

# SUMMER EDITION

Gym | Swim | Fuel

## News in Brief!

### **Parking Pass.**

Just a friendly reminder to have your parking pass visible when using our car parks.

### **Corporate deals!!**

Do you know about our corporate deals on offer? Get 5 or more people to join from your workplace, and set up their own automatic payments/invoice and we give back to you! The more members you get to join as a group, the more benefits and the cheaper the price!

See the team at reception for more information.

### **Pool Maintenance.**

As most of you will be aware, our pool has been undergoing general maintenance lately. We would like to apologise for the inconvenience this may be causing as it is taking a little longer than we expected. Please be assured that this is all for safety reasons!

We hope to have it all finished very soon!

Thank you for your patience!

## Coming Soon to Feedzone!

### • **Members get Rewards!**

An email will be sent out to all members (including concession card holders) to join our Feedzone Loyalty Program.

This entitles you to a 10% discount simply for just being a member of Fastlane!

You will also be to preload your account, so you don't have to bring in your wallet when you workout!

### • **No time to make dinner? We'll spot ya!**

We are partnering up with a local meat supplier so that you can now pre-order your dinner on the Feedzone online account (meat + salad) and pick it up from reception on your way out!

We will post this on our Feedzone Facebook and instagram accounts in February when this is available so go ahead and follow us to stay updated!

### • **If only breakfast could be fast?!**

Well now it can be! Come try out our new take away breakfast range! You can now workout, shower, and eat all before work!!



## Gym News in Brief!

### Our Personal Trainers

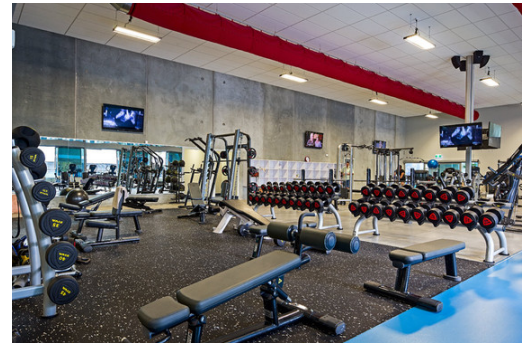
- Danielle- Fastlane Fitness
- Dave- Dave Mclean Personal Training
- Erin- Fitness Locker
- Ezra- Ezra Pooley Personal Training
- George- Fastlane Fitness
- Liam- Fastlane Fitness
- Mike- Mike Calver Personal Training
- Paula- Body Basics
- Roshelle- Fastlane Fitness
- Selena- Fastlane Fitness

### Coming Soon: Training Camp!

If you are interested in training for upcoming endurance events, preseason for sports, or just staying fit in general this may be for you! Keep an eye out for any upcoming information on this!!

# Trainers Tips 5 Handy Hints to make 2017 your year!

2017 is going to be the year where we all achieve our health and fitness goals, and we're going to help you with these 5 handy tips.



#### 1. Set realistic goals.

Too often we set un-realistic goals that we "think" we can achieve. Smaller goals = quicker achievements = more goals = more achievements!

We're not saying give up on your goals, just make smaller ones to keep you interested and it will encourage you to continue achieving!

#### 2. Reward yourself.

Lets face it, we all love that feeling when we've worked hard for something and get rewarded for our work, so why don't we reward ourselves for our hard work in the gym?

We're not saying to reward yourself with that chocolate donut you've been craving, after every session for working hard, instead lets relate it back to your goals.

New gear = New motivation!

#### 3. Get organised.

In order to get into a routine we also need to get organised. Morning rush is a common scene in most households, which can actually effect how we feel for the remainder of our days. A handy tip to avoid this rush is to prepare for your day the night before.

Get your gym and work bags ready before you go to bed so that when you wake up you're not in a mad rush. You can even prepare your breakfast, snacks, and lunch the night before too!

#### 4. Keep Accountable.

You wouldn't miss that day spa appointment that you booked the week before, so why miss your gym session?

Too often we promise ourselves we will make it to the gym, but find we "talk" ourselves into thinking it's okay to skipping the gym, when it's not!

To help avoid this lets keep ourselves accountable, grab a friend and meet them at the gym, or even better book a session with a Personal Trainer!

#### 5. Have Fun!!

Make your workouts exciting, challenging, and mix them up!

Keep them fresh will keep you wanting to come to the gym more often :)

## Leonards Secret Recipe!

### *Gluten Free slice base!*

- ½ Cup Caster Sugar
- 125g Butter
- 1tsp Vanilla
- 2 Eggs
- 2 Cups Almond Meal
- 1 tsp Baking Powder
- 1 Cup of banana/walnut/feijoa/raspberry/white chocolate/passionfruit pulp.
- Topping of your choice.

(If using fruit use 1 cup, but if using a liquid flavouring such as passionfruit pulp, add ½ cup of milk and ¼ cup of your flavouring)

-Pre-heat oven to 180°C & line one slice tin.

- Melt butter.
- Beat sugar and eggs.
- Stir in almond meal + baking powder
- Stir in flavour ingredients
- Set into tin and bake for 30-35 minutes
- Let cool, then top with your toppings.

"Here's a great gluten free slice base which is incredibly easy and flexible! For a super healthy option replace butter with coconut oil and replace the caster sugar with maple syrup. Just have a play around with it - it's very forgiving." - Len

## Chef's Corner All about the Chia!

We all know chia seeds are "healthy" for us, but have we ever looked into why? Here at feedzone we try to use chia seeds in plenty of the foods we have to offer simply because we know their little secrets!

We want you to know what goes into your food, and where better to start with why chia seeds are present in so many of our delicious options!

- Chia seeds are among the healthiest foods on the planet.
- They are loaded with nutrients that can have important benefits for your body and brain.
- Chia seeds are packed full with nutrients, without the unnecessary calories. 2 Tablespoons of chia seeds contains...
  - Fibre: 11 grams.
  - Protein: 4 grams.
  - Fat: 9 grams (5 of which are Omega-3s).
- Chia seeds are loaded with anti-oxidants, perfect for helping us stay fit and healthy.
- Studies show that these tiny seeds can improve exercise performance as much as a sports drink! Without all the added sugar!!
- They can help regulate our blood sugar levels.
- Chia seeds are a high source of Omega3 fatty acids which can help lower our blood pressure!
- When soaked in water chia seeds can absorb 10-12 times their weight which theoretically should help us feel fuller for longer!

At Feedzone we sell Chia with our acai bowls, super oats, kickstart smoothie, Chia pudding and can add it into any smoothie if requested.





**FASTLANE  
FITNESS**

## Team Teach!

### Congratulations Cross Fitters!

On anniversary weekend 9 Fastlane members competed at the national Crossfit competition, Judgement Day. The competition was held in the Hawkes Bay over three days at various locations. Day 1 saw competitors swimming, paddle boarding and kayaking, followed by day 2 which focussed on more traditional Crossfit movements such as Olympic weightlifting and gymnastics. The final day was held at the Trinity Hill Winery where athletes had to run up a steep hill before completing body weight movements which included handstand walking. Fastlane members competed across all divisions and did extremely well. It was the first time competing for some and congratulations to everyone!!

Christine Olsen  
Susan Oosthuizen  
Andrew Buttimore  
Aaron Robinson  
Ashleigh Palmer  
Julia Heathcote  
Rachel Vincent  
Hannah Josling  
Dave McLean - Coach

Crossfit training is suitable for anyone and everyone and is great way to increase fitness, lose weight, improve posture/mobility and have fun.



Team Teach: Eddy, Hannah, Alana, and Frank.

We are proud to be supporting "Team Teach" on their epic adventure race known as Godzone!

Team Teach is made up of 4 teachers from the Waikato who are setting out on a 400km multi sport adventure race held in Queenstown over 7 days!

We would like to wish them the very best of luck as they set out for this crazy race on the 25th Feb! Go Team Teach!!

## Craig McKibbin - Swimming Marathon!



Craig McKibbin is a regular in our Fastlane pool - generally clocking up around 5km per swim, with all training going towards a good cause.

Craig is training towards a personal goal of swimming the perimeter of Lake Waikaremoana (roughly 85km), with all funds raised going to the U-turn trust of Flaxmere.

He is planning to swim totally unassisted between 10-12km per day, and having all his camping and food supplies in tow with his unique supply raft. Best wishes, and good luck to Craig on this very challenging adventure.



## Introducing Baby Turfrey!

Miller Gray Turfrey arrived into this world in the early hours of the morning on 17th December 2016 weighing 7pound 6oz!

We couldn't be more excited and proud of our Erin and her superdad partner Ryan.