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**RE <>
DEFINED**

UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF
REDEFINED - HEALTH + WELLBEING + MOVEMENT

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A WORD FROM REDEFINED FOUNDER

Kia Ora. As we get into the back end of August it's a really exciting time for us. September 12th marks the day of ReDefined's 3rd year around the sun. A really proud moment for all of us here as we celebrate the milestone of our 3rd birthday.

So we throw out a save the date! Saturday 9th September 4PM onwards we cherish our 3rd year birthday party and our 70 Days of Movement challenge celebration. More details will be released soon!

Our offering continues to evolve in line with one of our key values of innovation. The dedication our tribe is showing towards the 70 Days of Movement challenge has been inspiring to see, and the new range of Performance classes is a big hit. Super Strong in particular is a crowd favourite.

We are working behind the scenes on some new offerings in line with our values, including a return of project:ME and new additional reformer and performance classes. Interested in becoming a certified reformer pilates teacher? Check out page #4 for more info.

Kia Kaha

Jimmy August - Founder - ReDefined Health + WellBeing + Movement

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WHAT IS PERIMENOPAUSE?

By Kylie Stowe, ReDefined Nutritionist/Naturopath



What is Perimenopause, and how do I know when I am in Perimenopause?

Perimenopause or better described as 'second puberty' is the transitional phase leading up to menopause, characterised by hormonal fluctuations and changes, a phase that lasts anywhere from 2-10 years before your final period.

Symptoms include:

- Heavy and/or longer periods (New onset)
- Menstrual cycles lasting less than 26 days
- Tender, lumpy or swollen breasts
- Sleep disturbance (New or worsening)
- Menstrual cramps (New or worsening)
- Premenstrual night sweats (New onset)
- Migraine Headaches (New or worsening)
- Premenstrual mood swings (New or worsening)
- Weight gain with no changes to diet & exercise

This is different from menopause which is the life phase that begins one year after your final period.

Symptoms of both perimenopause and menopause are not universal with many women experiencing these transitional phases in vastly different ways. Symptoms if they do occur are generally during perimenopause and are temporary. When can you expect to reach menopause? The range for the final period can vary from 45 - 55 years of age. The normal age range for perimenopause is up to 10 years prior so can be as young as 35. Perimenopause can occur at a relatively young age which is why it is less about ageing and is an important adjustment of the hormonal system that is unavoidable for women.

In modern society we tend to pathologise menopause, due to this and the associated stigma of both menopause and ageing, majority of women are fearful of this transitional phase in life. This is why opening up conversations around perimenopause and menopause is so important. Connection and understanding is an important aspect of this transitional season of life. While menopause itself is a universal occurrence in a woman's life, it is not a universal experience, some women breeze through while others have a much harder time.

CLASS IN FOCUS



INFERNO

Inferno is one of our four HIIT workouts run on Fridays.

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more calories in less time! HIIT training also induces the "Afterburn Effect" which is an elevated metabolic fat burning state for up to 38 hours post-exercise.

Inferno focuses on tabata style HIIT training with short sharper workout periods. 3 x rounds of 13 exercises, 25 sec work for maximal effort and 15 sec to rest. 2 mins break in between rounds before we kick into the finisher!

Certain cultures view menopause in a very different way for example in Japan the word for menopause 'koneki' translates to the renewal years/energy, Anthropologist Yewoubdar Beyene described the Yucatan women in Mexico reported feeling young & free with menopause.

How can we infuse some of this into our busy modern lives? Two differences between traditional cultures and western society are our modern diet, and chronic stress.

Many women voice being unable to cope as well with stress. During perimenopause, progesterone drops before oestrogen, this change is why perimenopause is associated with an increased occurrence of Insomnia, depression & anxiety.

How can we support our nervous system? Take time to slow down and nurture yourself through this phase, it won't last forever and taking time for yourself is beneficial as it allows for 'rest & digest'.



We can achieve this by:

- Spending more time in nature is associated with reduced stress, the exposure to natural light can also positively affect sleep and circadian rhythm.
- Spending time with loved ones and animals promotes the release of oxytocin and activates the parasympathetic nervous system.
- Practising yoga poses that raise the hands above the head as it stimulates blood pressure sensors that improve vagal tone.
- Pranayama the breath focus of yoga is also very beneficial as it extends the exhalation activating the vagus nerve.
- Establishing a daily meditation practice to improve stress management and build resilience.

Nutritional approaches in perimenopause and menopause can also be key to mitigating common concerns such as weight gain, insulin resistance and digestive issues. While a food first and nutrient replete approach is always important, additional support from targeted practitioner supplementation or specific nutrition interventions can help manage some of the less desirable impacts of perimenopause. These include sleep disturbance and Impaired oestrogen metabolism which is associated with heavy periods, sore breasts, PMS and suppressed thyroid function.

If you would like to explore how to mindfully support yourself through perimenopause and menopause and are local to Papamoa please come along to my workshop (page 5) where we explore this more deeply.

If you would like to book a Nutrition & Health Consultation for perimenopause / menopause support you can email me at kylie@redefined.nz

MEET THE TEAM

MARTIN LASCH
PERFORMANCE 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.

TRIBE MEMBER SPOTLIGHT: KATARAINA TUANAU

Feeling blessed and proud to share some more feedback from another amazing Tribe member. Kataraina joined us in early June and has been a bright and curious member we are grateful to be alongside as she continues to show up for herself and continue to seek growth:)

My experience at ReDefined has been truly transformative.

The welcoming atmosphere, knowledgeable supportive trainers, and diverse range of classes have allowed me to not only improve my physical health but also enhance my mental and emotional well-being.

The emphasis on mindfulness and holistic wellness has given me a well-rounded approach to fitness that I've never encountered. I feel more energized and centred when I leave.

For me personally, it's like a safe haven for me to go and nurture my wellness surrounded by a supportive community with 0 judgements. I've experienced nothing but Love at ReDefined.

I didn't wanna get too personal. You guys are amazing and helpful. My anxiety is 0 because of the support and kindness that's shown every time I walk in. I love ReDefined.



Left: Kataraina and Coach JLo

NEW FUSION REFORMER TEACHER TRAINING DATES!

With our first Level #1 Reformer Teaching Course qualifying 24 instructors, we are breaking the mould with Reformer Pilates Teacher Training, and developing a new breed of teacher!

This course is for anyone wanting to become a Reformer Pilates teacher, or with a keen interest in how the body works, or just perhaps wanting to up-skill their current knowledge base.

The first course of its kind offered in New Zealand. There is no course teaching both Classical and Dynamic Reformer Pilates.

As Joseph Pilates once said "Change Happens Through Movement and Movement Heals"

Next Course dates and more info can be found here:

<https://www.redefined.nz/pilates-reformer-teacher-training>



Hello Winter

UPCOMING EVENTS

Sacred Geometry Workshop with Marina

Learn how to activate a Powerful Protection tool that amplifies natural consciousness expansion and high sensory perception that builds in our bioenergetic system, raising our vibrations and protecting us from manipulating energies that are around us.

Fri 25 Aug 6.30-8pm

Members Free/Non Members \$35

Perimenopause and Beyond with Kylie

A workshop to empower you through perimenopause and beyond. Gain valuable insights and practical advice to mindfully navigate the perimenopausal years.

Sat 26 Aug 10.30-11.30am

Members Free/Non Members \$25

Somatic Yinny Yumminess With JLo

Somatic Yin Yoga is an empowering and nourishing invitation to connect with the power of our breath and body by moving and resting in ways that feel deliciously yummy to you!

Sat 16 Sep 5.30-7pm

Self-investment: \$30

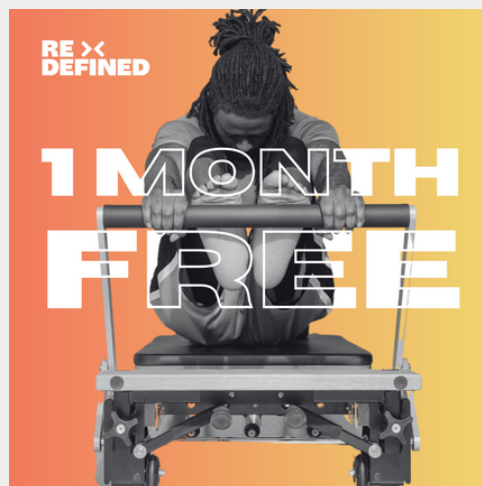
[REGISTER ONLINE FOR THESE EVENTS BY CLICKING HERE!](#)

THIS MONTHS OFFERS

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CLASS IN FOCUS

REST + RESTORE



REST AND RESTORE

"Let Go"

This yummy session consists of soft floor-based sequences with bolsters, blankets, and props to help you melt away any physical tension or strain.

You will then be guided through a Nidra meditation (yogic sleep) that will help your mind and body slip into a deep state of relaxation.

Take this time to slow down cognitive activity in the brain, shift emotional patterns, calm the breath, and tune into the nervous system's healing capacity.

Classes run Wednesdays
7.05pm and Sundays at 4pm

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