

WAIT IS IT SPRING YET?

WINTER HAS ARRIVED - IS THAT REALLY SO BAD? (TIM'S BLOG)

Here are a few things I like about winter.

Uncrowded lineups. I think winter is the time when the true surfers stick around. There's nothing wrong with having a splash around in the surf in the summer sun. Some of my best surf trips were in Sydney during winter, hard to imagine, but we had some of the best waves with only a handful of guys out. Yes, it was cold initially, but with a good wetsuit, it was fine. Often the air was cooler than the water.

Snow. I'm not a scientist, but you don't see much snow in summer. Whether it's hiking up a mountain, flying down a mountain at ridiculous speeds, or simply throwing snowballs and making snow angels with the kids, snow equals fun.

Log fires. Following on from the snow, and empty beaches, is there a better way to get warm in winter. I remember travelling around rural England and Scotland and visiting pubs not much larger than 90 square meters. (Or 3 apartments in Auckland!) Often, half the pub was taken up by a fireplace, which everyone huddled around. (No social distancing in these establishments) Evening drinks. I love a beer at a barbecue as the much as the next person, but I can't think of a much better sensation than having spent a day on a mountain, or on a cold deserted beach, sitting in front of a fire, with a red wine, Kahlua, Baileys, Jägermeister (best I cut my list short) in my hand solving the world's problems with a few friends.

Training. Lastly, there's something invigorating about training outdoors in winter. Cold wet evenings aren't a lot of fun, but those cool clear evenings are just magical. I've been sneaking up to the park once a week and lifting some logs left behind by some trees recently cut down. Initially it's cold, but I'm warm within minutes, and apart from my workout being considered primitive, there are times when I'm happy to train in isolation. There's my list, why not share some of your favourite things about winter..... Follow Tims Blogs on our website

@ www.fastlane.kiwi



STAFF NEWS

Since last time we have said some sad goodbyes to Stevie (LTS) and Alex (FOH & Cafe).

Tere will now be leading the cafe front of house team.

In August we welcomed to the team Rachael - Head Swim coach and Jess - Business Systems Co-ordinator

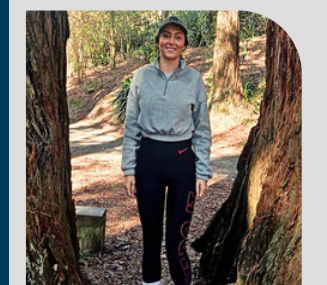
And Shakira - another friendly face on reception.

Follow our social pages to find out more.

Or check the About Us Page on www.fastlane.kiwi



RACHAEL



SHAKIRA

Upcoming Events!



ROUND THE BRIDGES - BEGINNER TRAINING PROGRAM WITH SHANNON CLEAVE
- \$75 INCLUDING RACE ENTRY FOR FASTLANE MEMBERS -
CONTACT INFO@FASTLANE.KIWI FOR MORE INFORMATION OR LOOKOUT FOR OUR SOCIAL POSTS

BEE SUMMER READY WITH OUR SPRING INTO SUMMER BOOTCAMP - 8 WEEKS
- 3 SESSIONS A WEEK, FITNESS TESTS & MORE **STARTS OCTOBER**

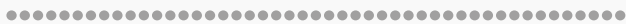
HOT YOGA POSTURE CLINIC - JOIN OUR HOT YOGA FACEBOOK GROUP TO FIND OUT MORE (SEPTEMBER 16- 8AM - 10AM)





FEEDZONE

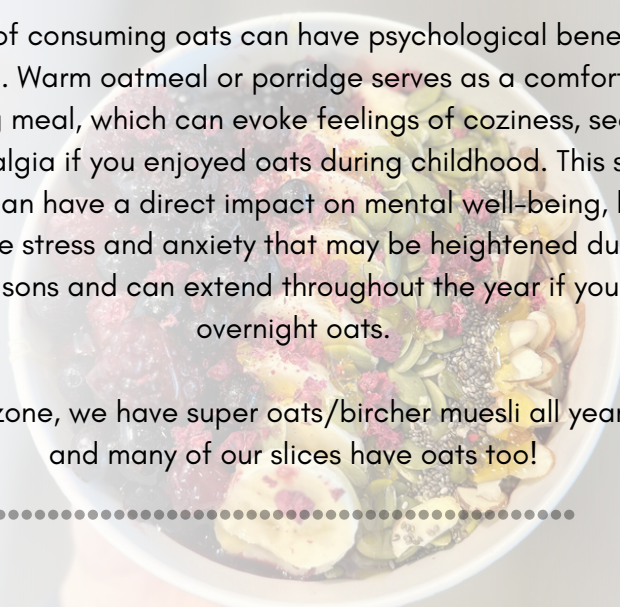
MENTAL FATIGUE



Even though we're about to hit spring, incorporating oats into your diet can offer a range of significant benefits for mental health for all seasons. Oats are a nutritional powerhouse, rich in complex carbohydrates that provide a steady release of glucose into the bloodstream. This gradual release helps stabilize blood sugar levels, preventing the sharp spikes and crashes that can cause cognitive exhaustion and mental lethargy. Moreover, oats are a good source of fibre, which supports healthy digestion and can indirectly impact mental health by influencing the gut-brain connection. A healthy gut has been linked to improved mood and reduced risk of depression and anxiety. Oats also encompass essential nutrients like B vitamins, crucial for the synthesis of neurotransmitters that regulate cognitive function. By supplying the necessary components for neurotransmitter production, oats play a role in maintaining mental alertness and acuity, crucial during the darker winter months.

The act of consuming oats can have psychological benefits all year round. Warm oatmeal or porridge serves as a comforting and soothing meal, which can evoke feelings of coziness, security, even nostalgia if you enjoyed oats during childhood. This sense of comfort can have a direct impact on mental well-being, helping to alleviate stress and anxiety that may be heightened during the colder seasons and can extend throughout the year if you include overnight oats.

At Feedzone, we have super oats/bircher muesli all year round and many of our slices have oats too!



SWIM NEWS!



Getting into a refreshing pool in the winter is only hard for the first length! Just remember once you are in and moving your body will be warm again in no time! We increase our pool temp by a degree in the winter. Don't forget we have some equipment you can borrow to get you moving faster. Just remember to return it afterwards so that everyone can get the most out of their swim sessions.

WARNING
USE ONLY UNDER
CONSTANT SUPERVISION

Good vibes

Congratulations:
Helen - Member of the month, Helen has been swimming with us casually and has recently joined the aqua beat classes, she misses it terribly when she can't make it - and we miss her friendly chatter, and willingness to try new things!
Sonam Bansal & Tim O'Brien - male and female winners of the longest deadhang!

