

IT'S Spring TIME

THE BENEFITS OF MASSAGE THERAPY

Though many people believe massage therapy is primarily a relaxation tool, in reality massage is a lot more diverse. Massage therapy can help all walks of life from the professional athlete to the weekend warrior. Here are just a few ways you can benefit from massage therapy.

Massage therapy alleviates muscle pain.

If you are in pain due to an injury, you will not be performing at your best. With regular massage therapy, muscle pain can be curbed and you will be able to perform at your peak.

Massage therapy increases flexibility

For an individual to maintain optimal performance, they must have a high range of motion. No matter which sport or sports you are involved in, if you can gain more flexibility through massage therapy, then you will have an advantage over your competitors.

Massage therapy improves circulation

Massage helps with blood flow. Your circulation will be improved and this will enhance your performance levels, reduce your DOMS, (delayed onset muscle soreness) meaning you will bounce back faster.

Massage therapy increases relaxation levels.

Let's face it, with our current to-do lists, work schedules and personal responsibilities our stress levels can become quite high. Massage is a great way to recharge your batteries and stimulate your feel good endorphins.



EMILY WEBB

emily.webb.rmt@hotmail.com

Mention this article to receive 25% off your next 60 min massage with Emily

WE ARE HIRING!

We are looking for several fun, passionate and motivated individuals to join our team in 2018.

- A breakfast chef
- A receptionist (or 2)
- A canteen supervisor to help at the RHS school cafe.

All roles come with excellent perks!

For more information on these roles please email Susie on admin@fastlane.kiwi

STAFF NEWS

Sadly in September we said goodbye to Erin, Brittany and Jess L.

Erin left to become a full time Mummy to Miller. Brittany tied the knot and moved to Rotorua with new hubby Isaac. And Jess has gone to be a kelly sports instructor.

We wish them all the best!

We recently hired 2 new learn to swim instructors - Raya and Lochlainn. Raya is studying Sports Science and Lochlainn is finishing his last year at HBHS.

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

MEMBER ACHIEVEMENTS

Congratulations to Katrina Whaanga who recently competed in ironman Hawaii and came 31st! An awesome result. Congratulations also go our to own Malcolm King who got 5th in Tahiti. And best of luck to all those competing across the summer season!



FASTLANE FITNESS

800 Victoria Street, Hamilton 3204
Phone: 07 839 0886 Email: admin@fastlane.kiwi

www.fastlane.kiwi



FEEDZONE UPDATE

ONLINE ORDERING

In addition to new salads, smoothies, acai bowls and slices, we have introduced online ordering. You can pick up your salad in the afternoon without worrying that your fav has been sold out! We can also sell Family size salads, so more time for your workout!

First 10 orders online can use the code **SPRINGINESS** to get a 10% discount.



Feedzone is also happy to cater for your **Christmas BBQ!**

So please email feedzone@fastlane.kiwi if you have any Christmas catering orders!

@thefeedzone @the_feedzone

COMING SOON TO FASTLANE & FEEDZONE



LAP N DASH

Lap n Dash event series - 2018 get your workmates/friends or family competing in some fun evening swimming and running! Updates will follow.



ARE YOU IN PAIN AFTER RUNNING?

Gait re-training - Hamilton Foot Clinic have offered Fastlane Members a 6 week program to help reduce or remove injury while running. Ask at reception for information on how to sign up!



COME HAVE BREAKFAST WITH US!

More quick and energising breakfast options at Feedzone, will be arriving in 2018.

