

**JUNE
2022
ISSUE #13**

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UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF
REDEFINED - HEALTH + WELLBEING + MOVEMENT

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WHAT'S ON FOR JUNE

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**THIS MONTHS
OFFERS**

Welcome to the June edition of our Universal Wellbeing Newsletter!

For us we wanted to share some of the goodness thats happening inside ReDefined, but also share some insightful articles and tips as well as upcoming events for our local community.

As we head into the coldest of the winter months, be sure to keep moving. Its times like these find the biggest challenges, but can also find the greatest rewards.

We are seeing some simply awesome behavioural habit changes in project:WELLBEING, as the secrets of the Power9 Blue Zones are unlocked for our tribe...Getting results simply has to be a longer term SUSTAINABLE approach, there can be no quick fixes!

Stay tuned for the Healthy Mum Project which launches soon, a 12 week program to guide Mums in our community towards happier, healthy living.

Happy Reading, Happy Moving

Jimmy
CoFounder - ReDefined

THE POWER OF BREATHING TO RELIEVE STRESS & ANXIETY

BY ELZANNE MYBURGH, PHYSIOTHERAPIST
FROM RECHARGE PHYSIO AT REDEFINED

Breathing is a powerful tool.

We can control our whole day and wellbeing simply with.....breath.

But how do we use breathing to help decrease stress & anxiety naturally?

Let's start at the beginning...

When you are stressed or anxious you tend to always increase the activation of your sympathetic nervous system.

The sympathetic nervous system is also known as your "Fight or Flight" nervous system. This is the nervous system that will help you in times of danger by spiking your cortisol AKA stress hormone as well as adrenaline levels.

Even though the sympathetic nervous system is extremely important in dangerous situations, it is not healthy to be in a heightened state of "fight or flight" permanently.

However, most people have experienced intense levels of stress for the last 2 years causing an overactive sympathetic nervous system.

Being in a constant sympathetic nervous system state can also lead to delay in healing, disrupted sleep and decreased digestion.

The question is...
How do we get out of the heightened sympathetic nervous system state?

The answer is simple...
B R E A T H I N G !

When we focus on breathing well and including nasal and abdominal breathing into our daily life, we activate our parasympathetic nervous system.

CLASS IN FOCUS



RELEASE

TUESDAYS @7PM
WITH PAUL!

Would you like to keep moving your body and progressing towards your goals?

This is an invitation to level up your training or movement practices with a session dedicated to the benefits of myofascial release.

Using foam rollers, massage balls and various techniques, the goal here is to release the fascia surrounding your muscles and joints to enable you to move with more FREEDOM!

AND...
so you can keep moving and coming to classes, a wonderful tool to add to your self-care practice for longevity, which you can easily do at home.

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The parasympathetic nervous system is also known as your “rest and restore” nervous system.

Your parasympathetic nervous system helps to promote healing, improve digestion, improve sleep, and delay ageing.

By simply focusing on breathing well, you can naturally decrease your stress and anxiety levels.

Let’s first focus on abdominal breathing:

- Lie down on your back
- Place one hand on your abdomen, just below your ribs
- Place the other hand on your chest
- Close your eyes
- Make sure you focus on your mind and body connection
- Slow down and think where your body is in space
- Relax and breath naturally
- Now, focus on inhaling and expanding your abdomen
- Exhale and relax
- Repeat again...
- Inhale & expand
- Exhale & relax
- Inhale for 1...2....3....
- Exhale for 1...2...3...4...
- REPEAT

Try and focus on your breathing for 5 minutes.

You will feel calm, well rested and restored.

By doing daily abdominal breathing you can naturally lower your stress and anxiety levels.

No medication or doctors needed.

Just B R E A T H E...

Take home message:

Try to incorporate your breathing into every day life events.

You can focus on abdominal breathing while waiting for the kettle to boil, while sitting in traffic and even while brushing your teeth.

Always remember...

When in doubt
B R E A T H E out!!!

You can also watch my video to help:

<https://www.youtube.com/watch?v=g18--gVoyxA>



MEET THE TEAM

ANTON SUNDE
HEALTH + FITNESS
COACH

Kia Ora ReDefined whānau!

Anton here, born and bred in Auckland, been in Papamoa since 2020.

Currently the Te Puke Primary School Sport Coordinator. My life has always revolved around sport and exercise because that’s where my passion lies:

- Pre-Covid I was playing Professional Water Polo in Croatia and Spain
- NZ Rep 2010-2019, age groups and the Senior National team
- Bachelor of Science, majoring in Sport and Exercise Science.

I’m super excited to be part of the ReDefined team and have a tonne of experience and knowledge to share. Come to my classes in the Performance Studio a few mornings a week so we can work together on your fitness goals and improve your overall wellbeing!



COMING SOON....

The Healthy Mum Project!

A 12 week immersion to help guide and support Mum's towards healthy, happy living and getting back a lifestyle they enjoy.

This opportunity for creating some self-care rituals in a safe and empowering space within a like-minded and values-based community will include:

- Post Natal Assessment
- Movement
- Nutrition
- Mindset
- Like minded community
-

Stay tuned for more info, launch date mid August 2022



PROJECT WELLBEING UPDATE

Its been an honour, walking alongside our Project Well-being Tribe, as they courageously observe, reflect and create new ways of thinking, doing and being over the last 6 weeks! This program is all about creating SUSTAINABLE habitual change

We've delved and explored:

- Goal setting, Ikigai and the Blue Zones
- Creating winning mindsets
- Downshifting and sleep
- Nutrition essentials
- Food as fuel
- Natural Movement

And the last two weeks will cover:

- Creating balance in life
- Integration

If this is something that resonates with you, our next program will launching in early October!



INTRODUCING... CARMEN CRISTESCU

I'm thrilled that I was given the chance to take over the Papamoa Farmers Market as I truly believe that we have an amazing opportunity here to creates something spectacular for the community.

My dream is to create a place where the community comes together not only to shop but to connect, network, share ideas, create relationships, and a place where we get to know one another and support one another.

My aim is not only to bring together local sellers of produce, added-value regional food and beverages, plants and flowers and arts and crafts, but also a place where everyone is welcomed, young families with kids (we have access to Grow Childcare playground) and customers that want to bring along their fur babies.

Papamoa Farmers Market will become a place that offers a little something to everyone that decides to join us Every Sunday morning, rain or shine!



HELLO JUNE

THIS MONTHS EVENTS

WHAT'S ON THIS MONTH @REDEFINED!

PAPAMOA FARMERS MARKET

EVERY Sunday 8.30am - 12pm

www.papamoafarmersmarket.nz

#supportlocal



An Evening of Cacao with Bex

First of the Winter Series:

\$39 for one or \$99 for all 3

Dates:

Sat 18 Jun

Sat 22 Jul

Sat 20 Aug

Experiencing You

4 x Series with Krystal Ryan!

\$20 for one or \$60 for all four

Dates:

July 3rd, July 17th

July 31st, August 14th

REGISTER ONLINE FOR THESE EVENTS BY CLICKING HERE!

THIS MONTHS OFFERS

\$14 for 14 days Trial Offer!



3x PT Sessions with Jason!



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

CLASS IN FOCUS



SOUL SESSIONS

STARTING THIS
SUNDAY @4PM WITH
BEX!

This class is your weekly
time to connect within &
realign Mind Body & Soul.

You will be guided deeply
into your Theta &
Parasympathetic Nervous
system through a unique
blend of Somatic Yin,
Breathwork, Meditation, &
Sound.

As you enter this deep
resting zone, you can
expect to find your
stillness & calm, washing
away any stress &
rejuvenating you at your
deepest level.

It's the perfect way to end
your week, by releasing
what no longer serves you
and reviving you for the
week ahead.

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