



MINIMIHI NEMANI,
senior lecturer and
academic adviser at
MIT School of Sport and
former body boarding
world champion

"I believe short bursts of high-intensity exercise are one of the keys to keeping fit. As part of my routine I do Tabata interval training which has amazing benefits. Eight sets of 20 and 10 second sprint intervals only adds up to 4 minutes but it's one of the most challenging four minutes you'll ever feel. And for me, as a body boarding junkie, nothing quite beats the thrill of catching some waves on the weekends!"



SARA CHATWIN,
mind coach and
registered psychologist

"As a psychologist, most people assume that my focus is on the mind, yet it doesn't take a psychologist to realise that the mind and body both need nurturing to work efficiently together! I've always been actively involved in some sport or exercise regime as I believe that the best investment we can make in life is in our health. I mix up weights, cardio and plyometric training, which involves exercises using my body weight. To stay balanced in my mind, I take a non-tolerance approach to nonsense, drama and stress and 'make the moment matter'."

MISH MCCORMACK,
corporate fitness expert
and personal trainer

"For me, the key to staying fit and healthy is having a positive attitude! No matter what challenges I am facing, I like to start each day with positivity, a sense of purpose and appreciation of all the great people and things around me. I believe this keeps me happy, full of energy and maintains good health. To keep fit I love mountain biking with my partner and daughter in the beautiful outdoor environment New Zealand has to offer. I also work out at the gym and enjoy running."

