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**RE >>
DEFINED**

UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF
REDEFINED - HEALTH + WELLBEING + MOVEMENT



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Kia Ora, Hello

Hope you enjoyed a stunning Kiwi summer, and are feeling energised in your Health, Wellbeing, and Movement. On the topic of MOVEMENT, the single most important factor in being active is CONSISTENCY. With that thought in mind, we challenge you to join our '50 Days of Movement' challenge starting April 15th. This is not a challenge for weight loss, fad diets, and extreme exercise. This is about challenging yourself to be consistent, to move with purpose each week, and to make MOVEMENT part of your daily life. If you can master this, then all of your other goals will fall into place. Check out page #4 for more info!

We are excited to launch two specialty MindBody classes running on alternate Fridays at 5.30 PM. Breath of Sound with Vitor has already started, an amazing combination of breathwork and sound healing.

A new offering called 'Soulful Stillness' will be alternating with this class. Encompassing meditation training, breathwork, and guided meditation, these sessions with Marina and Verena are a perfect way to de-stress and downshift at the end of your week. These classes are free for all members, if you are not a member and would like to attend head on over to our events page.

We are also delighted to expand our range of services here, with Acupuncture and Counselling, joining our existing Physio, Massage, Nutrition, Naturopathy, and Psychology services.

Joining us next are Dr. Wai, a Menopause Specialist, as well as our very own ice bath and full spectrum Infrared Sauna. This helps bring to life our Philosophy of holistic integrative healing, which is something I am personally very proud of.

Stay CONSISTENT this Autumn
Jimmy August, Founder of ReDefined Health + WellBeing + Movement

MOVE FOR YOUR HEALTH

By Jimmy August



In today's fast-paced world, maintaining a healthy and active lifestyle can sometimes feel like an uphill battle. With the demands of work, family, and social obligations, finding time for structured exercise often takes a back seat. However, the significance of physical activity in promoting health and wellbeing cannot be overstated.

Both structured exercise and incidental activity offer a myriad of benefits that can enhance our lives in profound ways. As we embark on the 50 Days of Movement Challenge, it's the perfect opportunity to delve deeper into how these two forms of physical activity can transform our health, wellbeing, and ultimately, our quality of life.

The Power of Structured Exercise
Structured exercise is any form of physical activity that is planned, purposeful, and repetitive. This includes activities like jogging, swimming, cycling, weight training, and yoga. The benefits of engaging in regular, structured exercise are well-documented and vast, impacting both physical and mental health.

Physically, exercise strengthens the heart, lungs, and muscles, improving overall cardiovascular health and endurance. It plays a crucial role in weight management by burning calories and building muscle mass, which in turn, boosts metabolism. Furthermore, regular physical activity is instrumental in preventing and managing chronic diseases such as hypertension,

type 2 diabetes, and certain forms of cancer. The increased blood flow and oxygenation during exercise also promote better skin health.

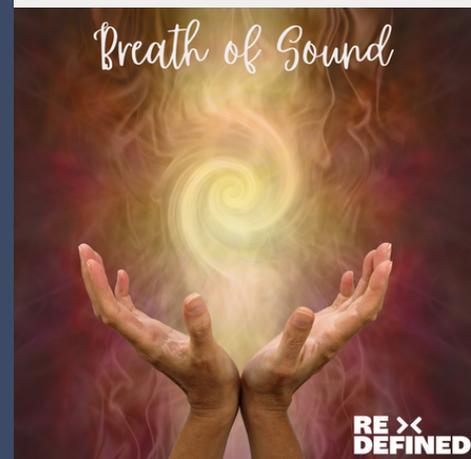
On the mental health front, exercise is equally beneficial. Physical activity releases endorphins, often referred to as the body's "feel-good" hormones, which can reduce perceptions of pain and trigger positive feelings in the body, similar to that of morphine. This biochemical process is crucial for combating depression and anxiety, offering a natural and effective way to elevate mood and alleviate stress. Regular exercise also enhances cognitive functions, improves sleep quality, and boosts self-confidence, all of which contribute to a stronger and more resilient mindset.

The Hidden Value of Incidental Activity
While the benefits of structured exercise are widely recognised, the importance of incidental activity, those movements that occur as part of daily living, often goes unnoticed. Incidental activities include walking to the office, taking the stairs instead of the elevator, gardening, and even household chores.

These activities, though seemingly minor, can accumulate significant health benefits over time. Incorporating more incidental activities into our day can help counteract the dangers of a sedentary lifestyle, which is associated with increased risks of obesity, heart disease, and premature death.

CLASS IN FOCUS

Breath of Sound



New Class

Breath of Sound

Immerse yourself in a transformative 75-minute class that harmoniously blends the ancient practices of breathwork and sound healing, designed to nurture your mind, body, and spirit. This unique session invites you to embark on a journey of self-discovery and rejuvenation, as you explore the profound impact of deep, intentional breathing coupled with the therapeutic vibrations of sound.

The class begins with guided breathwork, where you will be introduced to powerful breathing techniques aimed at releasing stress, clearing the mind.

As you settle into a state of deep relaxation, the room will be filled with the resonant sounds of Tibetan singing bowls, crystal bowls, gongs, and other harmonic instruments. These sounds are carefully selected to create a healing frequency that resonates through every cell of your body.



Moving regularly throughout the day keeps our joints flexible, strengthens our muscles, and can even help maintain a healthy weight by subtly increasing the number of calories burned.

Moreover, these activities can easily be integrated into our daily routines, making them a practical solution for those who struggle to find time for structured exercise.

Beyond physical health, incidental activities can have a positive impact on mental wellbeing. They provide short breaks from the monotony of desk jobs or long periods of inactivity, which can help refresh the mind and reduce feelings of mental fatigue. Engaging in light, frequent movements can also trigger the release of endorphins, improving mood and reducing stress levels. Embracing a Holistic Approach to Physical Activity

Understanding and embracing both structured exercise and incidental activity is key to achieving a balanced and healthy lifestyle. This holistic approach ensures that we remain active and engaged throughout the day, maximizing the health benefits of physical activity. It's about making movement a natural part of our daily existence, whether through a morning jog, a bike ride to work, or choosing stairs over elevators.

The 50 Days of Movement Challenge: A Journey Towards a Healthier You Our 50 Days of Movement Challenge launches on April 15th, and is designed to inspire and motivate individuals to integrate more

physical activity into their lives, highlighting the ease and joy of making movement a daily habit.

This challenge is not just about traditional exercise; it's a call to action to recognize and incorporate incidental activities into our routines. By doing so, we aim to build sustainable habits that contribute to our long-term health and wellbeing.

Participants are encouraged to explore a variety of activities, finding those that they enjoy and can stick with beyond the challenge. The goal is to demonstrate that being active doesn't necessarily mean spending hours at the gym, it's about making conscious choices to move more, in whatever capacity possible, throughout the day.

The benefits of both structured exercise and incidental activity are clear. Together, they form a comprehensive approach to physical activity that can significantly enhance our health and wellbeing. As we embark on the 50 Days of Movement Challenge, let's embrace this opportunity to explore new ways of incorporating movement into our lives, and discovering the joy and satisfaction that comes from being active. This challenge is more than just a short-term goal; it's a step towards a healthier, more vibrant life, where every movement counts towards our overall wellbeing. Join us on this journey and experience the transformative power of movement in your own life.

Make 2024 your year of MOVEMENT
Jimmy – ReDefined Founder

CLASS IN FOCUS

SOULFUL STILLNESS



NEW CLASS SOULFUL STILLNESS

This 60-minute session is meticulously divided into four serene quarters, each dedicated to a specific practice that together harmonises body, mind, and spirit.

The journey begins with 15 minutes of meditation training, where participants are introduced to the foundational techniques of mindfulness and concentration.

This gentle start helps set the tone for inner peace and prepares the mind for deeper exploration.

Following the meditation training, we delve into 15 minutes of breathwork. This segment focuses on controlling and harnessing the power of your breath, teaching you to use it as a tool for calming the mind, reducing stress, and enhancing your meditation practice.

The third phase features 15 minutes of guided meditation. Here, you'll be led through vivid visualisations and intentional focus, leading into the final chapter of deep relaxation.

TRIBE MEMBER SPOTLIGHT - PRISCILLA DOZZA

Transforming Lives: Priscila's Journey with ReDefined

Priscila's transformation is a shining example of what ReDefined stands for. Starting as a Childcare Assistant with us, she brought her nurturing spirit and dedication to every session, showing that the heart of teaching is a universal language, transcending beyond the classroom and into every aspect of life, including personal health and fitness.

Under the guidance of our instructors and the supportive community at Redefined, Priscilla not only surpassed her fitness goals but also discovered a newfound resilience and strength within herself. Her journey from struggle to success in maintaining a gym routine illustrates the transformative power of the right environment and support system.

"For over three months, sticking to a gym routine was a struggle until I found Redefined. Now, almost a year later, training has become a joy, not a duty. Redefined goes beyond a typical gym – it nurtures both body and mind in a fantastic setting with exceptional instructors. Give it a try; it's not just a transformation for your body but a boost for your overall wellbeing."



50 DAYS OF MOVEMENT CHALLENGE

RE X DEFINED

50 DAYS OF MOVEMENT Challenge

- 4 x ReDefined Sessions Weekly
- 5 Hours of Natural Movement Weekly
- Macro Based Nutritional Guidance
- Fitness and Strength Assessment
- Program Guide plus Online Support
- Launches April 15th 2024!

Email us@redefined.nz to enter
View more at www.redefined.nz

Movement IS Preventative Medicine. It is something we are super passionate about. So Papamoa, we challenge you to 70 Days of Movement this winter, by combining both structured exercise and incidental activity.

Your Goals for 7 Weeks:

- 🏆 3 x Strength and Conditioning Sessions/Week
- 🧘 1 x Yoga Sessions/ week
- 🚶 5 Hours of Natural Movement Weekly or 50,000 steps
- 🥗 Food as Fuel Nutrition, with Set Macro Based Meal Plans
- 👥 Like-Minded Community
- 📱 Online Training Portal
- 🎉 Challenge Celebration Hike

Unlock the power of movement this winter and FEEL the benefits!

Keen to take part? [Simply register here](#)
Not a member and keen to join?

Email us@redefined.nz for more info

LAUNCHES APRIL 15TH! - FREE FOR REDEFINED MEMBERS

REGISTER HERE!

STAFF IN FOCUS



HEIDI GINNANE

After growing up in the Waikato, spending many years overseas and the past 8 in Auckland, Heidi is now moving her busy Acupuncture practice to the stunning Bay of Plenty.

Following a snowboarding accident injuring her neck, shoulder and suffering from migraines, Heidi was encouraged to try Acupuncture. She was simply amazed at the results after just one session and has been a convert ever since.

This was the start of her journey and her passion for Acupuncture and Chinese Medicine has only grown since. Heidi has a gentle approach to acupuncture and looks at each person as a whole system, addressing the root of the problem rather than just focusing on each symptom.

Heidi is looking forward to meeting and working with you and is happy to answer any questions or concerns you may have in regard to acupuncture.

Hello Autumn

UPCOMING EVENTS

We have an awesome range of events and workshops lined up for 2024

BREATH OF SOUND

Fortnightly with Vitor

Upcoming Sessions on 5th and 19th April

Members FREE / Non-Members \$30

Soulful Stillness

Fortnightly with Marina and Verena

Upcoming Sessions on 12th and 26th April

Members FREE / Non-Members \$30

Ayurvedic Medicine Workshop

With Vitor Ramos

13th April 11 AM

FREE Community Event

BOOK IN FOR THESE WORKSHOPS AND EVENTS HERE!

THIS MONTHS OFFERS

20% OFF MASSAGE VOUCHER

BOOK IN HERE

BOOK A MASSAGE
Rejuvenate your body, revitalise your soul, embrace the ultimate self-care.

20% OFF
1st massage

REDEFINED

JOINING OFFER!

GET YOUR FIRST 2 WEEKS FREE

REDEFINED

IMAGINE A FUTURE WHERE AGE DOESN'T DICTATE ABILITY.

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