Zinc is another essential mineral that plays a vital role in the immune system. It helps in the production of immune cells and has antioxidant properties. Good sources of zinc include meat, shellfish, legumes, seeds, and nuts.

Winter Tip: Include zinc-rich foods in your diet, such as beef, chickpeas, pumpkin seeds, and cashews. These can help keep your immune system functioning optimally.

Iron: Vital for Energy

Iron is necessary for the production of haemoglobin, which carries oxygen in the blood. Without sufficient iron, you may feel fatigued and run down. Red meat, poultry, fish, lentils, and

spinach are good sources of iron.

Winter Tip: Combine iron-rich foods with vitamin C-rich foods to enhance iron absorption. For example, pair spinach salad with a citrus vinaigrette or enjoy a beef stir-fry with peppers

Antioxidants: Protecting Your Cells

Antioxidants, such as vitamins A and E, and selenium, help protect your cells from damage caused by free radicals. These nutrients are found in various fruits, vegetables, nuts, and seeds.

Winter Tip: Incorporate a variety of colourful fruits and vegetables into your diet to ensure you're getting a broad spectrum of antioxidants. Think carrots, kale, berries, and almonds.

Practical Tips for a Nutrient-Rich Winter Diet

Maintaining a balanced diet rich in both macronutrients and micronutrients is essential for staying healthy during winter. Here are some practical tips to help you achieve this:

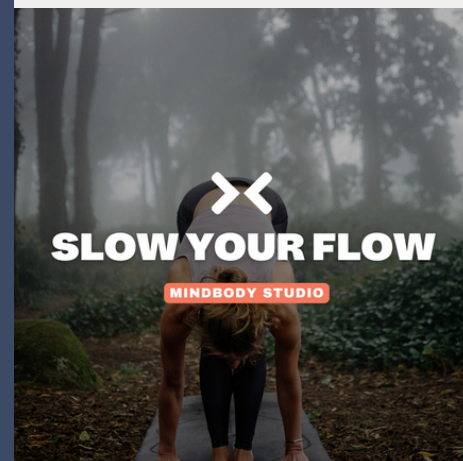
1. **Plan Your Meals -** Do weekly shop and incorporate this key macronutrients and micronutrients
2. **Stay Hydrated -** Aim for 1L per day per 25 kgs of body weight. E.g a 75kg person would drink 3L
3. **Cook at Home:** Take advantage of winter vegetables and seasonal produce to create healthy and comforting dishes.
4. **Mind Your Portions:** 'Hara Hachi Bu' Eat until you are 80% full!
5. **Stay Active -** Movement is Medicine!
6. **Consider Supplements:** If you're struggling to get enough of certain nutrients from your diet alone, consider supplements. Vitamin D, in particular, may be necessary during the winter months.

Paying attention to both macronutrients and micronutrients is essential for maintaining good health during the winter months.

Stay vibrant this winter season!

Jimmy - ReDefined Founder

CLASS IN FOCUS



SLOW YOUR FLOW

'A more gentle vinyasa style to help you find your flow'.

- Sundays 8.30 AM
- Tuesdays and Thursdays 9.10 AM
- Wednesdays 6 AM

Slow Flow is a gentle style intended for those new to yoga or those who desire a milder practice. This session combines easy-flowing sequences to warm up the body with slower-paced movements that emphasise alignment, strength, balance, and flexibility.

This Slow Flow class focuses on teaching the principles of yoga postures, and posture transitions that make up a complete yoga practice.

Individuals who are new to yoga as well as those who have been practising for years will benefit from a more in-depth understanding of these key postures and the advantages they bring.

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NEXT 10 WEEK CYCLE OF MOVEMENT

A big focus at ReDefined over the next 10 weeks is Physical Transformation. With the challenges of winter and the anticipation of building into Spring, we aim to inspire our tribe to move with more purpose, see physical improvements, feel the benefits of physical activities, and stay consistent.

Our next 10-Week Cycle is launching on 29th July!

PERFORMANCE STUDIO

- **Focus: Achieving set in-class 'challenges.'**
 - For strength-based sessions, this might be something like "Deadlift 80% of your body weight for a minimum of one set."
 - For conditioning sessions, this could include achieving 20 kettlebell swings in 30 seconds or rowing 250 meters in 30 seconds.
- **Key Movement Pattern:** We will also focus on developing a key movement pattern—progressing from lunge, to split squat, to single leg squat, to pistol squat.

MOVEMENT STUDIO

- **Focus:** It's all about the core in this cycle of movement, and finding your powerhouse.
 - We will aim to improve physical strength and endurance through increased and progressive time under tension.

MINDBODY STUDIO

- **Focus:** Physical progressions—seeing and feeling improvements.
 - Our Rise and Flow, Explore Flow, Mindful Movement, and Vinyasa classes will show the development and progression of movement week by week.
 - Our restorative classes will aim to bring mental clarity.

We look forward to unlocking your potential through movement over the coming weeks.

TRIBE MEMBER SPOTLIGHT - NICOLA FARMER



MEMBER SPOTLIGHT - NICOLA FARMER

Growing up with school sports, and getting into some running and local tris. Nicola has always enjoyed keeping active. But with a significant upcoming birthday just around the corner she has prioritized an additional focus on nutrition and maintaining her mobility into her lifestyle.

Coming into Redefined just over a month ago with some hip flexor issues and a knee that was 'playing up' she has seen significant improvement and would go as far as saying the knee is no longer an issue.

Nicola loves having different styles of training to choose from under one roof, with her favorite classes bringing the heat in the Movement Studio - Reformer Hype & Reformer Burn.

We love having you a part of the TRIBE and seeing your progress Nic, keep up the awesome work!

STAFF IN FOCUS



AKSHAY PATEL

NEW PHYSIO JOINING THE TEAM AT REDEFINED!
Akshay is also available for weekend appointments.

Akshay has joined us from working in a private physio clinic in Taupo. He is offering out of hours appointments, including Friday evening and Saturday.

After graduating in 2017 with a Bachelor of Physiotherapy from RK University in India he spent 3 years working in private practice, hospital and community based clinics. Akshay moved to New Zealand in January 2020 and completed a Graduate diploma in health and rehab course from Toi-Ohomai institute of technology, Rotorua. Other post-graduate courses he has completed include dry needling in 2023 and spinal manipulation 2017. In 2025 Akshay will also be completing more post-graduate study at AUT in musculoskeletal physiotherapy .

Akshay is passionate about his work and enjoys helping patients become pain free and improve their quality of life.

EVENTS

July & August

UPCOMING EVENTS

BREATH OF SOUND

Fortnightly with Vitor Fridays 6.45 PM
Upcoming Sessions on 26/7, 9/8 and 23/8
Members FREE / Non-Members \$30

SOULFUL STILLNESS

Fortnightly with Marina Fridays 6.45 PM
Upcoming Sessions on 2/8 and 16/8
Members FREE / Non-Members \$30

PERSONALITY PROFILES AND ACHIEVING YOUR GOALS

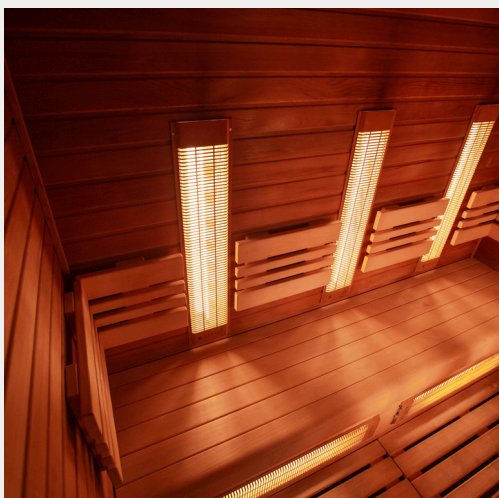
With health coach Emily Searle
Sunday 25th August 10.30 AM
Members FREE / Non-Members \$25

BOOK IN FOR THESE WORKSHOPS AND EVENTS HERE!

THIS MONTHS OFFERS

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