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**THE 5 ELEMENTS OF PHYSICAL FITNESS by Gabe Merritt**

All of us probably have our own opinion of what it means to be physically fit. Some of us think that being physically fit means being in good general health. Other people think it means being able to lift a certain amount of weight or being able to run a particular distance in a certain time. There's actually no single agreed upon definition of physical fitness. One definition is that physical fitness is a set of attributes that people have or achieve relating to their ability to perform physical activity. Another common definition is that physical fitness is a state of well-being, improved quality of life, the staying power to perform everyday tasks without undue fatigue, and a reduced risk of illness and injury. Even though the definition of physical fitness can vary, there is an agreement that it includes 5 elements of physical fitness.

Here's an overview of each of the elements:

- 1. Cardiovascular Fitness** - Cardiovascular fitness (also known as cardiorespiratory fitness) is the ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity.
- 2. Muscular Strength** - Muscular strength is the amount of force a muscle or muscle group can exert against a heavy resistance.
- 3. Muscular Endurance** - Muscular endurance is the ability of a muscle or muscle group to repeat a movement many times or to hold a particular position for an extended period of time.
- 4. Flexibility** - Flexibility is the ability of a joint to move through its full range of motion, from a flexed to an extended position.
- 5. Body Composition** - Body composition is the amount of fat in the body compared to the amount of lean mass (muscle, bones etc.).

The most important element that I see in someone that is physically fit is that they are able to maintain a level of fitness so that they can do all the things they want in their own lifestyle. Maybe this means you are able to keep up with your kids/grandkids, go on hikes with your family, do yard work or work around the house, or simply be able to do activities that you enjoy with your friends and family and not be held back by your personal fitness level.

Make sure you are working on different areas of your fitness. We sometimes will get stuck in ruts where we are only working on our cardiovascular endurance and ignore the importance of muscular strength and endurance. Or maybe we only like to lift weights and ignore cardiovascular training and flexibility. Make sure you take the time to incorporate all of the elements of physical fitness so that you have a more balanced fitness level that is right for you and the lifestyle that you want to live.

One popular New Year's resolution is to start exercising. This may be getting back into the gym, trying out a new type of class such as Boot Camp or Stretch Class, or simply deciding to start a running program for yourself. I have never been a runner myself, simply because I always have had huge expectations right from the start which usually lead to disappointment and failed attempts. I have come across some great tips to get those of us past the starting line and into the race without some of the frustration that a new runner can experience.

First and by far my favorite tip is to start with the right running shoe properly fitted to your foot type and running style. Wearing worn out and/or improperly fitted shoes to run can lead to injury. Comfort is very important!

Be sure to warm up and cool down. A warm up tells your body that you will have to start working soon, and slowly gets your heart rate up. This minimizes stress on your heart as you begin to run. Start with a brisk walk for a few minutes, followed by a slow jog. Then gradually increase your speed. When you reach your time or distance goal, slow your pace back down to a slow jog or walk for at least 5 minutes, allowing your heart rate and blood pressure to gradually fall back down.

Don't take on too much too soon. Just like any new exercise, start gradual and build up. Increasing mileage too quickly can lead to severe soreness and possibly injury. Or start out with a time goal, increasing your run time each week by 10 minutes. Building up time or distance slowly you will still reach goals without pain and frustration.

Begin with a combination run/walk approach. This technique is great for those beginning a running program. It builds up endurance to sustain a longer run. This involves running for a short segment with walk breaks as needed. The goal would be to extend the amount of time you are running and reduce the walking time until no longer needed.

Breathing in both through your nose and mouth is important while running. This makes sure your muscles get enough oxygen while running. Taking deep breaths can help prevent side aches; a common issue for new runners.

Finally, don't worry about your running pace. In the beginning, you should be at a conversational pace. A pace where you can maintain a conversation and breath very easily.

## **THE BENEFITS OF BOOT CAMP by Zack McVey**

Military style boot camps have been around as a “fad” form of exercise for many years now. Often times people may be a bit intimidated to join in on the fun because of their perception of boot camp as too demanding and difficult. Let’s explore why it may be time for you to step out of your comfort zone and give it your best effort.

With boot camp there is a certain element of getting back to the basics, it’s outside the normal club environment, you aren’t tied down by a piece of workout equipment, and it’s a more fun and functional approach to working out. On average most people can count on burning 600 calories per hour that will not only help with weight loss goals, but you will be building muscle. Boot camp is a great way to combine cardio with weight training, it’s not just a walk or jog mentality.

The physical side of boot camp is a great perk, but what I consider to be even more important is the positive mental aspect of boot camp. Mental health is a less thought about bonus of exercise and you don’t need to break out the yoga mat for a little spiritual enlightenment to get it. If you work out in a group setting, classes are designed to create an environment where people are focused on similar goals and have a similar work ethic. You’re surrounded by a positive community of people striving for the same things, which is quite empowering. Oftentimes you meet new people that aren’t at your normal workout time at the club. People become friends, and then you are in a new circle of people who are focused on health and wellbeing. You have a built in support system while you are training just like a sports team, if you are dragging they will pick you up! Plus it’s easier to be consistent when the people around you are consistent as well.

Boot camp can be for the strong, the weak, the fit, and the not so fit. There is no discrimination, as long as you have the will to finish what you started. Once you complete your first class, clothes drenched in sweat, heart pounding and muscles fatigued, you’ll get that burst of energy and confidence when you realize that you just endured and completed a very demanding class. Getting through a challenging workout builds confidence and self-esteem. Look at yourself and realize that you just accomplished something awesome for your body and mind.

Additional bonus - it’s free! Our Saturday bootcamps at 8am are led by one or more of our trainers. We encourage you to bring a friend or a family member to try it with you.

## **SUGGESTION / FEEDBACK?**



Have suggestions for The Club?

Ever wanted to give some feedback or ask for some changes?

We want to hear your suggestions. Please do not  
hesitate to let us know what you think.

We want to make sure that your suggestions  
and requests are heard and recognized.

## **IT'S A LONG SHOT** By Ryan Haug

In the world of fad dieting one thing remains constant: that long term success and health benefits are extremely rare. One diet fad that has come back full circle is the "Shot" diet. Basically, this diet comes in two forms; the hCG (stands for human chorionic gonadotropin) diet and the Vitamin B-12 diet.

The hCG diet limits you to 500 calories a day for 8 weeks while taking hCG, either by getting a shot or by taking a "homeopathic" product such as oral drops, pellets or sprays, which you can buy at the store. None of these are approved by the FDA for weight loss. The shots themselves are legal as long as a health care provider gives them to you (they're approved to treat fertility issues.) However, over-the-counter hCG products are not. The FDA has sent warning letters to several companies that market homeopathic hCG products. As far as food goes, you won't be eating much. The diet lets you have two meals a day, lunch and dinner. Each meal has to include one protein, one vegetable, one bread, and one fruit.

The difficulty level of a diet like this is very high. It's hard to stick with the strict calorie limit. Not only is it uncomfortable to live on just 500 calories a day, but it can also be dangerous. It's impossible to meet all your nutritional needs on so few calories. You may not get enough protein either. If you're getting less than 1200 calories a day, it's going to be challenging to get enough vitamins and minerals without taking supplements.

Doctors sometimes recommend a very low-calorie diet (under 1000 calories per day) if someone is obese and has a medical condition such as high blood pressure, but these diets are always carefully supervised.

The Vitamin B-12 shot diet is also low in calories (500-800), but the premise of this diet is to give you the energy you need throughout the day while on a low calorie regimen. The issue with this is that oftentimes taking an excessive amount of Vitamin B-12 can interfere with the effectiveness of other medications. Also, Vitamin B-12 only works if you are deficient, which will most likely be the case with a low calorie diet.

The bottom line is: if exercise alongside a balanced, controlled diet (which is the only true way to safely lose and sustain weight loss) seems like too much work, then you may need to reevaluate how important your health and future are to you.



**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.

**Boot Camp at *The Club* is FREE for everyone, not just members, so bring a friend along for the fun!**

## **THE BENEFITS OF ACTIVE REST** By Tyler Hickman

If you've ever set foot in any big gym or fitness center, then you surely have noticed people sitting down and resting on workout benches or machines after completing a set of an exercise. Most people use the time period between sets or exercises to send a text message, scroll through songs on their iPod, or chat with their friends. What these people don't realize is that they could be doing a multitude of other activities beyond keeping their seat warm that would not only save time, but also benefit their physical fitness.

You are probably thinking that the term "active rest" sounds contradictory or you may think it is nonsense. What active rest means is that instead of sitting down and doing nothing between sets or exercises, you engage in some type of activity. This activity could include stretching, grabbing a drink of water, performing an exercise that works different muscles than the ones you are resting, or performing stationary cardiovascular exercise.

**Stretching:** When choosing which muscles to stretch during your rest periods, try to stick to the muscles or muscle groups that you are working that day. For example, if you are performing bench press or pushups, stretch your chest muscles to help fresh blood flow into the muscle and reduce soreness the following day.

**Drinking Water:** Grabbing a drink of water between sets is a great way to make sure you stay hydrated. Most people lose more water in the form of sweat during exercise than they think. If you don't have a water bottle already, maybe pick up a Club water bottle to see if it encourages you to drink a little more.

**Working the Antagonists:** Performing an exercise that works the opposing muscle or muscles that you just finished working is an excellent way to save time during your workout. An example would be performing a set of bicep curls and then immediately afterward performing a set of tricep extensions.

**Stationary Cardio:** Throwing in some cardiovascular activity between sets is going to help burn more calories and, therefore, lose fat. Doing a minute of jumping jacks or jogging in place are just two examples of activities that require no equipment.

The next time you find yourself staring at your phone after a set of crunches, remember all the other active ways you could be utilizing your rest periods to maximize efficiency and improve your health.



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If you watch sports regularly or even just watch the Olympics when they're on, then you've probably noticed the strips of tape many athletes wear on their skin. Shoulders, elbows, knees, and hips seem to be covered in this colorful tape. Although it was originally intended for professional athletes, it's now being used by the average active person, and it's more than just the new athletic fashion statement.

### **What is KT tape?**

KT tape is an elastic therapeutic tape made of cotton or synthetic fabric that adheres to the skin. The tape provides uni-directional elasticity which allows it to stretch in length, but not width. According to [kttape.com](http://kttape.com), it is "lightweight, comfortable to wear, and can be used for hundreds of common injuries such as lower back pain, knee pain, shin splints, carpal tunnel syndrome, and tennis elbow". You may also hear it be called kinesiology or kinesio tape. Although it seems to be a new product, it was actually invented by Japanese chiropractor Kenzo Kase in the 1970s.

### **How does it work?**

KT tape is intended to help you avoid injury, recover from injury, or improve performance by providing support to muscles, ligaments, and tendons during physical activity. The main theory is that the elastic properties of the tape help correct the alignment of weak or injured muscles and assist in proper joint movement. Additionally, it is said to provide neurosensory feedback so that you do not feel as much pain or discomfort, which then helps to activate neuromuscular response and activation of muscles. Other research claims that it can help reduce swelling by lifting the skin, which increases the space below it, and improves blood flow and circulation of lymphatic fluids.

### **Does it actually work?**

Although there are many athletes who claim KT tape works, there has not been enough research done by experts to prove its effectiveness. An overview of the studies done so far shows the tape had some substantial effects on muscle activity improvement and minimal reduction of pain. The results on range of motion improvement were inconsistent. Some experts suggest that there may be a placebo effect associated with the positive results and that some athletes gain more confidence just by wearing it.

The bottom line seems to be that KT tape may work for some, but more research is needed to determine if the results are physical or mental. Either way, it seems that it may be worth trying for those who are not experiencing improvements from the common brace or athletic tape.



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