

**APRIL  
2022  
ISSUE #11**

**RE <>  
DEFINED**

# UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF  
REDEFINED - HEALTH + WELLBEING + MOVEMENT

## WHAT'S INSIDE THIS ISSUE

ARTICLE:  
LACKING  
"MOTIVATION"?

CLASS IN FOCUS:  
STRONG  
HIRT WORKOUT

MEET THE TEAM:  
MARTIN LASCH

OPEN WEEKEND  
FRI 29 - SAT 30 APR

TRIBE TESTIMONIAL

PROJECT:  
WELLBEING

WHAT'S ON THIS  
MONTH

CHILDCARE

THIS MONTHS  
OFFERS

## A WORD FROM REDEFINED CO-FOUNDERS

Welcome to our April edition, and we hope you are looking forward to some downtime over Easter. Always a great time to #downshift and relax with friends and family.

It's been a challenging time for us, as have many small business and we are glad that vaccine mandates are no longer required for gyms. For us it's now time to pull together, heal the division and look towards the future.

We have some exciting events coming up in the next few weeks. Project:Wellbeing launches 9th May, an online 8 week immersion to sustainable habitual change. We are passionate here about giving our tribe the tools to long term SUSTAINABLE results.

We love to bring the community together, the last weekend of April sees us host an open weekend for all of Papamoa. Free classes, events, workshops, giveaways, massages and rounded off with a ReConnection party! Check the last page for how to register.

Have an amazing Easter, enjoy the beautiful weather that is forecasted and we look forwards to seeing you soon.

Jimmy + Ben  
CoFounders - ReDefined



# LACKING "MOTIVATION"?

BY JLO

Motivation to go up the Mount? Hardly even a thing for me... anymore! And I'm not showing off here with this comment. This is days, weeks, months and years of layering new habits of energy and awareness to get to this space BUT it's more to maintain this space of empowerment, a daily practice of how I choose to show up for myself FIRST and allow myself grace for when I stumble.

When I go for a gorgeous hikoi up Mauao, a part of my desire is to move my body, but not because I "should" do some "exercise" and a "Personal Trainer".

For the most part it's because I want to feel all the things!!

- To feel HUGE gratitude and joy for what my body CAN do, see, smell, breathe, hear, touch and experience, even if I feel like my thighs are rubbing more than they used to or my tummy is creeping over me tights a bit more than they used to, I still GET TO be HERE, do this thing and experience all the magnificence that comes with it!

The word motivation is pretty common within the Health, Fitness and Well-being Industry.

In my opinion and experience, it can come with a tendency to lean towards expectation and judgement of ourselves.

- To feel GROUNDED and at home with Mother Earth and all she creates with the beauty that surrounds me and ignites all senses from the magical ocean, trees, plants and wildlife.

- To feel CONNECTED to my ancestors before me with Father Sky through the dreamy clouds, gorgeous blue or grey sky, and my fave Sun and Moon that always change and always excite me like a kid at Xmas.

The narrative I often hear can sound like, "I should" do this class or exercise because "I'm unfit or weak", "I need" to this diet because I'm fat or jiggly, "I must" do this challenge because "I'm lazy and never stick to things", "I used to" be fitter, stronger, skinnier, or more muscly X number of months or years ago.

## CLASS IN FOCUS



**STRONG!**

**EVERY TUESDAY  
WITH THE  
PERFORMANCE  
STUDIO TEAM**

**STRONG (HIRT) is building strength, through consistency of movement. 10 x compound strength exercises, doing 3 sets of each, 40 sec work/30 recovery before moving onto next station. A mixture of Lower Body, Upper Body and Core exercises with a focus on the posterior kinetic chain.**

**What is HIRT?**

**High-Intensity Resistance Training, HIRT, provides a powerful strength training workout to increase muscle and to burn fat. Get your heart rate up while working through various strength exercises, improving strength, muscle tone and building a longer lasting body.**

**RE X  
DEFINED**



Motivation is EXTERNAL, and can feel unpleasant, make us feel tired, grouchy or cynical. Of course it's amazing you have a goal to lose weight, get fitter or get stronger, but can we dig a little deeper for WHY you want to achieve those things?

- What does it mean for you to get there?
- How willing, committed and curious are you to DO the things required for this new habit?
- How gentle and compassionate can you be with yourself when you stumble? Because you will and is to be expected when starting something new, and it's ok too!
- How will you know that you're there?
- What does it feel like? E.g. how do you show up when you're in that space of your ideal self?

So instead of motivation, what about an invitation to play with the word, INSPIRATION instead?!

Inspiration comes from within and always FEELS good! It's a great opportunity to ask yourself, how do I want to feel (a beautiful nugget from our Naturopath/ Nutritionist Emma Gibson).

For me, I want to feel energized, vibrant, excited, abundant, grateful, present, full of love, joy, freedom and responsive vs reactive.

This is an exciting opportunity to explore and notice, without judgement and ask some questions like, can I...

- ACKNOWLEDGE and CELEBRATE what I've achieved in the past to create who I am today?
- ACCEPT that the past is what it is and the power within me is to BE HERE NOW, where I can create a NEW FUTURE!
- ALLOW the thoughts, feelings and emotions to come and go BUT grab and hold on to the ones that make you feel good, so that WHEN I stumble, I get straight back on because I'm learning and transforming every moment that I CHOOSE to eat, move, play, connect, explore and create in ways that feel good FOR ME!
- PRACTICE letting go of what my body "should" look like, what my life "should like", what I "should" be eating, what "exercise I should be doing" etc

Creating new ways of thinking, doing and being is like training a muscle, it's the creation of new neural pathways (neuroplasticity) that helps us realize and appreciate the power WE have always had within ourselves!

It takes a courageous heart and compassionate curiosity to allow and surrender ourselves to the belief of what is possible, BEFORE we can see it!

What are you going to CHOOSE?

## MEET THE TEAM

MARTIN LASCH  
HEALTH + FITNESS  
COACH

Martin studied sports science at one of the leading universities in Germany.

Along the way, he worked in different fields in the industry as an instructor for water and snow sports as well as a fitness/movement and wellbeing coach for hotels and companies in Europe.

Throughout these year's he gained extensive knowledge of anatomy, physiology, psychology, kinesiology & training science, nutrition and prevention & fitness sports.



# OPEN WEEKEND: FRI 29 APRIL - 1ST MAY

ReDefined is proud to host a FREE Community Open Weekend to celebrate reconnection and social connectivity! The weekend 29/30th April and 1st May

- Pilates classes
- Yoga Classes
- Strength and Fitness Classes
- Workshops
- 10 Min Flush Massages
- Reiki Healing
- HUGE membership promotion!

Rounded off with a ReConnection Party! A time to heal and grow together

Register for these FREE Events here:

<https://www.redefined.nz/eventsandworkshops>



## TRIBE TESTIMONIAL - DIANA BROOKE

In 6 months you can be in a completely different place.

I joined Redefined, after pretty much 3 years since I closed my fitness studio. I have never in my life been surrounded with so many like minded and hearted people who genuinely care about your well-being as much as their own.

I am excited every day to go and train and the results I have gained have been much deeper than just the norm Fat loss or weight loss, it has helped me develop strength and trust in myself as a person and helped unlock parts of me I had kept locked out of conditioning or learnt behaviours or habits. The Importance of self worth and being valued is immense and I feel very appreciated and valued as a member and part of the crew.

I am forever grateful for the support love and acceptance and am excited for what's next.

If anyone would love to come try a class with me you are welcome to come as my guest so reach out to me.

Thanks for igniting my calling and passion for fitness again.



## PROJECT:WELLBEING

Launching: Monday 9th May!! An 8-week Online Journey to SUSTAINABLE Habitual Change. Our Goal: Collaborating with our tribe to create the tools and accountability to guide you towards lifelong lifestyle & habitual change that is achievable. This is more than a "Look good naked 6,8 or 12 week "challenge", the focus is not about thrashing your body with high intensity workouts and a restrictive calorie deficit diet.

WHY? We must look towards a SUSTAINABLE approach that is not a one size fits all. Every BODY is different.

Utilising our proven 5 stages of habitual change model, Project:WELLBEING will help facilitate you being able to achieve REAL results and the changes that YOU want, following the proven science of the blue zones research. Join us on a journey to SUSTAINABLE change

CHECK OUT <https://www.redefined.nz/projectwellbeing> for more info







## THIS MONTH'S EVENTS

WHAT'S ON THIS MONTH @REDEFINED!

### PAPAMOA FARMERS MARKET

EVERY Sunday 8.30am - 12pm

[www.papamoafarmersmarket.nz](http://www.papamoafarmersmarket.nz)

#supportlocal



### OPEN WEEKEND

29th April - 1st May

An awesome weekend full of free events, workshops, classes and giveaways!!

### ALIGNMENT WORKSHOP

With Scott Milham

14th and 15th May

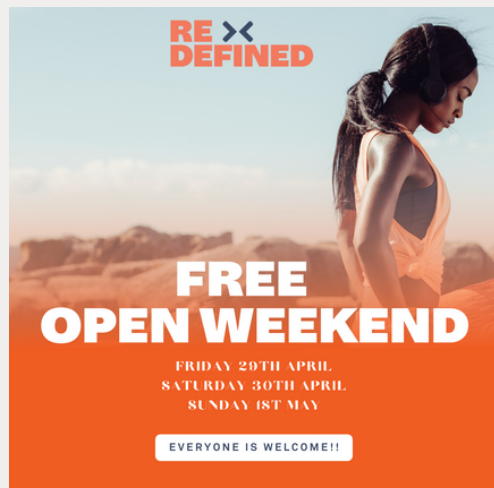
Self Investment - \$138

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

## THIS MONTHS OFFERS

### THIS MONTHS OFFERS

COMMUNITY  
OPEN WEEKEND!



PROJECT:WELLBEING  
LAUNCHES 9TH MAY!



## CHILDCARE AT REDEFINED



Being parents ourselves we know how hard it is to make the time to train and be healthy while having these awesome bundles of energy around...

That's why from 9am to 10.30am Monday - Friday you can come in and train and we will mind your little ones for you! This will enable you to do one of our 9.15am classes, see your personal trainer or do your own workout in our results room.... and hey maybe even grab a coffee or smoothie afterwards!

We will be sure to keep your children entertained with fun games and help them also explore natural movement.

Jayde Preston, our new childcare teacher, fits in effortlessly with our tribe and tamariki, so grateful and excited to have her with us!



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)