



www.theclubatgigharbor.com

*Elite Fitness Training*

**THE CLUB**  
AT GIG HARBOR

1st Qtr. 2014

Club Hours: Monday – Friday 5 a.m. – 8 p.m. Saturday 7 a.m. – 2 p.m. Sunday By Appointment Only.

**STAFF**

Gabe Merritt  
*Principal/Trainer*

Ryan Haug  
*Fitness Trainer*

Michael Moore  
*Fitness Trainer*

Zack McVey  
*Fitness Trainer*

Steven Saner  
*Fitness Trainer*

Cindy Paul  
*Fitness Trainer*

Kari J. Hamrick  
PhD, RD, CD  
*Nutritionist*



**The Club**  
at Gig Harbor

3201 Jahn Ave.  
Suite 200  
Gig Harbor, WA  
98335

**(253) 853-4434**

**CARDIO TIMING by Zack McVey**

It's a pretty simple question: should you do cardio before or after weight training for the most effective results? The answer however, is a bit more complicated. In fact, there are several different variables that must be taken into account in terms of what makes the most sense for you. The biggest piece of the puzzle is your individual fitness goals. Are you trying to lose weight, gain strength, or are you more focused on simple overall conditioning and health benefits? Just like everything else in training, it really depends on what works best for you individually to achieve your fitness goals.

My personal opinion is that lifting weights before you do a cardio session is a better choice for most people, and here's why. To achieve fat loss your body needs to use your stored fat as fuel for exercise. In order to do this, you must burn off your glycogen stores first. When you weight-train, you typically use glycogen (the principle storage form of glucose) as fuel. By doing weight-training first, you can burn the majority of your glycogen stores. Then, in turn, powering through a cardio session after you lift weights will burn more fat!

After a workout, your body continues to burn additional calories for up to 48 hours. This is known as excess post-exercise oxygen consumption. It occurs because your body needs energy to repair your muscles after you've challenged them. It occurs at a much higher rate after intense weight-training than after low-intensity, steady-state cardiovascular training. That's why it's important to put as much energy into your lifting sessions as possible. If you do steady-state cardio before you lift, you won't have the energy to work as hard as you can. A less productive weight-training session can impact your excess post-exercise oxygen consumption meaning less calories burned for you!

**WORKING OUT WHILE BEING SICK by Michael Moore**

If you're feeling under the weather, you should ask yourself if working out will do more harm than good. The answer depends on what ails you. Exercise is a great way to boost your immune system and help increase blood circulation. However, breaking down muscle tissue and exhausting yourself with a vigorous workout is only going to inhibit your immune system short term and not help your body heal. Another danger is exercising and raising your body temperature internally if you already have a fever, as this can keep your body's temperature too high.

Exercising with a cold may be okay, but if you have a fever, then you should stay home and rest. If your symptoms are below the neck (chest congestion, muscle aches, chills, hacking cough, or a temp above 101), take some time off from working out. If your symptoms are above the neck (sneezing, runny nose, scratchy throat), then doing a light workout could actually help. Remember, physical activity is great for a mild cold as long as you don't overexert yourself.

Obviously the best way to avoid the problem altogether is to not get sick in the first place. Exercise can help boost your body's natural defenses against illness and infection. When you exercise at least three to five days a week, you can raise your immunity by raising your T-cell levels. T-cells are one of the body's first defenses against infection. Along with using exercise as a preventative measure, hydration and sterilization help too. Make sure your body stays hydrated and sanitized. This is a great way to ensure your body is running at an efficient level. In order to not pick up as many germs, work on using more hand sanitizer and washing your hands more frequently.

In conclusion try to use some common sense if you are feeling under the weather and working out in The Club. When sneezing or coughing, use the inside of your elbow to cover your mouth instead of your hands. Use hand sanitizer and wash your hands frequently. We always want the best for all of our clients and ensure that our workouts are promoting a healthy lifestyle. If you have more questions about when to avoid working out, please feel free to ask your trainer.

## **MANAGING SORE MUSCLES** by Steven Saner

Why am I still sore from the workout I did two days ago? Many of us have probably asked ourselves this question a few times. The technical term for this feeling is delayed onset muscle soreness (or DOMS), and it is nothing to worry about. There are multiple reasons why a person may experience DOMS including; changes in the type of exercise performed, sudden increase in exercise intensity or duration, and performing exercises that focus on eccentric muscle contractions. An eccentric muscle contraction occurs when the muscle is lengthening during a lift, such as when you slowly lower a weight during a bicep curl, and your arm is extending. DOMS typically peaks at about 48 hours and then gradually gets better, although it may last longer for some people.

The good news is that your muscles do get used to this as they get stronger and the amount of soreness you feel will either be not as great or will not last as long. There are also things you can do to help prevent and treat DOMS, other than just living with the pain. One major way to help prevent DOMS is to make sure you warm up long enough before exercise and stretch thoroughly after exercise. When it comes to treating DOMS, taking a day off to rest may not be the best option. Light exercise can be beneficial because of the increase in blood flow it provides. Icing the sore area can also be beneficial to help reduce inflammation.

Another option to help prevent and treat DOMS is self-myofascial release, or foam rolling. A study performed by *Medicine & Science in Sports & Fitness* showed that individuals who used a foam roller for 20 minutes after exercise experienced less soreness that peaked at 24 hours, compared to those who did not use a foam roller and experienced greater soreness that peaked at 48 hours. Along with relieving muscle soreness, foam rolling also helps correct muscle imbalance, improve range of motion, and relieve joint stress. If you're looking for a way to combine stretching and foam rolling to help with DOMS, feel free to come to stretch class Monday evenings at 6pm and Saturday mornings at 9am.

---

## **DEALING WITH STRESS** by Ryan Haug

As the holidays come and go, we all find ourselves receiving something other than gifts. Stress! We got it from the holidays and now again simply getting backing into our normal routines. Places to go, people to see, and trying to figure out how to introduce that routine back into our lives. Now mix that in with the gift returning and the guilt of holiday sweets, and we have created all new issues. It's a ridiculous cycle of creating stress in our lives from just living life.

Here are 3 ways exercise can help manage your New Year's stress:

**It pumps up your endorphins.** Physical activity helps to bump up the production of your brain's feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner's high, a rousing game of tennis or a nature hike also can contribute to this same feeling.

**It's meditation in motion.** After a fast-paced game of racquetball or several laps in the pool, you'll often find that you've forgotten the day's irritations and concentrated only on your body's movements. As you begin to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task, and the resulting energy and optimism, can help you remain calm and clear in everything that you do.

**It improves your mood.** Regular exercise can increase self-confidence and lower the symptoms associated with mild depression and anxiety. Exercise also can improve your sleep, which is often disrupted by stress, depression and anxiety. All this can ease your stress levels and give you a sense of command over your body and your life. (*The Mayo Clinic*)

## **KEEP YOUR RESOLUTION ON TRACK by Gabe Merritt**

When most of us start a new fitness routine, we are energized and our motivation levels are at an all-time high. But over time, that motivation begins to fade and what used to seem easy now seems to get put on the back burner or pushed off to the next day. Whether it's getting to the gym, going for that walk/run, or just starting off the day with the right diet plan, it takes motivation and determination to stick to your fitness routine.

It's easy to make a resolution to get fit but staying focused all year long can be a challenge. It can be hard to keep motivated and all kinds of barriers can get in the way of exercise. So, if you're thinking of skipping a few workouts—don't! Just follow these motivational tips to keep your body moving for a LONG TERM fitness program.

**Schedule it.** One of the best tips for making sure you exercise tomorrow is taking the option out of the equation. Would you miss a scheduled doctor's appointment? How about a date with a friend? Of course not! So don't make it an option to skip your workout. Schedule it in your planner/phone and treat it as you would any other important appointment.

**Track your success.** It is always good to see your hard work pay off. Be sure to keep track of the hard work you are putting in. Whether this is weight, body fat, or simply images of what you look like with specific clothes. Watch your success and know that what you are doing is working.

**Don't neglect your nutrition.** In order to see the most success, your diet needs to be included in any fitness program. Be sure to put as much effort and energy into your nutrition as you are on your workouts.

**Work out during your favorite TV show.** If you have trouble going to the gym because the television is calling, use that to your advantage. Schedule your gym time while your favorite shows/games are on, then grab a treadmill, bike or elliptical in front of a TV.

**Pump up the music.** Try a new play list or some upbeat music to help motivate your workouts. A great workout can be as much mental as it is physical.

**Reward yourself.** Sometimes, something as simple as a new pair of running shoes, or a new pair of jeans, a 30-minute massage, or a relaxing, hot bath can be all the motivation you need. So set up a rewards system for regular workouts that allows you to work toward something you love to do or really want.

**Choose activities that suit your lifestyle.** Consider your activities be related to what you like to do or to help you achieve your goals. Don't get stuck in a program that doesn't work on your specific goals.

**Have fun getting physical.** Go dancing, hiking, swimming, surfing, or go play with the kids. Being physical isn't always limited to a gym or workout facility.

**Get active around the house.** Housework, washing your car, and gardening are all physical activities that burn calories and help keep you fit. Look for incidental ways to move your body every day. For example, walk to the store instead of driving the car, or use the stairs instead of the elevator or escalator. Just try to keep yourself moving and active.

**Revisit your goals.** Keeping up with your workout routine can sometimes be as simple as reminding yourself why you got started in the first place. Does diabetes run in your family? Are you unable to keep up with your kids? Do you want to feel more comfortable in a swimsuit? Think about your goal and how exercise can help you get there. Don't lose sight of these goals as the year moves on.



### *The Club Referral Program*

\$200 Credit for each new member that you refer!

*Who do you know??*

## TIPS TO SMART EATING by Cindy Paul

Now that 2014 is upon us and we have all made some New Year's resolutions, a common one may include developing and/or improving on our fitness and nutritional programs. I have been asked a few times about the nutritional component. I joined The Club in August of 2008, before then, I was getting pretty frustrated with the lack of results. I thought for the amount of time and effort I was putting in, I should be seeing my body change. After joining The Club, I was gaining all the positive things that exercising brings, my body was lot stronger physically, I was feeling great, I had a lot more energy, but I was still frustrated. My goal of wanting to look better was very generic. I brought this up to my trainer, and he handed me a food journal. One meeting with the yellow highlighter was all it took for me to change my ways. I started to be very aware of what I was putting in my mouth. After changing my diet, not only did others start seeing changes in me, I saw the changes in myself, which was the most important to me.

The following tips helped me to decide what foods to eat more of, what foods to eat less of, and how you to balance your calories.

- Enjoy your food, just eat less of it. Try not to rush through a meal, simply enjoy it. Eating too fast may lead to overeating and consuming too many calories. Try and pay attention to your bodies cues on hunger and fullness not only when you eat, but before and after.
- Eat smaller portions by using a smaller plate, bowl, or glass. When eating out, try and order the smaller portions, or share the meal. Another option may be to divide it on your plate and make the decision that you will be taking a portion home for lunch the next day.
- Foods to eat more often when you are hungry would be fruits, vegetables, whole grains, fat-free milk and dairy products. These foods are high in healthy nutrients, including potassium, fiber, calcium, and vitamin D, all of which your body requires.
- Add a variety of color to half of your plate with fruits and vegetables. Not only will your plate look more appetizing and fun to eat, the natural chemicals that the colors contain carry huge health benefits. Nearly all fruits and vegetables are naturally very low in fat, and full of filling fiber.
- Switch to fat-free or 1% milk in your coffee drinks, in recipes, or just to consume. It has the same amount of calcium and nutrients as the fatty versions, but with lower calories and less fat.
- Eat whole grains instead of the refined versions. Switch from white breads and white rice to whole wheat and brown rice. Most of these refined versions are harder for your body to break down and will be stored instead of burned.
- Pizza, fatty meats like ribs and hamburger, sausages, bacon, hotdogs, pizza, cookies, cakes, ice cream, sweetened beverages, and candy should be an occasional treat not an everyday food. They are high in solid fats, added sugars, and sodium. Instead opt for chicken, pork, or fish.
- Be aware of high sodium foods. Buy lower sodium versions whenever possible by reading your nutritional labels. This can help with not feeling the added water retention or bloating after that salty meal.
- Drink water or unsweetened beverages instead of sugary drinks. Doing this alone will cut major calories out of many of our diets.

Nutrition goes hand in hand with your fitness routine in order to see the results you want. Making good food choices doesn't always have to be complex. Please ask your trainer if you are struggling with this area and come up with a solution that fits you personally.

### 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".



### 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.