



MAY PROMO

We have a GREAT promo running for this month.

We are offering a swim and class membership – unlimited swims and access to ALL classes (gym and assessments/programs not included).

For the month of May only, we are offering this membership for \$17.90 per week with no minimum term.

After the month of May this membership will still be available at \$17.90 per week but for a minimum of 4 months.

Terms and conditions apply

FEEDZONE

Our very own café has expanded out to Rototuna Junior High School as their new cafeteria, which is appropriately named Jnr FeedZone!

If your kids go there, or know of anyone who goes there, spread the word! They will be selling healthy versions of all foods kids like and can be ordered online or prepaid accounts can be set up.

Don't forget that FeedZone snr also caters for your own functions or morning teas at work. Just talk to Emily in the café to organise days, times and what sort of food you'd like.



ACHIEVEMENT BOARD

The last few Newsletters we've been acknowledging our members and staff's sporting and fitness achievements. What we would love to do is put these achievements on a board in the gym for everyone to see!

If you have accomplished something and wouldn't mind us spreading the word of your achievements, then please let us know! We would love to use pictures from the event or milestone that you conquered!

These achievements can be anything from your first 5km run, a Triathlon, or reaching your goal weight loss!

You can email us at info@fastlane.kiwi or talk to our trainer, Danielle.

ASN - Advance Sport Nutrition

ASN products are now exclusively sold at Fastlane Fitness!! What is ASN you ask?

ASN Advanced Sports Nutrition is the world's only pharmaceutical grade sport supplement range that utilises nano-technology filtration processes to create the finest and most pure products in the world. Such is the purity of our products we are audited by pharmaceutical regulations for safety and quality. Everything from the raw ingredients, the manufacturing to putting the product into the tub is done to the standard of a pharmaceutical product to create a medical-like sports tonic.

If you're interested in more information, or would like to purchase some products, ask George next time you're at Fastlane!



TRAINERS TOPIC

-IMPORTANCE OF EATING BREAKFAST-

Breakfast: Breaking the Fast.

When we go to sleep at night, technically our bodies go into fasting mode. (Where we go a long time without consuming any food.) Therefore the term “Breakfast” literally means ‘Breaking the Fast’. Breakfast is so important for us, not only to break us from our overnight fast; but also to help us function for our day ahead! So we thought we would give you a few good facts to help motivate you to have a good Breakfast daily!

- Breakfast is most beneficial to your health when it is consumed within 2 hours of waking up.
- You are more likely to stay in a healthy weight range (with healthy eating and regular exercise of course!!) if you have healthy breakfasts daily.
- Breakfast is what helps to restore your blood glucose levels which boosts your cognitive function, helps to improve moods, and increases your memory and concentration levels.
- Breakfast provides you with the energy you need to start your day the right way, and ready to go.
- Eating breakfast has long term health benefits. It can reduce obesity, high blood pressure, heart disease and diabetes.
- It can also help us avoid craving those mid-morning sweet and savoury snacks, and help us opt for something smaller and healthier , therefore fuelling our bodies with more good stuff, and less of the bad stuff!

By Danielle Bath

AND THE WINNER IS...

JAMES McKINNON for completing our FeedZone survey.

James is the winner of a café Breakfast for 2 (or a \$20 feedzone voucher).

Keep your eyes out for other prizes from FeedZone!

ANDRE MCLACHLAN for being our loyal member of the month.

Andre won the \$200 Shoe Clinic voucher for being a loyal member to the facility.

Each month we will chose a member who has been as been loyal or achieved their personal goals with our help!



PROTEIN PANCAKES!!

CHUNKY MONKEY SHAKE

Ingredients

- 1 scoop Protein Powder
- 1/2 cup egg whites (or 3 egg whites)
- 1/2 cup oatmeal (uncooked)
- 1/2 medium banana
- 1/2 cup blueberries
- 2 tsp baking powder

Directions

1. Place raw, uncooked oatmeal in a blender or food processor and blend until it becomes fine flour.
2. Add eggs, banana, protein powder, and baking powder and pulse blend until smooth.
3. Toss blueberries into the batter and mix using a spatula or spoon.
4. Place a pan on medium-high heat and measure out about 1/8 cup or 2 tbsp of batter per pancake.
5. Cover the pancakes while they cook to help the inside cook faster. Cook them for about 45 seconds to 1 minute on the first side, and then about 30-45 seconds on the other side.

NUTRITION FACTS

	Amount per serving
Calories 544	
Total Fat	11 g
Total Carbs	64 g
Protein	47 g



If protein powder is just not your thing, there are plenty of alternatives to creating a high-protein beverage, including this banana-y pick-me-up, bulked up with chocolate milk and peanut butter, which provides both healthy fat and cardiovascular benefits in addition to protein. It's time to get funky, monkey!

1 medium banana

1 tablespoon of peanut butter

1 cup of low fat chocolate milk blended

1 cup of ice: 15 grams protein

