



www.theclubatgigharbor.com

Elite Fitness Training

THE CLUB
AT GIG HARBOR

1st Qtr. 2013

Club Hours: Monday – Friday 5 a.m. – 8 p.m. Saturday 7 a.m. – 2 p.m. Sunday 7 a.m.—10 a.m.

Meet Steven - SMART Goals

STAFF

Gabe Merritt
Principal/Trainer

Ryan Haug
Fitness Trainer

Andrew Yeh
Fitness Trainer

Michael Moore
Fitness Trainer

Zack McVey
Fitness Trainer

Steven Saner
Fitness Trainer

Jessi James
Fitness Trainer/
Running Coach

Kari J. Hamrick
PhD, RD, CD
Nutritionist



My name is Steven Saner and I am very excited to be the newest addition to the training team here at The Club. I have had the privilege to meet many of you so far and look forward to meeting the rest of you soon. I feel that The Club is unlike any other gym or health club, not only because of the great trainers, but also because of the friendly, intimate, and fun atmosphere. As a former health coach, I look forward to providing support in all areas of health and wellness, in addition to fitness training. I am very passionate about helping people, especially when it comes to fitness and wellness. I am excited to use my passions, along with my knowledge and experience, to help you reach your goals.

Many of us are currently working on making some sort of positive change in our life, whether it be to exercise more, lose weight, eat better, or just feel better in some way. An essential component to making changes is goal setting. Although this is true, we often set goals for ourselves that we are not able to achieve for one reason or another. One way to modify our goals to increase our chances of reaching them is to turn them into SMART goals. You may be thinking to yourself, "What is a SMART goal?". No, a SMART goal is not just the opposite of a dumb goal. In this case, the word SMART is used as an acronym.

S-specific **M**-measureable **A**-attainable **R**-realistic **T**-timely

Now let's break down each component of the acronym. In order for your goal to be specific it must be well defined and clearly understood. The more specific you can get with your goal the better! You also want your goal to be measureable. You will increase your chances of reaching your goal if you have something to measure it against. It's been said that "if you can't measure it, you can't manage it." You may also consider making your measurement visual in order to increase your motivation. Of course we want to set goals that are attainable, otherwise we wouldn't be able to reach them. It is important to set your goals within an attainable reach, but also to make them slightly challenging. Attainable, yet challenging, goals are what help produce positive results. The next step is to set a goal that is realistic. A goal is realistic when it is said to be within the availability of your resources, knowledge, and time. Simply put, make sure the goal is "do-able." Lastly, goals should be timely. Setting a timeframe for the goal is important. This helps by creating a target to shoot for. If you make the timeframe too far out, you may lose interest. If the timeframe is too close, you may become overwhelmed. Make sure you set a timeframe that will work best for you.

Now that we have determined what a SMART goal is we can look at some examples and start creating our own. An example of a non-SMART goal is "I want to start exercising more". We can take that goal and turn it into a SMART goal by saying "For the next 6 months I will exercise with Steven at The Club at least 3 days a week". Now that's a SMART goal! I challenge each of you to set at least one SMART goal and to start working towards that goal

The Club
at Gig Harbor

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Join us for **BOOTCAMP**

SATURDAY MORNING

8 a.m. to 9 a.m.

Why boot camp? Well, at *The Club*, we are always looking at different ways to help you achieve your health and fitness goals. Our workouts will work your entire body, increasing endurance, burning calories, and improving your overall health.

Using Carbohydrates Efficiently by Andrew

The first thing to know is that not all carbohydrates (carbs) are equal. And contrary to common rumors, they're not bad for you either. While some carbs can be horrific for an individual trying to lose fat, other carbs can be incredibly beneficial to helping you reach your fitness goal(s). First, a basic introduction to carbs:

-50% of our energy comes from carbs.

-1 gram of carbs contains 4 calories.

-Carbs are separated into two categories: simple carbs (sugars) and complex carbs (starches).

When we consume carbohydrates, our body turns them into glycogen. Glycogen is then broken down into glucose (when needed), which our bodies use as fuel for physical and mental activity. Your brain, for example, runs on glucose. When we don't consume enough carbs, our body produces carbs from protein. Protein is essential to muscle building and recovery, so forcing our body to use protein for something other than those functions will only limit your results in the gym. The problem with carbs, is that people tend to consume either too many, or consume them at the wrong time.

When we consume any type of food in excess, the body stores it for future use in the form of body fat. Carbs are no different, unused carbs are easily converted to body fat. But if we are able to correctly time our intake, and use of carbs, they can help us perform at peak efficiency without an increase in body fat.

In an ideal diet plan, carbs are consumed earlier in the day, and tapered off as the day goes on. This is done so the fuel they provide will be used (instead of stored). During intense workouts, we expend tremendous amounts of fuel. Consuming carbohydrates before a workout (1 - 1.5 hours prior) will provide immediate sources of glucose for working muscles, allowing you to exercise longer or at a higher intensity. Often, people will feel a "crash" partway through their workout that is commonly associated with low glucose levels in the blood. While our body can convert fat into glucose, it happens through a much slower process than having glucose readily available in your bloodstream.

Contrary to popular fad diets, carbohydrates are important in any diet and should not be avoided, just managed. Ask your trainer for specific types, ideas, or quantities of carbohydrates you should be consuming to optimize their function towards reaching your fitness goals.

The Breakthrough by Ryan

Let's face it: it's not all that difficult to start a fitness routine. After all, most of us have done it more than once. The trouble, of course, comes with sticking with it. All too often, our initial enthusiasm and energy wanes, we get distracted by other things going on in our lives, or we don't think we're seeing results quickly enough -- and we throw in the towel. Yet many people do manage to hang in there, and would no sooner skip their regular workout than their morning shower. What's their secret? Most long time exercisers are not as concerned with powerful pecs and awesome abs as they were with feeling good and being healthy. Here's how study participants ranked their motivators: Physical health, Emotional, and Appearance. So, once you have your priorities in the right place, how can you become one of the fitness faithful? Here is my top 5 list.

1. Do a variety of activities you enjoy.
2. Commit to a personal trainer. Accountability is huge.
3. Make exercise a priority. "It has to be a non-negotiable." Exercise even when you're tired.
4. Exercise first thing in the morning or right after work
5. Be aware of all the indicators of progress. It's great when your clothes fit better and you can lift heavier weights or work out longer without getting exhausted. But there are a slew of other progress indicators, such as: getting a good night's sleep, thinking more clearly, having more energy, and hearing your doctor congratulate you on improved cholesterol, blood pressure, bone density, triglycerides, and blood sugars. Experts say that making behavior changes are difficult, but ultimately worth the adjustment. So decide on a goal and a reward, and work toward it. You might buy yourself a gift you've wanted after you stick to your fitness plan for one month, or buy new running shoes when you achieve 5,000 steps a day. Do whatever

Meet Jessi - Marathon Training

Hi, my name is Jessi James and I am a new Fitness Trainer at The Club. At a very young age I fell in love with the gym. I would wake up early and take aerobic classes before school and hit the weights with friends after class. In 2000 I became an Certified Aerobic Instructor and in 2001 an Certified Personal Trainer. I have taught Body Pump, Step Aerobics, Circuit Styled Classes, Spin, Kinesis, Senior Sneakers, Bootcamp and Kickboxing. I not only teach classes, but I take classes at a variety of gyms to help keep myself up to date with the latest trends to help ensure I am the best possible trainer I can be. I have been teaching aerobic classes and personal training for over 10 years, but most often I am referred to as the Marathon Coach around Gig Harbor. In the last five years I have trained over 300 participants to run a half or full marathon. My greatest fitness accomplishment to date was qualifying for the Boston Marathon at the San Diego Rock "n" Roll Marathon in June of 2011. My goal is to be the best I can be, and I won't settle for less. As a Fitness Trainer I have the same goal for you.

This January we are adding a new element to The Club! I (Marathon Coach Jessi James) will be coaching individuals to run the St Paddy's Day Half Marathon and the Tacoma City Full Marathon. I have coached men and women to run the Tacoma Narrows Half Marathon, Portland Marathon, Nike Women's Half & Full Marathon, Seattle Amica Half & Full Marathon, Disney World Half and Full Marathon, Arizona Rock "n" Roll Half Marathon, San Diego Rock "n" Roll Half & Full Marathon and the Seattle Rock "n" Roll Half & Full Marathon. And this coming year I will be training participants for a couple of great, local events!

First off, let me tell you anyone can run a half or full marathon- anyone. And when I say run, I do not mean run a full 13.1 or 26.2 miles without a walk break. I qualified for the Boston Marathon and could not have done so if I did not take walk breaks. Together we will find a run/walk method that works for you. Those of you who have ran a marathon before may only need to walk thru the water stations to take in fluids, but most of you, like myself, will find (with my help) the perfect run/walk method for you.

Every participant who joins my team will have a customized training schedule. Most running groups have a "one size fits all" training schedule, but just like the individualized attention you get inside The Club, you too will get that with your marathon training program. Each participant will have a plan created by me that will start the day you begin training and end the day of your event. Every Saturday morning we as a group will meet at 7am to run. Most Saturday mornings we will meet at The Club. About once a month we will meet in Tacoma at Memorial Park or Fort Nisqually to run on parts of the course that will be used on race day.

The Half marathon will be nine weeks in length with practices on Saturday mornings and three mid-week practices. Those wanting to train to run the marathon will be provided with a sixteen week training schedule that includes six mid-week practices. Saturday mornings will be geared toward either running for minutes or miles. When running for miles, we are doing just that- running a specific amount of miles. It is like climbing a ladder. You start out low and work your way up. Inter-mixed will be running for time and this is when we will work on conquering hills properly and learning how to run negative splits. Mid-week practices will be all about track work outs. Along with an individualized training schedule, group runs and mid-week practices; I will also send out a weekly e-mail with advice and tips to help you prepare for your event.

Anyone and everyone can join. You do not have to be a member of The Club at Gig Harbor to be a part of the team. The 9 week half marathon program cost \$125 and the 16 week full marathon training program cost \$200. Look for flyers at the front desk for details.

We're on Facebook!



Not a friend on Facebook yet? "Like" us today and look for new recipes and tips to stay lean, healthy and fit, as well as schedule updates and *Club* news!

Just search "*The Club at Gig Harbor*" in the Facebook search bar, look for the logo and click "like".

Turn Up Your Cardio by *Michael*

The holiday season has come and gone. Hopefully everyone had a great time with family, friends, gifts, and food. For some of you, stepping on the scale for the 1st time this year might be a little scary. The scale may reveal the truth about how much you ate and how much you may have packed on. No need to panic, just start moving! It's time to get back on track! Along with diet and personal training, TURNING UP YOUR CARDIO will help you get back to that lower weight prior to the holidays. Increase your normal cardio regimen by using F.I.T.T an acronym for Frequency, Intensity, Time, and Type.

Frequency, if you're accustomed to biking or jogging 3 days a week, increase that to 5-6 days.

Intensity, accustomed to jogging 3 miles on a treadmill in 30 minutes? Change your jog to an interval workout. Walk or jog at a low speed for 1 minute then increase speed to a sprint for 1 minute. Keep this going for 30 minutes or for 3 miles. This increase in intensity will help you burn extra calories and have you feeling more tired than normal.

Type, for a lot of us there's usually a "favorite" piece of cardio machine we prefer to use over others. Time to use something different! You can jump rope, run hill sprints, boxing, or burpees. These exercises could be added to your cardio workout.

Time, if 20 minutes a day is what you're used to, add 10-20 more minutes to that session. Or designate 2-3 days of 40-60 minutes of cardio, and the other days 20-30. This is a good way to shock your body and to change your "routine".

Injury Prevention by *Zack*

Consider this: In one year, an estimated 17 million Americans will sustain a sports injury. Although safety precautions are indispensable, there's more to staying injury-free than cushioning your falls and keeping your muscles limber. Athletes often overlook measures that can protect them from problems like sore knees and sprained ankles. Many people associate sports injuries with suddenly snapped bones and ripped tendons, but in non-contact sports, the vast majority of injuries come on gradually. People hurt themselves in all kinds of ways when they work out. Common workout overuse injuries include: muscle pull and strain, sprained ankle, shoulder injury, knee injuries, shin splint, tendinitis and, lower back injuries.

A few ways you may help prevent overuse or sudden injuries include.

Warm-up and cool-down. Every workout should begin with a warm-up and end with a cool-down. It gradually increases your heart rate and loosens your muscles and joints.

Stretch. Stretch before and after you work out. This will increase flexibility, reduce risk of muscle soreness, pulling, or tearing. It's best to stretch after you warm up and cool down.

Ease into it. When you begin an exercise routine or start a new workout program, start slowly. Then gradually build on the intensity, duration, and frequency. Don't lift too heavy of weights. As your fitness abilities increase, you will be able to challenge yourself more.

Cross-train. Vary your workout. Don't overuse one set of muscles. When you repeat the same muscle movements frequently, it can lead to overuse and repetitive-use injuries such as shin splints and tendinitis.

Know your trouble spots. Tailor your workout for problem areas. For example, if you have arthritis in your knees, you'll want to build up strength. Don't do exercises that actually hurt, and be sure to start out lightly. Always use the correct form, if you have a question ask a trainer for clarification.

Most importantly listen to your body. The "no pain, no gain" philosophy can set you up for an injury. You can get fit without feeling pain. Don't push yourself to the point of pain. If you feel pain, you may be injured. Stop your workout and re-evaluate your training or refer to a trainer for some help.



STRETCH CLASSES:

MONDAY EVENING 6 p.m. to 7 p.m.
SATURDAY MORNING 9 a.m. to 10 a.m.

