

1st Qtr. 2016

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

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CLEANSING—PROS AND CONS by Gabe Merritt

Cleansing seems to be a popular topic these days. I often hear that someone read an article, or saw it on social media, or even more popular is that they have a friend who did it and loved the results. There many different kinds of cleanses out there, including The Master Cleanse, Dr. Oz's 48 Hour Cleanse, Colon Cleanse, and other popular short term cleanses. I am going to attempt to breakdown the pros and cons of cleansing and help shed some light on the topic so that you can make an informative decision that is right for you.

First of all, let's take a look at what the purpose of cleansing is. Simply put, our body is filled with a lot of garbage that it tries to digest and usually ends up storing. This thick plaque clings to the inside of your intestines, preventing nutrients from being absorbed, literally clogging you from the inside. Right now, many people are walking around with 10-20 pounds or more of this dense fecal matter tightly packed to their insides. It is no wonder that our bodies have so much of this needless waste considering all of the processed foods, alcoholic drinks, saturated and trans fats, and artificial sweeteners that are in a lot of our diets. Some of the positives of going through cleansing are:

- To dissolve and eliminate toxins and congestion that have formed inside your body
- To cleanse the kidneys and the digestive system
- To purify the glands and cells throughout the entire body
- To eliminate all unusable waste and hardened material in the joints and muscles
- To relieve pressure and irritation in the nerves, arteries, and blood vessels
- To build a healthy blood stream
- To help with weight loss

The theory behind cleanses is that by eliminating certain solid foods and especially alcohol and processed food, you are eliminating toxins. That supposedly gives your digestive system a break, allowing it to heal and better absorb nutrients in the future. Solid foods are often replaced with different juices and drinks such as water with lemon, maple syrup and cayenne pepper; green tea; or freshly squeezed fruit and vegetable juices.

I have done *The Master Cleanse* myself and have done my own testing on this popular craze. I myself noticed that I felt that my body did probably release some toxins, and that I also did have significant weight loss. However I also notice a lot of negatives while going through this process. Not only was the process very difficult with a severe lack of calories, but the lack of carbohydrates and dangerously low amount of protein, left my energy level very low. Not only was everyday life difficult with low calories, but my workouts also suffered. Out of the three participants who did The Master Cleanse with me, all three of us lost weight, but all three of us lost a significant amount of muscle as well. All three of us had a decrease in weight and increase in overall body fat. Some of the other cons for cleansing:

- These diets are low in calories, which will leave you with little energy to exercise and may disrupt your metabolic rate and blood glucose levels
- You may experience gastrointestinal distress and frequent bowel movements
- Detox diets are low in protein
- It is highly likely to lose lean tissue (muscle) during this process

Overall I think that a cleanse can have its purpose if you are someone who is struggling to get enough nutrients in your diet and have been eating so much processed food and drinks that your body is having a hard time getting your body to absorb proper nutrients. But even in that example, simply changing your diet and eating fresh fruit, vegetable, and lean meats are going to give you a better chance of sustaining and not cause tissue damage and lack of energy. I myself do not recommend a cleanse to many people. I understand that processed food and alcohol are terrible for your body and poison our insides. But for those of us who are working hard to gain lean tissue and burn body fat, this is going to make your metabolic rate and body fat percentage go in the opposite direction. Think about your long term goals and what is going to help you stay fit and healthy in the long term of your life. Work on creating a healthy diet with whole foods and lots of water instead of relying on a cleanse for a temporary and quick fix.



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JEDI MIND TRICKS TO HELP A LOVED ONE by Ryan Haug

It's hard to see loved ones suffer as a result of their eating habits. Traditional whole foods have been out of fashion for so long that many of our parents and sometimes even our grandparents are completely unaware of the negative health effects caused by the foods they grew up loving. As they age, however, these habits start to take their toll, and we must watch as their health deteriorates. A medical emergency that brings them face-to-face with reality is sometimes what it takes for them to make changes. Other times even that isn't enough.

Unfortunately, changing the habits of another person is even more difficult than changing your own. Stubbornness, pride, and ignorance can prevent people from even listening to advice that could save their lives, and for whatever reason age tends to compound these particular traits. Pushing a message that people don't want to hear can cause them to dig in and fight even harder to preserve their way of life, straining and potentially destroying your relationship with them. When dealing with someone like this, it's first important to accept the fact that there may be nothing you can do for him or her. No matter how badly you may want to help, a person has to want to change and cannot be forced. Here are a few tips to becoming a weight loss Jedi.

- 1. Be a cheerleader, not a coach.** You don't want to find faults with what the dieter is doing. Instead, you want to encourage and cheer on the things they are doing right. That means applauding them for reaching goals, or even for trying. And don't dwell on goals they haven't met, particularly if they don't bring them up.
- 2. Become an active part of their program.** Volunteer to eat some of their diet foods with them, or at least taste the dishes they prepare. If they are joining a gym, suggest a training professional that can give them an appropriate workout program. Be an active participant in their healthy behaviors.
- 3. Be "aggressively supportive."** And by this, I mean don't wait for the dieter to come after you for support. Let them know that you are there, and wanting to help. If the dieter is a friend or relative you don't see every day, call or email frequently to let them know you're thinking about them -- not their weight. Ask how they are, how the job is going, how their life is going. You don't have to mention dieting or food, just be assertively there for them.
- 4. Find non-food ways to celebrate the small goals along the way.** Be creative in finding ways to celebrate the dieter's successes. treat them to a golf game, movie, or sporting event -- just don't focus the celebration on eating, Waugh says.
- 5. Encourage a healthy lifestyle, not just weight loss.** By encouragement, I mean participation. Don't just tell someone they need to walk more, offer to walk with them The point here is to encourage a healthy lifestyle overall by making it a part of the time you spend together.
- 6. Learn about their weight loss program.** Make an effort to learn as much about their diet plan as you can -- the kinds of foods they're eating, how the plan works, and what it involves, such as attending meetings or participating in online support groups. Then, respect the time they want to devote to these activities -- and don't nag if that means spending a little less time with you. If you learn about their diet plan you won't have to ask them as many questions, and more of their behaviors and choices may make more sense.
- 7. Be positive!** This is the most important tip of all. When you're fighting a battle nothing beats the feeling of knowing there's someone who believes in your ability to win. If the dieter stumbles, and feels bad about themselves, remind them of their other accomplishments and encourage them to move forward -- and whatever you do, don't throw in the towel with them, no matter how discouraged they may sound.

Convincing a family member or friend that they need help with their health and weight can be real uncomfortable. Unfortunately using "the force" probably won't work. Try some of these "Jedi mind tricks" and hopefully you will see some results. If you need help, the staff at The Club is always here to assist. Have them come in to meet you trainer and show them the benefit of having someone on your side. Good luck and have a happy and healthy new year!

WEIGHT LOSS VS FAT LOSS by Derikk Heinrichs

One of the most common client goals that I hear as a personal trainer is “weight loss”. Too many times, I’ve seen clients beat themselves up because the scale doesn’t say the exact number they want to see. A lot of times this will result in under-eating in an attempt to lose weight faster. What people sometimes don’t understand is that foods are building blocks for our bodies. Too many building blocks (overeating), and you will make a building that is bigger than you want it to be. Too few building blocks (under-eating) and your body will still be bigger than you want it to be. Your body will not be able to burn fat effectively because it is not getting the necessary nutrition and trying to store everything that you put in it for energy. Your trainer can help you to figure out what your nutritional needs are and give you meal ideas, recipes, etc.

So how can we reach our fitness goals without obsessing over a number on the scale? Focus on body fat percentage rather than weight. There are several problems with only using the scale to track body composition. The first is reliability. Your body-weight can fluctuate daily since it’s influenced by your stomach/bowel/bladder content, water loss/retention, muscle loss/gain, fat loss/gain. The second is that weight is not relevant to overall health. Two people with similar height can weigh the same, but look completely different because one has lower body fat than the other. Checking weight on the scale can be very misleading and discouraging. Some other factors that influence weight are carbs, water, and muscle gain. Carbs bind to water, which means that eating less carbs will make you lose weight from water loss. This is why you lose so much weight on a diet like Atkins during the first two weeks; it’s mostly water that you are losing. Of course, increasing your carb intake will make you gain weight again due to water retention. You’ll gain muscle while losing fat when you get into strength training. But the scale will look like you’re not making progress since your body-weight won’t likely change. Think about it this way, your metabolism is like a fire and your muscle is like the firewood. The more muscle you have the stronger your metabolism is going to be, just like the more wood you have, the stronger your fire will be.

Be sure to eat the recommended amount of protein for your weight (1 gram per pound of bodyweight) and body type to avoid losing muscle. Rather than stepping on the scale to check your progress, keep track of how clothes are fitting. If all of your clothes are getting too big and loose on you, that’s great! (As long as you enjoy clothes shopping) Your trainer will be more than happy to measure your body fat percentage and track it for you. Set up a time frame for when you want to measure your progress. With the new year here and weight loss being a common resolution, don’t commit to just losing weight. Make sure you lose the right kind to maintain muscle and a healthy metabolism.

SUGGESTION BOX



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.

WHAT ELSE CAN YOU DO? by Zack McVey

I'm impressed and appreciate all of our clients who loyally make it on time to their training sessions. You work hard and sweat your butt off multiple times a week, and you feel good about yourself! Then you realize that you aren't making it to the goals that you worked so hard for. Don't worry, you aren't alone. For almost all clients this hits them somewhere along the road, and they turn to their trainer for some advice. It's a great moment of discovery and sounds a little something like, "Why haven't I made it to my goal weight yet? I work so hard at the gym, I think I should have made more progress." I try to keep my composure as I pose the question, "What are you doing outside of our training sessions to meet your goal?" Most of the time I get a blank stare as the answer. Sound familiar? Let us examine what you can do to avoid this frustration.

It's safe to say that most clients are pushed during their session from a muscular and cardio endurance standpoint. This does not mean that your work is done for the week. Most individuals, depending on where they are in terms of fitness, should expect to do some form of cardio 3-6 times per week. A great place to start is by setting up cardio assignments with your trainer and making it to the boot camp class on Saturdays at 8am. If you train twice per week, that leaves an additional 2-4 visits to the gym that you are responsible for. As a general rule, you need a 3,500 calorie deficit to lose a pound. Most people can expect to burn 400-700 calories in an hour workout, which totals 800-1400 for your 2 training sessions. This leaves around 2000 calories for most people to find a way to drop through cardio and nutrition the rest of the week.

This brings me to my next point....nutrition! We as trainers can't emphasize this enough; there is no substitute for a clean diet. You can work as hard as you want in our training sessions, but you'll never see the scale budge if you aren't consistently improving your eating habits. It's completely fine to go eat a burger, fries and have a couple I.P.A.'s on a Thursday night. In-fact, next time invite me! But you must understand that you are blowing any chance of meeting your goals out of the water. If you are serious about losing weight you should constantly be checking in with your trainer about your specific meal plan. The easiest way to start is by using a food journal or food log app to track details.

Another overlooked but equally as important piece to the fitness puzzle is flexibility. Complaining about aches and pains without stretching/foam rolling every day is like complaining that your shoes are wet while standing in a puddle. Seems like common sense, but hardly anyone steps out of the proverbial puddle. Every one of our clients without exception should have 5 to 10 stretches that they work on religiously. If you need guidance, we offer a stretch class Monday at 6pm and Saturday at 9am. Be there, and I guarantee you'll see a difference.



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!

HELP ME HELP YOU by Steven Saner

As trainers our top priority is to help our clients reach their health and fitness goals. We provide support to our clients when roadblocks prevent them from moving towards their goals and we look forward to celebrating with our clients when improvements are made. Some clients swear that certain “roadblocks” are out of their control, like when that second bottle of wine magically gets opened and must be drunk, or when somehow a doctor’s appointment gets scheduled for the exact same time as their training session. On the other hand, there are certain times clients will admit that they are the only one to blame for their lack of success when it comes to maximizing their exercise time. Fortunately for me all of my clients are perfect angels, but I was able to talk with some of the other trainers to come up with a list of the top things clients do that prevent them from reaching their goals during their training session.

Showing up late or canceling a session without rescheduling. This one is the most common and the most obvious. If you don’t put in the time how do you expect to see results? Ideally, clients would show up 10-15 minutes before their scheduled time so they can get properly warmed up and use the full amount of time with their trainer. For those times that a client must cancel a session, it is best for them to tell their trainer asap and ask to find another time that week to make up for the missed session.

Not eating properly (or at all) before a workout. Many clients will fall into this category once, but most don’t do it again since it’s not fun. It’s pretty easy to spot this one, about 15 minutes into the workout they start to slow down and 5 minutes later they are ghost white and can hardly stand up. At this point the client’s blood sugar levels are not the only thing plummeting, the intensity of the workout also drops and usually turns into an extended stretch session. Ideally, clients will eat something 45 to 90 minutes before their workout. The best options include both carbohydrates and protein, such as a sandwich, yogurt with granola, oatmeal with berries, or an apple with peanut butter.

Stalling during a workout. This one isn’t always as obvious, but it still happens often. Sometimes it’s the client that just has to tell you their funny story before they can start their next exercise or maybe it’s the client that needs to re-tie their shoes five times during the workout. Either way, stalling during a workout results in less time for exercise. Trainers have a plan for the workout and an idea of how long to let their clients rest between exercises. It is best for a client stick to the plan of exercises and rest times their trainer has prepared.

The bottom line is there are many things a client can do that will prevent them from reaching their fitness goals. As we can see from these few examples, it can come down to how prepared a client is for the workout and how they use their time during the workout. Remember, your trainer is on your side and wants to see you succeed. In order for them to help you reach your fitness goals the two of you must work together!



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RUNNING FORM by Klarissa Wren

Just like a squat, dead lift, or any other exercise, running is a movement one must learn to execute with proper technique and posture in order to prevent injury and protect joints.

Over time dominant muscles or injuries catch up to us, and we can no longer run with the ease and finesse that once came so naturally. By focusing on running form, one can turn a high impact exercise, to one that protects joints with medium to low impact allowing it to remain or become a pain-free activity.

Here are three of the most important cues for running form to keep you healthy and safe:

- **Neutral Hips:** While running, it is important that your hips are in a neutral position, meaning your spine is in a straight line from the tailbone to head. Proper hip positioning is the foundation that allows knees and ankles to function within a safe range of motion so that your muscles will absorb the force of the movement rather than joints.
- **Make a Wheel Motion:** Think of your feet operating as a wheel, cycling around one another so that you are picking your foot up and over. In order to complete this motion, your foot should contact the ground underneath your knee. By focusing on getting your knees up, it will allow proper timing and momentum to keep feet contacting the ground underneath your center of gravity. This motion ensures the knee is never extending upon impact which makes the knee very vulnerable to injury.
- **Midfoot Strike:** The ideal foot strike is to contact the ground with the middle of your foot rather than heel or toes. Toe-striking and heel-striking put higher amounts of stress on joints in the ankle and knee, and also require more work to run at a slower pace. A midfoot strike is not only the safest for joints but has an added benefit in the surface space it covers. With more stability in each step, you will not expend excess energy to stay balanced or contact the ground with this technique.

Focusing on these three postural cues may require a slower pace as your hip and core muscles gain the strength and endurance to work in these new positions. Although, as they strengthen you will find running longer will be much easier and take less of a toll on your joints.



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