



FASTLANE
FITNESS

Achieve Your Goals

Volume 2, Issue 9

September 2015

Tour de France

Last month, Shane ran a replica of stage 19 of the Tour de France in the Crank class, which ran over a course of 6 weeks. After 129.6km we have our winners and runners up for our males and females respectively –

Shane Vincent 3:31:59

Craig McKibbon +26:01

Tanisha Bird 4:24:21

Caroline Huntley +32:17

Congratulations guys! Get ready for more challenges ahead 😊

The pool is...

...NOW OPEN!!!

We've had a great first week of the pool being open. Classes, programs and the endless pool are still to come so keep your eye out.

Pool caps and proper swim attire are compulsory. Please read the rest of the pool rules on our website 😊

We currently sell swim accessories and swim gear will be available shortly!

If you are interested in upgrading your membership or swim concessions, please see reception.

Saturday Classes

Starting from Saturday 12th September, we will be introducing yoga at 9am!

Once you've stretched out and are relaxed, come down and have a coffee, juice, slice or salad at Feed Zone 😊

It's a win - win!!

August's Biggest User

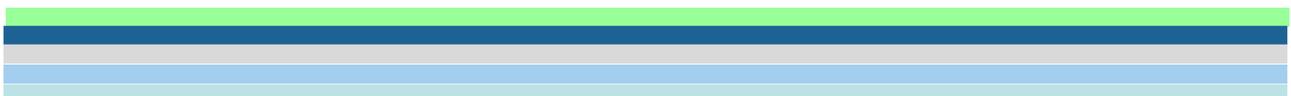
Well done to last month's top 16 users!

Whitney Rika	34	Glen Horsman	21
Andrew Maseyk	34	Sifa Mafa	21
Michelle Weeks	31	Mandy Harris	21
Ella Maseyk	31	Rebecca Hill	20
Oho Moke	31	Dianne Brophy	20
Paul Donoghue	27	Jocelyn Dibble	20
Jordan Leaf	27	Matt Frederick	20
Alice Thame	25	Ethan Major	20
Pavita Pandher	25	Alan Neben	20
Bluey Inia	25	Paul Fagan	20
Nathan Dalgety	23	Aaron Maisey	20
Harrison Jull	22	Nicole Thompson	20

Join the Lean Team – with Corey Hinde

- Are you wanting nutrition and planning advice but not sure how to go about it?
 - You have tried other plans but don't get the support you need?
 - Looking for a plan that's affordable?

Then check out The Fat Loss Blog! For \$29 a month, Corey will provide you with nutrition and planning advice, support with a private Facebook group and a book to follow. If you want that little bit extra then for \$59 a month Corey will personally coach you through it as well. To find out more, email Corey at



Pita Bread Pizza with Chicken and Grilled Veggies

Serves: 4 Time to make: 30 minutes

2 small zucchinis, cut into ribbons	1 cup reduced-fat grated cheese
8 swiss brown mushrooms, sliced	8 cherry tomatoes, sliced
1 large yellow capsicum, thinly sliced	200g shredded cooked chicken
4 low-fat pita breads	¼ cup small basil leaves
8 tbsp tomato and basil pasta sauce	4 cups rocket, to serve

Preheat oven to 180°C. Preheat a chargrill or grill to medium-high heat. Cook zucchini, mushrooms and capsicum, turning, for 5 minutes or until tender. Transfer to a plate.

Place pitas onto a large lined baking tray. Spread sauce over pitas and sprinkle equally with 2/3 cup cheese. Top with grilled vegetables, tomatoes, chicken and remaining cheese. Bake for 12–15 minutes, or until bases are crisp. Sprinkle with basil and serve with rocket salad.



Nutritional Value per Serve

Calories	362 cal
Protein	31.2g
Fat	9.8g
- Saturated	4.6g
Carbohydrates	33.6g
- Sugars	5.8g

Swimming Facts

As we all know by now, our very own Fastlane Fitness pool is now open. To help motivate you into trying it out, we thought we'd share with you 5 swimming facts that may help persuade you to dive in.

1. Injury rehab.
Depending on what your injury is, swimming can be hugely beneficial towards helping you recover and maintain fitness. Swimming exercises majority of our body parts without straining our joints.
2. Strength.
Swimming not only helps to tone and strengthen your muscles but it also helps strengthen your bones as well, especially at an advanced age.
3. Asthma Symptoms.
Swimming helps asthma patients with their breathing methods and can overall improve their condition resulting in less attacks.
4. Relaxing.
Swimming releases endorphins in the body, which helps to relieve stress.
5. Fitness.
Swimming is great fitness! Not only does it help to tone and strengthen your muscles and bones but it also helps burn calories. Bonus! A 1 hour swimming session at a steady pace can burn roughly 450+ calories.

Feed Zone Fun Facts

Did you know that coffee can help burn fat?

Caffeine is found in almost every commercial fat burning supplement. That's because caffeine is one of the *very few* natural substances that have actually been proven to aid fat burning.

Several studies show that caffeine can boost the metabolic rate by 3-11%.

Other studies show that caffeine can specifically increase the burning of **fat**, by as much as 10% in obese individuals and 29% in lean people.

However, it is possible that these effects will diminish in long-term coffee drinkers.

