

Winter wellness



Exercise helps increase endorphins & reduce winter woes

Any form of exercise - a walk down to the feedzone cafe in your lunch break, a quick zip round the house with the vaccum cleaner, a dance in the lounge with your kids or a HIIT program at the local Gym helps to stimulate the production of endorphins.

Endorphins are chemicals in your brain that are the bodies natural pain killers and mood elevators. We all feel depressed in the winter, its cold, wet, and darker!

Many people suffer from Seasonal Affective Disorder - an imbalance of serotonin and melatonin - caused by the longer dark hours. Endorphins can counter the feelings caused by this.

Exercise in winter can help improve endurance, your heart doesnt have to work as hard, you sweat less and expend less energy. You also tend to burn more fat when working out in colder weather. Improving your self esteem is an added benefit! (Caution in extreme cold, needs to be taken by people who have heart conditions)

STAFF NEWS

WELCOME TO NEW STAFF ON THE FASTLANE TEAM

Joe is joining our Gym/reception team, he will be around on Tuesdays, Fridays and every third Sunday.

Lucy is also joining our reception team, she will be here on Thursday and Friday afternoons

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

Tim's Exercise Cheat sheet

In all the years I've spent training people I've never heard any of my clients say they have 2 hours to workout with that in mind, here's an awesome upper body workout that you should be able to get through in about 20 minutes.

Lat pulldown or chin ups	3 x 8-10
Dumbell pullover (Slow)	3 x 5
Press ups	3 x max
Lateral raise	2 x 10
Overhead press	2 x 8-10
Barbell curl	2 x 8-10
Tricep pushdown/narrow press ups	2 x max

You could superset this, eg pulldown/pullover/press ups..... rest/repeat.

Get Inspired

Swimming

North Island Swim Challenge

As a Fastlane community, we are aiming to swim the length of the North Island. So far we have swum 240km out of 1047 km!

Keen to join the challenge? simply come in for a swim and then record your distance with our reception team on your way out. Each time your record a distance you go in the draw to win spot prizes.

Fastlane Highlights

Click on these Highlights for more.

[International friendship day](#) bring a friend to workout with you for free 5 times

[5 Reasons To Workout With A Friend](#)

[Workplace Wellness and Exercise](#)
fastlane blog - www.fastlane.kiwi/blog

[Feedzone Nutrition](#) - social media posts

[Group Fitness Schedule](#)
temp changes - instructors needed!

Events -
www.soakedinadventure.co.nz

[Member Of The Month](#) - meet Jackson Flinn raising money for the NZ stroke foundation

FEEDZONE

Here at Feedzone winter wellness is extremely important to us and we would love to share some of our favourite winter 'pick me up's'.

Our wellness juice, served over ice is made of freshly squeezed turmeric, ginger, apple, orange and lemon. Jam packed with Vitamin C and many healing properties to help beat those winter illnesses.

Another favourite 'pick me up' is our famous freshly squeezed hot lemon, honey and ginger drink. This is a delicious warming drink that is especially suited for those days when you are fighting off a sore throat or if you simply want a nice warming citrus drink with a kick of ginger.

Both available Mon - Fri from Feedzone!

REFERRAL PROGRAM

We value our loyal members and want to show our appreciation - so for every friend you sign up - to any fastlane membership or concession we will give you a \$10 fastlane credit. Make sure to check your email inboxes soon!

CORPORATE MEMBERSHIP DEAL

Work out with your workmates!

Get 5 or more of your workmates to join Fastlane & enjoy cheaper rates and other great benefits!

Email sales@fastlane.kiwi for more information