

Goodbye Summer Hello, Autumn

FIND A WAY, NOT AN EXCUSE.

Wave your excuses good bye. 'In this world, anything is possible when you put your mind to it' says Bruce Lipton. Stop being a victim to your own excuses. There is so much more to you than you know. You are more than your family beliefs, your DNA, your illnesses, your relationships, your body weight and the work that you do. It is time to stop using these as an excuse daily. Yes, you can have moments of insecurity that bring you down and make you feel that it is not worth the energy but don't take out a mortgage and settle there! What excuses are keeping you stuck in this space?

*My friends don't exercise and never put on weight. It is not fair!
My parents are overweight it is in my blood!
I have 3 kids, I don't have enough time in my day!
It is too hard. It hurts!
I can't afford it! I am not worth the time, money or effort!
Everyone is judging me! I always fail every time!*

SO STOP RIGHT THERE! This catalogue of excuses is endless. Where is it getting you other than going down a landslide of negativity and self-destruction. What better time than right now to realize that **you are enough!** You are enough to put the time and energy and love into to getting to the place you are trying to get to? Every day is a new opportunity to start again. Learn to accept exactly who you are and to love you. This sets up exactly how others will treat you in return. Start making you a priority **today.**

Your starting point is unique to you so don't make comparisons with that body builder standing next to you. The main point is that you are starting, you are on your way, you are moving closer to where you dream to be. Start with wee steps. Set yourself up to succeed just as we would do for our children. Give yourself a chance today to fly even if you might fall but you will get up and try again because that is how life rolls if you want movement. Moments of hardship open you up to new opportunities for development of character and of moving closer to who we truly are. If you want to use excuses to stop yourself from even trying, then stop expecting to see change in your life and stop all that complaining about how life isn't going your way. We learn and grow when we fall down and we then take courage and get up and show up all over again. Show up in your life! Show up and give yourself everything you need to be happy and healthy today and start becoming who you have always known yourself to be!!!!

FIRST STEP: bring awareness to the excuses you are using in your life. But don't beat yourself up about these. Accept these just as thoughts NOT as who you are. Then decide what small step can you make to break this habit of using this excuse to get closer to your goals. Start putting your mind to your life and what is amazing things are possible for you.

**"HE THAT IS GOOD FOR MAKING EXCUSES
IS SELDOM GOOD FOR ANYTHING ELSE."**

- Benjamin Franklin

Recently we welcomed Rebecca Jefferies to the team. Rebecca is a passionate Life Coach who devotes her work to helping others believe in themselves, make their health and happiness a priority in their lives and live out the best life possible. Rebecca is all about changing our mindset to allow more love and less stress to become abundant in our lives. Her gentle approach embraces exactly where you are and guides you closer to where you want to be. Watch out for her articles in the Seasons magazine, her blogs on our website or follow her positive vibe on facebook. Speak to reception or contact her directly to ask about your free session with Rebecca today. **What are you waiting for?**

Rebecca Jefferies - Breathing Space Coaching www.breathingspacecoaching.co.nz/

PARKING INFORMATION

Members & customers will continue to get 2 hours free, however parking passes will be changed so all members and concession card holders need to come and see us as soon as possible to get this sorted, there will be 2 options manual parking passes or a pass via a smartphone AP. Casual visitors will need to allow enough time to come and get a parking pass from reception to display on the dash - before they swim, workout or dine in the café.

STAFF NEWS

Erin Turfrey is back from maternity leave on the 16th of May, we know she will miss Miller a lot so you need to come in and keep her busy!

We also welcome a new Learn to Swim teacher on Saturday, he comes with a great deal of experience, having owned his own swim school in South Africa.

We are sorry to see George Edmonds leave, who was with us for 8 years, he has left to further his own business interests. We wish him all the best for the future with his new partner and a baby on the way!

At this stage we are not getting any new staff, but are giving all our current staff new and different challenges and responsibilities so please be patient with us as we all go through a number of changes. We hope to keep the club vibrant and exciting with all these changes!

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





FEEDZONE UPDATE

We have revised our salad bar, and now offer **new salads every 2 weeks**, maintaining some of our favourites along the way. In addition we also offer many more lunch options including wraps, sandwiches, and baps. More deals to come – so like us on facebook or instagram to stay in touch.

@thefeedzone @the_feedzone

If you don't want to miss out you can also order online! Click the fuel tab at www.fastlane.kiwi

Members are now set up to get **10% back via loyalty points** on any purchase including protein at the café. Remember to give the staff your name so they can enter you into the system. Concession card holders get a discount card when you sign up for your 10 or 20 sessions, so if you didn't get one, please ask at the Gym reception counter.

Feedzone also prepares lunches for a few schools via EZZLUNCH. This can be a great fundraiser for school PTA's or Boards as they will donate a percentage of the schools purchases back to the school, and your children can eat healthy tasty lunches every day that you don't have to prepare. Please contact www.ezlunch.co.nz and mention us if you are interested.



SPECIAL OFFERS

- NO JOINING FEE
- UNLIMITED Group fitness classes
- UNLIMITED Gym & Swim entries
- FREE \$20 FEEDZONE voucher
- 5 FREE Coffees/Hot beverages
- 1 complimentary pass to swim smooth training squads
- 1 FREE 30 min Personal Training session
- Tailored strength & conditioning program

ALL THIS FOR ONLY **\$500**

MAXIMIZE YOUR OFF-SEASON BY GETTING INTO THE GYM!
OFF-SEASON SPECIAL
GYM & SWIM 6 MONTH COMBO MEMBERSHIP

*VALID UNTIL THE END OF MAY



We would like to congratulate all our members/ customers who participated in the Masters games recently – there were some awesome results, we are so proud! Congratulations to all those who have made world champs teams as well, including our own Liam Robinson!



We have a new rig coming at the end of May early June in the Gym, and in June we will run a competition with awesome prizes to be won. So like us on Facebook to stay in touch!

@FASTLANEHAMILTON



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