



Achieve Your Goals

FASTLANE
FITNESS

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OPENING DAY

If you haven't heard already, the new facility now has an official opening day - Wednesday 10th December at 5.30am! The new gym hours and class schedule will begin on the 12th January, until then hours and classes will remain the same up until the Christmas hours start.

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HEALTHY HINTS The Xmas Edition

The Christmas period is notorious for those few extra kilos creeping back on.

While we still want to enjoy the silly season, we also don't want to be silly by getting out of our routine and reversing all that hard work you've put in over the past year.

Here are a few tips to help keep you in check over the next few weeks:-

☺ **Never arrive hungry** - whether you're hosting at home or going elsewhere, never join the party with an empty stomach. That's just asking for trouble! Always have breakfast and have a light snack 30

-60 minutes before the festivities kick in.

☺ **Always offer to bring a dish** - this way you have some control over what you eat and also provide at least one healthy dish for everyone.

☺ **Keep up your exercise** - if you're indulging a little more than usual, all the more reason to keep your fitness routine going. Our Xmas hours will be available shortly!

☺ **Control your portion sizes** - this should be a year round tip, but it's still a great reminder. If there are a lot of yummy options available, try a little bit of everything

rather than a lot of one thing. This also applies to alcohol; for every beverage have a glass of water.

☺ **Don't eat while in the kitchen** - a lot of extra calories can go unnoticed in this situation, so be mindful to wait until you're out of the kitchen!

☺ **Donate your chocolate gifts** - this might sound inconsiderate re-gifting a gift but you can still enjoy some of the delicious chocolate and give the bulk of it away. That way your waistline and a lucky recipient will thank you for it.

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

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

M
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25th

Mathew Crarer
Scott Clark
Stuart Brown
Conan Wi
David Mauvan
Megan Muldowney
Carolyn Brown
Brenda Bartels
Lachlan Muldowney
Sean Roberts
Katrina Tooley
Leslie Turfrey
Pravin Singh

50th

Melissa Morgan
Raumae Ngatuakana
Anita Robinson
Glenn West
Mark Bastin
Bede Anderson
Aaron Young
Beau Nicholson
Jordan Cooper

100th

Mohammad Burhan
Eugene Vodjansky

200th

Jude Pani

300th

Robert Small
Petrus Pendragon

400th

Chris Goddard
Brian Mercer

600th

David Johnstone
Julia Rowland

800th

Leigh Cocks

1000th

Matt Haycock

B
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G
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T
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R
S

Andrew M. 25
Katrina T. 22
Leon B. 22
Innes F. 21
Robert B. 21
Jacob P. 20
Michelle W. 20
Scott C. 20
Campbell T. 19
Fiona O. 19
Karl B. 19
Peter J. 19
Raumae N. 19
Linne P. 18
Michelle B. 18

*"Knowing is not enough, we
must apply. Willing is not
enough, we must do"*

- Bruce Lee

Indulge a little with these Xmas goodies!

CHEESECAKE BASKETS



Serves: 4 Time to Make: 20min

Cal: 229 Fat: 5g Saturated: 3g Carbs: 35g Sugars: 34g

- 250g extra-light cream cheese spread, at room temperature
- 1 orange, finely grated zest
- 1/3 cup orange juice
- 1/3 cup icing sugar, sifted, plus 1 table-spoon, to dust
- 4 store-bought brandy snap baskets
- 120g fresh raspberries
- 120g fresh blueberries

Use a fork or wooden spoon to mix cream cheese, orange zest, orange juice and icing sugar until smooth and well combined.

Spoon cream cheese mixture into brandy baskets. Top with berries and dust with icing sugar. Serve immediately.



WARM SALMON AND POTATO SALAD

Serves: 4 Time to Make: 20min

Cal: 387 Fat: 17.6g Saturated: 4.2g Carbs: 28.6g Sugars: 3.6g

- 650g new potatoes, scrubbed and cut into 2cm-thick pieces (about 2 cups)
- cooking oil spray
- 1/3 cup extra light sour cream
- 2 tablespoons freshly squeezed lemon juice
- 2 spring onions, trimmed and finely chopped
- 2 tablespoons capers, drained and chopped
- 2 teaspoons horseradish cream
- 60g (half a bag) baby rocket leaves
- 415g can pink salmon in spring water, drained, skin and bones removed, flaked
- 1/4 cup finely chopped chives
- lemon wedges to serve

Preheat oven to 200°C. Place potato in a large roasting pan and spray with oil. Gently toss to coat potato. Roast, shaking pan occasionally, for 30 minutes, or until golden and tender. Remove from oven. Meanwhile, place the cream, juice, onion, capers and horseradish in a jug and mix until well combined. Divide rocket and potato between serving plates. Top with salmon. Drizzle with dressing and sprinkle with chives. Serve immediately with lemon wedges.