



FASTLANE
FITNESS

Achieve Your Goals

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Coming Soon...

Another challenge is on its way for those who enjoy pushing their boundaries or for a friendly rivalry!

The 10-20-10 is a mini triathlon; 10 minute swim, 20 minute bike, 10 minute run for max distance!

Keep your eyes and ears peeled for for details!



Get Lean

Staff and members of Fastlane Fitness are well into the Get Lean program. Everyone is doing really well so far, sticking to the program and exercise as much as they can and if we slip up we have the support from everyone else to shake it off and get back on board.

Although it's too late to join the program with team Fastlane, you can still sign up with Corey Hinde at www.thatfatlossblog.com

If you have any queries, please don't hesitate to ask at reception for more details 😊

Class Update

We have spruced up our class schedule with class swaps, new times, new classes and extra classes – including another Saturday class!!

Make sure you check it out on our website or ask us for more details!!

Starts from Monday 12th October 😊

September's Biggest User

Well done to last month's top 16 users!

Pavitar Pandher	48	Jacob Plasmeyer	27
Andrew Maseyk	38	Donna Affleck	25
Bluey Inia	34	Ethan Major	25
Dave East	31	Mark Sullivan	25
Whitney Rika	31	Jess Lusby	25
Ella Maseyk	30	Rob Ford	24
Paul Donoghue	30	Stephen Wall	24
Michelle Weeks	29	Mason Robinson	24

Learn To Swim for Adults

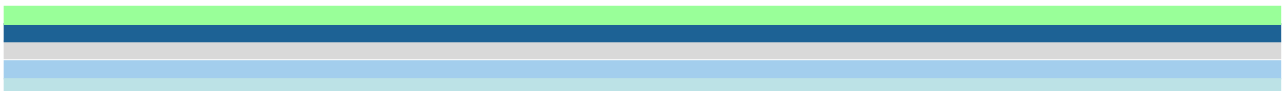
Those of you who are wanting to use the pool but just need a little bit of confidence then we have just the thing for you. Starting in early October, we will be offering learn to swim for adults. There will be 10 lessons (one per week) for a total cost of \$130. We will also have individual lessons for \$45 per lesson. We have different levels so if you're not sure which level you come under, here's a guide to help -

1. Intro - no confidence with head under water, never been in the water, unsure how to float
2. Beginner - has confidence with head under water, but doesn't know any swim strokes
3. Intermediate - Can swim one stroke (eg breast stroke).
4. Advanced - advancing to extra strokes, and help with techniques (breathing & stroke improvement included)

Send us your contact details - including time and day preference, and the level you would be interested in, so we can get you started ☺



Just Keep Swimming



Banana Pancakes

Serves: 1 Time: 25 minutes

- 1 large bananas, ripe to overripe
- 2 eggs
- 1 serve of protein powder (flavour of your choice)
- Greek yoghurt, to serve
- Honey, to serve
- Berries, to serve (optional)

In a mixing bowl, crack in the eggs and add in baking powder. And whisk to combine. **In** another bowl add in 1 1/2 large bananas. Lightly mash with a potato masher or a fork, but not too much. There should be chunks of bananas to make fluffy pancakes. And use only ripe bananas. **Pour** wet mixture into mashed bananas and stir to combine. **In a** frying pan, cook mini pancakes over a medium low heat. 1 or 2 tablespoons of batter is enough for each mini pancake. When the baking powder is activated, flip it over and cook for about one minute more. Serve with a dollop of greek yoghurt, a drizzle of honey and handful of berries ☺

Nutritional Value per Serve

Calories	453
Protein	43.4g
Fat	11.4g
- Saturated	4.9g
Carbohydrates	42.4g
- Sugars	30.5

It'zzzz Nap Time!

Napping can be hugely beneficial with helping to keep us awake and alert, and not to mention energised. But did you know that the amount of time you nap for can have an effect on how your body will benefit from it.

The Nano-nap: This **10-20sec** nap hasn't been scientifically proven to be beneficial to helping us, but hey, we're all guilty of it!

The Micro-Nap: This nap has been proven to help reduce your sleepiness slightly from just a quick **2-5min** shut eye.

The Mini-nap: With just **5-20mins** of napping the Mini-Nap is known to increase alertness, stamina, and motor learning and performance.

The Original Power Nap: This **20mins** nap has the same benefits as the above, but it can also help with muscle memory, and clearing the brain which further helps improve long term memory.

The Lazy Man's Nap: A big **50-90min** nap like this one helps the system with human growth hormones, which is great for repairing bones and muscles. It includes slow-wave and REM (rapid eye movement) sleep which helps us organize and interpret information from around us.

Happy Napping Team! ☺

Feed Zone News Flash

Raglan Coconut Yoghurt

Ever wanted a dairy and gluten free yoghurt? One that is paleo friendly with no added sugar? Then look no further!! A couple in Raglan have created their very own yoghurt that's full of probiotics and uses honey from the local bees!

It's great to add to smoothies, granola, and fruit or just straight from the jar ☺

We use Raglan Coconut Yoghurt to serve with our slices and in our smoothies, but if that's not enough for you we also stock it – for \$16 you can have your own 'joy in a jar'.

See us for more details ☺

