

Winter is upon us!

? ? HOW 'FIT' IS YOUR MIND ? ?





The body isn't the only part of us that needs exercising to keep healthy, the mind also needs to be worked to keep it sharp as a tack!

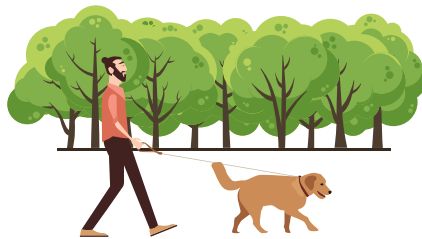
(Answers will be posted in the next edition)

1. How often should you be lifting weights?

- A. Lift every day for at least 30 minutes
- B. Lift every other day for at least 30 minutes
- C. Lift every day for at least 60 minutes
- D. Lift every other day for only 10 minutes

2. What is the best source of calcium out of the following?

- A.  Banana
- B.  Lettuce
- C.  Broccoli
- D.  Apple



3. What is the daily amount of steps a person should walk to equal 5 miles?

- A. 5,000
- B. 10,000
- C. 20,000
- D. 30,000




4. If you are active, it is best to drink;

- A. Only when you are thirsty
- B. Lots of sports and energy drinks
- C. 1L of any fluid before
- D. Water before, during and after exercising

5. If you are performing plyometric exercises while training, you are performing;

- a) Slow, deliberate movements
- b) Twisting movements
- c) Slow breathing techniques
- d) Explosive movements

6. Which of the following has the highest content of Vitamin C per average serving size?

- A.  Kiwi
- B.  Banana
- C.  Orange
- D.  Strawberry

7. Which type of exercise is the best way to burn fat?

- A. Vigorous
- B. Long and slow
- C. It doesn't matter
- D. Moderate



PARKING INFORMATION

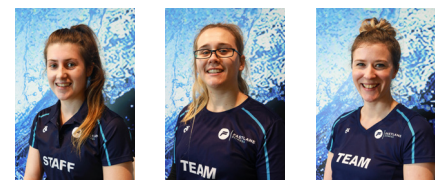
Hopefully by now everyone has their parking passes and have them visibly displayed on their dashboard. Anyone who is using the facility can see reception to get a temporary pass. Please be mindful of not parking in reserved spots as you may receive a parking ticket. If you have unfairly received a parking ticket, bring it into reception and we will waiver it but please note that if you do receive another one we may not be able to waiver it depending on the circumstance.

STAFF NEWS

Some of you may have already noticed that we have two new faces that have joined the Fastlane Team!

Maddison, who will be taking some classes, is in her 3rd year of Molecular Biology at University of Waikato and is a future IFBB bikini competitor with October being her first contest! Sammy is one of our new Learn To Swim instructors who has literally just landed in New Zealand, originally from Australia she is qualified in AustSwim as well as sports coaching and classroom teaching. She finds working with children a great joy, particularly those that are a little less confident.

Head to our website to learn more about our awesome staff! - www.fastlane.kiwi





BE STRONGER THAN YOUR EXCUSES!

Winter has truly settled in now so hopefully you have managed to keep up with your training during the cold, wet and dark days. If you haven't been as consistent with your workouts as much as you would have liked due to the endless excuses we easily find, then try and follow some of these helpful tips to get you summer ready!



EXCUSE:
You can't get off the couch to break out a sweat!

SOLUTION: If you don't go straight to the gym after work, then don't even sit on the couch until you've done your planned workout for the day. If the couch is calling your name a little too loudly, then at least make sure that you've changed into your workout gear so that you can do a quick workout during the ad breaks

15 x squats, 15 x push-ups, 15 x crunches, 15 seconds high knees
Repeat until the show starts.

30 x squats, 30 x push-ups, 30 x crunches, high knees until show starts.

Squats during one ad, push-ups during the next ad and so on.



EXCUSE:
It's too cold and wet to exercise outside.

SOLUTION: If training outside is what you usually like to do, then don't let the cold or wet discourage you from sticking to your plan. Invest in some weather friendly clothing that will protect you from the cold but also stops you from getting soaked with sweat. When it's wet, listen to your body and go slower with shorter strides.

This will reduce the tendency to claw the ground with your toes causing your calves to be sore the next day.



EXCUSE: It's too dark in the morning to get out of bed.

SOLUTION: When you wake up before sun rise, it's compared to having jet-lag hence why it can be such a struggle to get up, let alone to go for a workout. If it's not possible to wait until the sun has risen to sneak in a workout, which is when you're most likely to have more energy, then make sure you go to bed 15min earlier to make it that little bit easier. Set an alarm to remind you to go to bed and switch off all devices an hour before bed to shut out light and other brain stimulators.

FEEDZONE UPDATE

FeedZone now sells **Fastlane Fitness Reusable Coffee Cups!!**
Purchase one on your next visit for just **\$8** and receive your hot beverage **FREE!**



[@thefeedzone](#) [@the_feedzone](#)



AUGUST CHALLENGE

ULTIMATE SURVIVOR

31 DAYS 31 CHALLENGES

GRAND PRIZE WORTH OVER \$1500!

ANY FITNESS LEVEL

BONUS SPOT PRIZES!

EARN POINTS

A special thankyou to all our sponsors for the support!



DAVE MCLEAN PERSONAL TRAINER



FASTLANE FITNESS

800 Victoria Street, Hamilton 3204
Phone: 07 839 0886 Email: admin@fastlane.kiwi
www.fastlane.kiwi



Like us on Facebook
[@FASTLANEHAMILTON](#) & follow us on Instagram [@fastlanefitness_](#) to stay in touch!

