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Elite Fitness Training

THE CLUB
AT GIG HARBOR

1st Qtr. 2012

Club Hours: Monday – Friday 5 a.m. – 8 p.m. Saturday 8 a.m. – 4 p.m. Sunday 7 a.m.—10 a.m.

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at Gig Harbor

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Bang for your Buck *by Ryan*

If you're like us at *The Club* and monitor trends in fitness, you know that exercise has changed a lot in the past few years. With the boom in DVD workout series' and exotic home equipment (the shaker weight?), there are so many gimmicks and false claims you hardly know what to believe anymore. Recently the American College of Sports Medicine has released the most effective and valuable exercise trends of 2012.

Surprisingly home workout equipment didn't make the list, sighting many times these high priced items are used infrequently and don't offer much diversity. A home treadmill can run anywhere from \$500 to \$5000 (high price to pay for a clothes hanger).

Hiring a educated and experienced fitness professional topped this list, and yes, all of the trainers at *The Club* are both educated and experienced! Positions 2 through 7 on the list ranged from general fitness for adults (improving overall health and shape) to training kids (setting a good example for future health and decline in physical education classes in schools).

In the current financial times it's important that we all stay sound of mind and body. Making smart decisions with our money is a great place to start. Instead of spending money and not enough time with home workout videos and useless home equipment, trends say you should put your time and money into resources that over the years have proven to be motivating, time worthy, and effective.

As you kick off the New Year, try to refrain from buying unproven and un-motivating home workout equipment and videos. Instead, invest an exercise professional who will get the most out of your time and money.

Happy Training in 2012!

Lose the Fat, Not the Weight *by Mike*

It's time to make those New Year's resolutions! Start those "weight loss", I mean "fat loss" goals now. What's the difference between weight loss and fat loss you say?

While they may sound synonymous, weight loss and fat loss are not the same. When most people talk about "losing weight," what they really mean is that they want to lose excess body fat and acquire some lean muscle tissue (tone/definition).

In your quest to drop some pounds, are you feasting on your muscles? Most people do without realizing it because they are so obsessed with what the scale says. When really you should be more concerned with the amount of FAT that is on your body. Muscle is what shapes your body, and you want to retain it. Muscle also burns more calories, boosting your metabolism. On most quick loss diet plans, and weight loss surgeries, you will drop mostly water weight, which is why many people have a withered, flabby look after rapid weight loss.

When losing fat through diet and exercise it is not uncommon to put on some "quality weight" (aka muscle). And yes for you ladies out there, putting on muscle is a good thing. Take a look at these results for example:

| | |
|-----------------------|------------------------|
| Start weight= 115lbs | Current weight= 116lbs |
| Body fat%= 22.1% | Body fat%= 17.7% |
| Fat pounds= 25.41lbs | Fat pounds= 20.53lbs |
| Lean muscle= 89.59lbs | Lean muscle= 95.46lbs |

Even though the scale shows a one pound increase, this person actually lost five fat pounds and added six pounds of lean body mass. So if the average person were to measure their success by what the scale has to say, this person would probably get discouraged. This person is making great progress, if you look at the FAT loss and not the WEIGHT loss.

Nutrients: It's in the Timing *by Jesse*

When it comes to fitness, eating clean and healthy is a given, but paying close attention to the timing and content of your pre and post workout meal will greatly enhance your body's ability to gain strength and lean muscle mass. We all know that carbohydrates are important for energy and protein for muscle recovery and development, but do you know that when combined, these two nutrients work synergistically to create a more efficient and effective result. Specifically, high glycemic carbs such as honey (my natural carb of choice because it has medicinal properties as well) or fruits combined with protein post workout can enhance protein synthesis by as much as 38%.

Without getting too scientific, the rule of thumb to be aware of is the higher glycemic the carbohydrate (sugar), the stronger the insulin response. Insulin is the little talked about anabolic hormone that is the catalyst for glycogen replenishment and protein synthesis. It is the vehicle which drives glycogen and protein into the muscle cells.

The idea is to prime the body 30 minutes before exercise with a small serving of carbs and protein to inhibit the onset of cortisol during exercise. Cortisol is a catabolic hormone that degrades muscle tissue. Consuming carbs (Gatorade, oranges) and or a carb/protein combo is also important during prolonged exercise sessions where cortisol levels can elevate to damaging levels and energy is diminished. This active time is called the energy phase.

The most important phase, called the anabolic phase, is the 45 minute anabolic window post workout. During this time the body is highly sensitive to insulin and cortisol levels are elevated. This is when your body has the greatest potential for degradation or growth. You want to minimize the catabolic effects of cortisol as soon as possible. A fast digesting protein like whey protein concentrate and a high glycemic carb like honey or a banana will do the trick. Other protein/carb combos will work but because whey is fast digesting and honey is natural and medicinal, this combo is ideal for suppressing the catabolic effects of cortisol.

The most significant element to remember when it comes to the concept of nutrient timing is minimizing muscle degradation. Take one step forward in the gym and another step forward by eating smart. Don't allow yourself to take one step forward then one step back by not eating properly.

We all want to maximize the results from our hard work in the gym. Exercising disciplined nutrient timing is a clinically proven method. Eat a small pre-workout meal consisting of carbs and protein and always minimize damage and accelerate recovery and strength gains with post-workout fast digesting protein and high glycemic carbs. Eat smarter and your body can afford to train harder.

Water Intake *by Gabe*

Everyone has heard something different when it comes to the amount of water we are supposed to drink. The thing is that there a lot of factors that should be considered when determining this. Some of these factors include:

- * Total body weight - The more you weigh, the more water you need in your body.
- * Amount of exercise – The more you sweat, the more you need to replace your water.
- * Pregnant and/or breast feeding – You will need to be hydrating for two people.
- * Altitude level - The higher the altitude, the more water you will need in your body.
- * Alcohol and/or caffeine consumption – Alcohol and caffeine will dehydrate your body, so you will need more water.
- * Dry vs humid climate – Dry climates will dehydrate your body, so you will need more water.
- * Hot vs cold climate - Hot climates will dehydrate your body, so you will need more water.

If you are staying around the Pacific Northwest, factors like our altitude, humid air, and moderate climate will not apply. However, you most likely need to consider other factors when determining the amount of water you need.

A good calculation that I have used for years is using your total body weight in pounds. Take that number and divide it in half. That is a good starting for the number of ounces of water you should consume each day. (Example – 130lb female should have a starting point of 65 ounces of water. And a 200lb male should have a starting point of 100 ounces of water).

Don't forget to adjust this amount based off these other factors as well. Your body is made of over 60% water to begin with. So if you exercise, drink alcohol, or may be visiting a warmer climate, you will need to elevate this number to ensure you are replacing your body's water storage.

Slow Aging with Resistance Training *by Julie*

The American College of Sports Medicine recently released evidence-based recommendations about the quality and quantity of exercise to participate in. Their first "do" on the list of activities to engage in based on their guidelines was strength training. Most people know the benefits of running, cycling and aerobic exercise types of activity are excellent for the cardiopulmonary system, weight control and prevention of disease, however; they fall short in comparison to the muscle building effects of resistance training.

Perhaps one of the most overlooked benefits of resistance training is prevention against *Sarcopenia*, an activator in age related loss of skeletal muscle mass. As we age our body composition drastically changes. Muscle protein production begins to naturally slow down and muscle fibers decline. The result: less muscle mass. As muscle and its protein content diminish they become fatigued more easily. This leads to a sedentary lifestyle, falls, and serious injuries. The good news is that through changes in diet and exercise, the slippery slope of sarcopenia can be reversed.

These changes are gaining national attention as medical care costs and longevity increases. Sarcopenia affects roughly 20% of people over age 65. Experts suggest that just a 10% reduction in prevalence would save around \$1.1 billion in US healthcare costs annually (JAMGeriatrSoc52:80,2004.)

Exercise physiologists who performed studies on the protective benefits of resistance training found that both men and women age 60-70 who participated in strength training 3 days per week for 50 minutes per session found strength gains of 20% in just 6 weeks. Study findings showed gains in strength and functional capacity, increases in muscle mass, increased levels of physical activity, bone health improvements, and decreases in diabetes risk.

We live in a world that requires force production. To get the most out of your workouts, engage in your resistance training program with the mindset that you are working to prevent or reverse the appearance of nutrition deficiencies, inflammation and fat mass increases, all markers of aging. Do your best to follow these recommendations to stay more independent and healthy for the years that lie ahead.

The Healing Process *by Andrew*

In the process of reaching our health and fitness goals, most of us encounter several obstacles along the way. Sometimes these obstacles are mental, but even for those who are truly committed, sometimes physical obstacles can slow down our progress. Soreness and injuries happen- simple as that. As trainers, each and everyone one of us does our best to keep you injury free through strict form and a making sure you're not pushing yourself outside your limits (i.e. lifting weights that are too heavy). Unfortunately, things still happen. When injury or soreness occurs, however, it's important to know how best to manage them so that you can return to full activity as soon as possible.

Now I want to be clear that the injuries I'm referring to are your common sprains and strains, not your broken bones or torn knees- go see a doctor for these. When minor injuries occur, or even chronic pains, here are some simple steps to aid in your recovery. Just think R.I.C.E.

R- REST- quite simply put, if something hurts, rest it. Often times people try to push through injuries that can cause greater damage and put you out of action longer than needed. Also, talk to your trainer to see how you can remain physically active while still allowing an injured area to rest.

I- ICE- ice is magic to the body. As soon as an injury occurs, icing the area may be the most important thing you can do. Icing instantly reduces inflammation that occurs from injuries, while also numbing the area to make it less painful. Apply an ice pack for 20 minutes, and allow at least 40 minutes before you ice again.

C- COMPRESSION- this one can be tricky depending on the area, but compressing an injured area prevents fluids from pooling at the injury site. This will aid in the healing process significantly. It also helps to limit range of motion in an area so that you can't potentially cause further damage. A good ACE wrap cost no more than \$10 and can be washed and reused as often as you like- a great thing to have around the house.

E- Elevation- like compression, this can be tricky depending on the area. Elevating an injured area also prevents fluids from pooling in that area. Again, this aids in the healing process. A knee or ankle can easily be elevated while you're at home by either putting it up on the end of your couch while you're watching T.V., or by putting a few pillows under the area.

The Weekend Blowout *by Zack*

It happens to the best of us. We work our butts off at the gym Monday through Friday and try to eat a regimented, balanced, and healthy diet only to blow up our hard work on our favorite two days; Saturday and Sunday. Weekends usually involve more social events and many of these include eating and drinking. Whether it's a barbeque with family and friends or going to a football game tailgate, the weekend simply has many more opportunities to eat unhealthy food and kick us out of our good workout routine. The result; we spend the whole week struggling to lose a pound, only to instantly put it on again over the weekend so ultimately, our weight stays the same.

Unsurprisingly, the foods that tend to be available when we're relaxing or socializing are often high in calories and fat. Additionally, during a get together food just tends to be sitting out everywhere in large amounts with no nutritional value given so most people just pick up a plate and start chowing down. Here are some tips to help you avoid your next weekend blowout.

- Take a break from your work week workout routine and do something that is fun but still exercise. Go to a boxing class or take a swim instead of your typical stint on the elliptical machine; play basketball or soccer instead of running on the treadmill. Fun exercise will still give you the weekend feeling but burn calories at the same time.
- Try to start Saturday and Sunday with a healthy breakfast, even if you're waking up later. It'll start up your metabolism. Successful weight control is consistently linked to breakfast and you won't be as likely to snack if you have a healthy start to your day.
- Variety is the cornerstone of a solid diet, but having too many options spells doom for persistent snackers. Restrict afternoon snacks to one healthy choice, such as almonds, unsalted popcorn, or a veggie tray. No refills! Also, avoid mindless eating while you sit on the couch watching T.V. Leave food and drinks in the kitchen. When food's directly under your nose, you eat more.
- Use a food diary every day. Actually seeing what you shove in your mouth is very helpful; it takes the guess work out of your diet and helps you see areas where you must improve!
- Eat lots of fruits and vegetables. They are low in calories, and high in nutrients and fiber. Fiber is key it will keep you feeling full.
- Drink lots of water! Not only to stay hydrated but to keep you from drinking too much of the wrong thing, alternate one beer, wine, or mixed drink with one glass of water.

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STRETCH CLASSES:

MONDAY EVENING
6 p.m. to 7 p.m.

SATURDAY MORNING
9 a.m. to 10 a.m.

