



**FASTLANE**  
FITNESS

# Achieve Your Goals

*Volume 2, Issue 8*

*August 2015*

## New Trainer!

We have a new team member, who some of you may have already seen or met at reception and in class. Those who haven't, come say hi to Danielle next time you're in!

She has a few cool tricks up her sleeve, which I'm sure she will share with you all at some point!

Don't hesitate to ask her anything, and if she's not sure she'll find out for you 😊

## Classes

We will be introducing some Saturday classes sometime in September. Once we have ideas of times etc you guys will be the first to know – so keep your eyes and ears peeled 😊

## Have you got...



- ...your access card?
- ...a parking pass?
- ...your towel?
- ...a program?



If you answered no to any of the above, please see reception so we can help you out 😊

# Milestones

*Congratulations to the following members  
for reaching their milestones last month!!*

## **50<sup>th</sup> Workout**

Clyde Bennett	Mark Purser	Tee-Jay Ryan
Logan Bennet	Mark Reynolds	Samrat Sood
Ron Bridges	Dean Miller	Stuart Brown
Mark Buckley	Joshua Rorason	Katie Stonnex
Wade Charman	Shaun Tuffrey	Leslie Turfrey
Rosie Culhane	Jessica Brittain	Tracey Wallace
Steve Donelley	Paul Fagan	Richard Warrick
Harry Dunn	Brooke Ashton	Peter Wilson
Madeleine Gage	Justis Scrivener	Susan Woodhouse
Kylie Harcourt	Jeana Andrews	Leisha Currie
Pete Harris	Phillip Lee	Shelley Moore
Saskia Holden	Paul Donoghue	Christine Taane
Harrison Jull	Mandy Harris	AuthmanAl-Saudi
Aaron Maisey	Megen Willems-Blacktop	Yasmin Alian
Jeremy Maseyk	Dot Larsen	Tanujt Dutt
Chris McKinnon	Pavitar Pandher	

## **100<sup>th</sup> Workout**

Anthony Broatch	Jenna Jenkins
Dianne Brophy	Simon Levings
Derek Christensen	Julie Netzler
Darryl Conn	Raumae Ngatuakana
Te Iwa Fisher	Shelley Edmonds
Robert Gera	Mike He
Stephen Hamer	Bryan Dockery
Glen Horsman	Filippe Oliveira
Sarfraz Hapuki	

## **200<sup>th</sup> Workout**

**Ella Maseyk**

# July's Biggest User

*Well done to last month's top 16 users!*

Andrew Maseyk	39	Darrel Hendersen	24
Ella Maseyk	37	Nicole Thompson	24
Michelle Weeks	31	Harrison Jull	23
Darryl Conn	30	Jess Lusby	23
Paul Donoghue	29	Pavitar Pandher	23
Sifa Mafi	25	Emerson DeSouza	23
Oho Moke	25	Mark Sullivan	22



## Moroccan-style Lamb and Chickpea Soup

*Serves: 6*

*Time to make: 10hrs 20min*

1 tbsp canola or olive oil	1 cinnamon stick
400g lean lamb steaks, diced	2 x 400g can diced tomatoes
1 large onion, diced	3 cups chicken stock
1 large carrot, diced	2 x 400g can chickpeas, drained and rinsed
1 tsp ground cumin	1 tsp paprika
1 tsp ground coriander	1 lemon, zest and juice
½ tsp ground turmeric	3-4 tbsp chopped fresh coriander
½ tsp chilli powder	Salt and pepper, to taste

**Heat** oil in a large frying pan. Add lamb and cook over a high heat for 4-5 minutes, turning pieces occasionally, until lightly browned on all sides. Transfer lamb to a non-stick, sprayed slow cooker and set to low. **Once** lamb has been transferred to slow cooker, add onion and carrot to frying-pan and cook, stirring occasionally, for 3-5 minutes until onion has softened and is beginning to brown. Stir in cumin, coriander, turmeric, chilli and cinnamon stick. Cook, stirring continuously, for another minute. **Tip** vegetables into slow cooker then add tomatoes and their juice, stock and chickpeas. Stir in paprika, lemon zest and juice. Cover slow cooker and cook on low for 8-10 hours. **Add** most of the coriander to soup (reserve a little for garnishing), and season with salt and pepper. Cook for 15-30 more minutes. **Before** serving, remove and discard cinnamon stick. Warmed flatbreads or a crusty loaf are ideal accompaniments. For an attractive (and tasty) finishing touch, add about 1 teaspoon reduced-fat sour cream and a little chopped coriander or parsley.

### *Nutritional Value per Serve*

<b>Calories</b>	263 cal
<b>Protein</b>	23g
<b>Fat</b>	10g
<b>- Saturated</b>	3g
<b>Carbohydrates</b>	25g
<b>- Sugars</b>	8g

## Staying hydrated

Staying hydrated can be hard, let alone during the cold winter months. Although you may not be sweating like you would in summer, water vapour is still being lost through breathing.

Dehydration can cause exhaustion, muscle fatigue, cramps, loss of coordination and an extreme result, a stroke. When dehydrated, you can be more susceptible to colds and flu!

Not drinking enough water throughout the day can make it difficult to lose weight and keep it off. Without water, it makes it difficult for your body to break down fat for energy and you have less control over your appetite.

If you struggle to stay hydrated, no matter what season you're in, try these tips –

- If you think you're hungry, try drinking some water first. Thirst can be mistaken for hunger.
- A rule of thumb is to drink half your body weight in ounces ie a 140 pound person should aim to drink 70 ounces of water per day.
- Balance out diuretics with water. For every coffee or alcoholic drink you consume, have an extra glass of water.
- Drink water before, during and after exercise!
- Cut back on sodium – salty foods can make you excessively thirsty and lead to bloating.

## NEW to Feed Zone...

**Breakfast** is now available at Feed Zone from  
8am – 11am.

You can choose from:

Any style of eggs on toast,

Super oats with nuts, seeds and banana OR

Granola with berries and Greek/Coconut yoghurt.

Prices start from \$7.50