

**JANUARY  
2024  
ISSUE #31**

**RE >>  
DEFINED**

# UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF  
REDEFINED - HEALTH + WELLBEING + MOVEMENT



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## A WORD FROM REDEFINED FOUNDER

Kia Ora,

Happy New Year and welcome to 2024! I hope you've had a wonderful start to the year. A little tip from me: if you're setting a New Year's resolution, pair it with sustainable habits to help you achieve your goals.

We're thrilled to announce a free Open Weekend for our entire community on the 10th and 11th of February. Interested in trying our new Pilates equipment? Eager to relax with some Yoga, or explore the benefits of Strength Training? We've also got some fantastic workshops lined up, including 'Nourished Mind' and a 'Men's Health Workshop' to educate and inspire you on your journey towards health and wellbeing. It's the perfect opportunity for you and your friends to discover what ReDefined is all about.

For more details, have a look at page #4. We're also excited to introduce new experiences to our community. Our 'Forge' workout is set to launch in Week #9, and 'Meditate', featuring the amazing Marina, will begin in February.

“If you want to live a happy life, tie it to a goal, not to people or things.”  
– Albert Einstein

Jimmy August, Founder of ReDefined Health + WellBeing + Movement

### NEW CLASS! FORGE

A new class to join our Monday Conditioning Workouts.

We welcome Jason Fly to the appointment of Head of Our Performance Studio, taking over the reigns from Jimmy.

Fresh into it and Jase is releasing a new conditioning class. FORGE. Forge is zoned workout, with 3 x 7 mins AMRAPs. Zone #1 is a PUSH AMRAP and Zone #2 is a PULL AMRAP. Enabling us to LIFT heavy and FORGE results.

Zone #3 brings a 7 minute HIIT conditioning set. 7 stations , 2 rounds, 30 second on each.

Not finished there... The Finisher!  
3 x 1 minute Isometric holds to achieve full muscle fatigue.



## Sustainable Nutrition in 2024: Navigating Fad Diets and Quick Fixes

By Jimmy August

As we embrace the New Year, it's a time for reflection and setting goals. In the world of fitness and health, nutrition plays a crucial role. However, with the never-ending influx of fad diets, false marketing, and quick-fix promises, it's essential to approach our nutrition sustainably in 2024.

Let's explore how to nourish our bodies effectively while steering clear of the pitfalls of fleeting trends.

### Understanding Sustainable Nutrition

Sustainable nutrition is about finding a balance that supports our health and fitness goals in a way that can be maintained long-term. It's not just about what we eat, but how we eat. This approach respects our individual needs, preferences, and lifestyles. **The Drawbacks of Fad Diets and Quick Fixes**

Fad diets often promise rapid weight loss or dramatic health improvements. However, they can be overly restrictive, unbalanced, and hard to maintain. Similarly, quick fixes like 6-week challenges may offer immediate results, but

these are often not sustainable and can lead to a cycle of yo-yo dieting and habits.

### The Power of Whole Foods

A sustainable diet focuses on whole, minimally processed foods. These foods provide a rich source of nutrients and are more satisfying. Incorporate a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your diet. This diversity ensures you get a broad spectrum of vitamins, minerals, and other essential nutrients.

### Practical Tips for Sustainable Nutrition

**Personalise Your Plate:** Understand that there's no one-size-fits-all when it comes to nutrition. What works for one person might not work for another. Listen to your body and adjust your diet based on how you feel and your fitness goals.

**Educate Yourself:** Arm yourself with knowledge about basic nutrition. Understanding macronutrients (carbs, proteins, fats) and micronutrients (vitamins, minerals) helps in making informed food choices.

## MEET THE TEAM

TRACY HAWKINS  
MASSAGE THERAPIST



We are excited to welcome “Magic Hands’ Tracy back on February 8th! After a short time off to focus on her health.

Tracy is a mum of four sporty children and also a nan to her moko. Her two boys are elite athletes who play rugby. One for the Hurricanes and the other for the Blues.

Tracy has been massaging for 19 years, she's still very passionate about what she does and loves working alongside a variety of people. Her massage treatments include Sports Massage, Therapeutic, Trigger Point Therapy, pregnancy, and relaxation.

Been missing Tracy? Book through the app or send her a message.

**Trust in Science, Not Trends:**  
Rely on nutrition advice from credible sources backed by scientific research, not just what’s trending on social media.

**Community Support:**  
Engage with our gym community. Share experiences, recipes, and tips. Learning from each other can be a powerful tool in maintaining a sustainable approach to nutrition.

**Embracing a Long-term Perspective**  
Remember, nutrition is not just about losing weight or building muscle; it's about fuelling your body, supporting your health, and enhancing your overall quality of life.

A sustainable approach to nutrition is adaptable, enjoyable, and free from extreme restrictions. It’s about making choices that you can live with, grow with, and benefit from over a lifetime.

Let’s commit to being mindful of our nutritional choices. Avoid the allure of fad diets and quick fixes. Instead, focus on nourishing your body with wholesome foods, learning about nutrition, and listening to your body's needs.

By doing so, you'll not only reach your health and fitness goals but also embrace a healthier, more sustainable lifestyle.

Remember, the journey to good health is a marathon, not a sprint!

Jimmy - ReDefined Founder



**Plan Your Meals:**  
Meal planning can help you make healthier choices and avoid the temptation of quick, less nutritious options. It doesn't have to be complicated – start with planning a few meals a week and gradually increase.

**Cook More Often:**  
Cooking at home allows you to control what goes into your food. Experiment with new recipes and cooking methods to keep it exciting.

**Mindful Eating:**  
Pay attention to your hunger and fullness cues. Eating slowly and without distractions can lead to better digestion and greater satisfaction with your meals.

**Stay Hydrated:** Often, we mistake thirst for hunger. Staying well-hydrated can help in appetite regulation.

**Limit Processed Foods:** While convenient, processed foods often lack essential nutrients and are high in sugar, unhealthy fats, and sodium.

**Read Labels:** Be wary of health claims on food packages. Learn to read nutrition labels and ingredient lists to understand what you're consuming.

**Avoiding False Marketing and Fad Diets. Question Bold Claims:** If a product or diet promises quick and dramatic results, be skeptical. True health and fitness take time and consistent effort.

**Seek Professional Advice:** Before starting any new diet, especially if it's drastically different from your current eating habits, consult a nutritionist or dietitian.

# FREE COMMUNITY OPEN WEEKEND

We're thrilled to confirm your registration for our exciting, FREE Community Open Weekend at ReDefined, Papamoa's premier destination for Health and Fitness! As recipients of New Zealand's top Health and Fitness award, we can't wait to share our passion and expertise with you and our wonderful community.

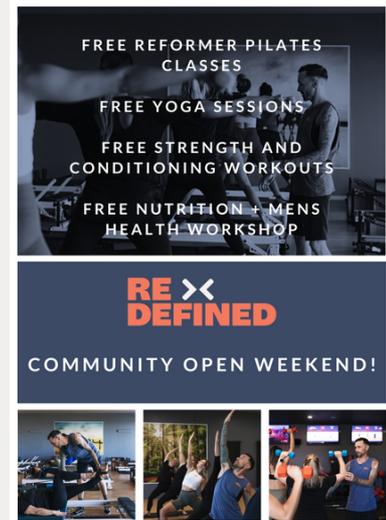
Here's a glimpse of the exhilarating events lined up for the weekend of 10th and 11th of February:

- **Saturday Schedule:**

- 8:00 AM: Hot Explore Your Flow Yoga
- 9:15 AM: Meditation Class
- 10:30 AM: Reformer Pilates Move
- 10:30 AM: Nourished Mind Nutrition and Mindset Workshop
- 10:15 AM: Full Body Strength Workout
- 11:30 AM: Reformer Pilates Move

- **Sunday Schedule:**

- 9:00 AM: Reformer Pilates Move
- 9:00 AM: Strength and Conditioning Class
- 10:00 AM: Reformer Pilates Move
- 11:00 AM: Men's Health Workshop
- 4:00 PM: Rest and Restore Yoga Class



Loved your experience and thinking of joining our tribe? Stay tuned for an exclusive membership promotion launching on Monday, 12th February, marking the grand finale of our open weekend.

Keen to join in?

[Simply register here for more information](#)

Mark your calendar for Wednesday, 7th February! We'll be sending you detailed instructions to download and set up our custom app, making it easy for you to book your preferred sessions.

Movement IS Medicine

## MEAL PLANNING OPTIONS NOW AVAILABLE FOR OUR TRIBE

Big news for our members on our Premier/Lifestyle or Platinum plans...

We're now including FREE meal planning software and tracking in your membership!

This feature, accessible through our custom Wellbeing ReDefined app offers:

- Customisable SMART 7-day Meal Plans
- Plans tailored to your calorie and macro needs
- Options for various dietary preferences, including vegan, vegetarian, gluten-free, dairy-free etc.
- Thousands of recipes to explore and customise

Check out this quick [introductory video](#) for more information.

To get started with your personalised meal plans, just send us a DM through the Wellbeing ReDefined app, and we'll set everything up for you.

# HELLO SUMMER

## UPCOMING EVENTS

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

### PAPAMOA HILLS WALK

Wednesday 31st Jan @ 7pm with Vic

### RAPARAHOE FALLS WALK AND COLD PLUNGE

Sunday 4th Feb @ 8.30am

### NOURISHED MINDSET WORKSHOP

Saturday 10th Feb @ 10.30am with Kylie

### MEN'S HEALTH WORKSHOP

Sunday 11th Feb @ 11 am with Kylie and Jason

### FREE COMMUNITY OPEN WEEKEND 12TH -14TH FEB

REGISTER FOR THIS HERE

**BOOK IN FOR THESE WORKSHOPS AND EVENTS HERE!**

## THIS MONTHS OFFERS

20% OFF MASSAGE VOUCHER  
BOOK IN HERE



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

20%  
OFF  
1st massage

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FREE COMMUNITY OPEN WEEKEND!  
TRIAL US OUT

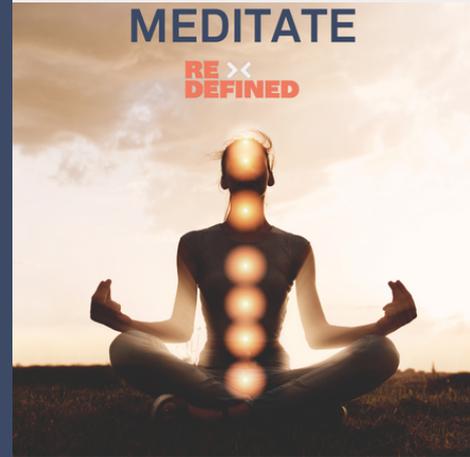


FREE YOGA SESSIONS  
FREE STRENGTH AND  
CONDITIONING WORKOUTS  
FREE NUTRITION + MENS  
HEALTH WORKSHOP

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COMMUNITY OPEN WEEKEND!

## CLASS IN FOCUS



### MEDITATE

We are excited to be launching a dedicated 30 minutes of Guided Meditation with Marina. Weekly on Saturdays @ 9.15am

'Melt Your Stress Away'

Welcome to "Meditate," a serene 30-minute journey into the world of guided meditation. This class is designed to offer a peaceful escape from the daily hustle, providing a tranquil environment to relax your mind, body, and soul. Join us for a peaceful pause in your day, a chance to reset, and a step towards a more mindful life.

Breath, Relax, Meditate

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EMAIL US ON US@REDEFINED.NZ OR VISIT WWW.REDEFINED.NZ