



Achieve Your Goals

FASTLANE
FITNESS

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INTRODUCING EZRA!

For those of you who don't know, we have a new team member who has joined us! You might see him training hard in the gym or you'll see him mostly on Friday evenings and Sundays. He is a qualified fitness coach and currently training to become a personal trainer. He has participated in a variety of sports, such as , kickboxing, mixed martial arts, freestyle wrestling and bodybuilding, which he has a championship at national level for the latter two - pretty impressive! Don't hesitate to ask him anything ☺

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GYM SPECIAL

Don't forget about our 12 month special of \$15.90 per week. There are limited memberships so let your friends and family know while they are still available. Visit www.fastlane.kiwi to join online today!

HEALTHY HINTS

With the warmer months coming it's vital that you're water consumption increases.

Your body needs water to stay hydrated. Even if you're mildly dehydrated, you may feel fatigued and lack energy.

Water to helps to flush out toxins, carry vital nutrients to your cells, and keep a moist environment for your ears, nose and throat issues.

Exercise, health issues/status, and envi-

ronment can all depend on how much each individual needs to consume. But on average, men require 3L and women require 2.2L.

It can be hard to consume your daily intake, which is why it's important to find a way to help keep your fluid levels up.

One way to help is to write down times on your bottle and make sure that you've consumed the water up to that deadline! Easy!



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

**Well done to the Top
15 October Users!**

25th

Raumae Ngatuakana

Kylie Harcourt

Stephan Doran

Loren Brown

Mark Buckley\

Mark Reynolds

Bradley Edmondson

Tony walker

Harrison Jull

Rosie Culhane

50th

Coreen Taane

Kirsty Woolsey

Caroline Huntly

Alan Chew

Ryan Lush

David Sutherland

Te Iwa Fisher

100th

Viliami Ballard

Hari Jones

Stefan Holman

Mridul Gupta

200th

Michael Emmett

Hare George

Brad Andersen

300th

George Williams

Michelle Bayley

Mike Pegg

400th

Byron Morris

500th

Doug Robertson

Manu Edwards (Jnr)

700th

Mary Cave-Palmer

800th

Tapu Heta

900th

John Lolani

Sanjay Weerasinghe

Semisi Sikuea

1000th

Gurpreet Judge

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Raumae N. 26

Leon B. 23

Michelle W. 23

Michael E. 22

Andrew M. 21

Karl B. 21

Derek C. 20

Glen H. 20

Hayden L. 20

Jason B. 20

Manu E. 20

Rebecca G. 20

Scott C. 20

Rhys V 19

Julie N. 19

*"The greater danger for most of us is not
that our aim is too high and we miss it,
but it is too low and we reach it."*

- Michelangelo

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CHOCOLATE AND AVOCADO MOUSSE

Serves: 6 Time to Make: 15 minutes

Cal: 339 Fat: 24.2g Saturated: 11.1g Carbs: 30.2g Sugars: 19.9g

- 2 large ripe avocados
- 1/2 cup cocoa powder
- 2 tsp vanilla extract
- 3 tbsp maple syrup
- 1/3 cup coconut cream
- 150g dark chocolate, melted (and extra to garnish)
- Berries to serve (optional)

Cut the avocados in half and remove the stone. Scoop the flesh into the large bowl of a food processor. Add the cocoa powder, vanilla, maple syrup and coconut cream. Process for 10 seconds. Scrape down the sides and process a further 10 seconds.

Add the cooled, melted chocolate. Process for 10-15 seconds or until cream and smooth. Spoon into 6 serving glasses or dishes. Serve with fresh fruit and garnished with shaved chocolate.

Recipe Tip

For the ultimate dessert, add 1 peeled banana to the mix with the avocado. You can also swap the coconut cream for reduced fat or coconut milk if you prefer. Start with 1/4 cup, so your mix is not too runny.

30-DAY FULL-BODY FITNESS CHALLENGE

Work your upper body, lower body and everything in between!

MONDAY + THURSDAY

100 Push-Ups

TUESDAY + FRIDAY

100 Squats

WEDNESDAY + SATURDAY

100 Crunches

SUNDAY

Rest, Repeat, or Test

30 DAY CHALLENGE

If you haven't started getting ready for your summer body, or feel that you could spice up your workouts, then here's a 30 day challenge you can **ADD** to your current program. Have fun!