



www.theclubatgigharbor.com

Elite Fitness Training

THE CLUB
AT GIG HARBOR

1st Qtr. 2017

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

THINGS TO AVOID AS WE AGE by Zack McVey

STAFF

Gabe Merritt
Principal/Trainer

Ryan Haug
Fitness Trainer

Zack McVey
Fitness Trainer

Steven Saner
Fitness Trainer

Jesse Boelk
Fitness Trainer



I think most of us can agree that it isn't any fun getting older from a physical standpoint. Back in the good old days, most activities came with a lot less aches and pains, whether it's jumping rope or simply going up the stairs, our younger selves could tackle most obstacles with a little more ease. Turns out it isn't just some kind of sick joke father time is playing on us, there are many scientific reasons for age related slowdowns, one of which is muscle atrophy. Simply put, muscle loss leads to minor annoyances such as not being able to open a can of pickles and premature aging signs. Left unchecked, it will lead to disability, bone frailty, metabolic disorders, and type 2 diabetes. Changes are subtle at first and become much more consequential as progression occurs. This is one reason to maintain as much lean muscle mass as you can from your 30's, 40's, and even starting later in life can make a huge difference.

We lose about 1 percent of our lean muscle mass per year, starting as early as our thirties with muscle declining 12 to 15 percent each decade of our lives. Those drops can be even more dramatic for those who don't take reasonably good care of their bodies and for those who drop a large amount of weight too quickly because muscle tends to vanish with extreme weight loss. Now for some positive news! There are simple and science proven steps that you can take to preserve and even improve those aging muscles. How can we help ourselves?

It should be no surprise that eating properly tops the list. This doesn't mean start a crash diet today; it means to manage a well-balanced consistent meal plan. If you don't know what that consists of, I can think of a few trainers who may be able to point you in the right direction. Here are a couple quick hints. Protein is the building blocks for our muscle. Foods such as milk, greek yogurt, lean meats, and fish all offer excellent sources. Stay away from sugar and refined or fatty foods. Veggies, fruit, and protein along with staying well hydrated are essential to eating properly.

The importance of resistance training that cannot be overemphasized, it is how you not only build muscle, but how you can keep it from vanishing in the first place. 20-30 minutes, 3 times a week, is a good start. The key is putting enough strain on your muscles, as well as varying your workouts, for improving power, balance, joint stability, and endurance. The marriage of protein and exercise gives you added benefits. People who eat 30 grams of protein post workout increase their muscle building potential in a huge way. If you lift weights on protein fumes, you won't get nearly the same results. Make sure you eat so you don't waste your hard work in the gym.

Get your heart pumping too, cardio is a must! Aerobic exercise helps muscle recovery and maintenance. It enhances blood flow which aids in nutrient absorption. Aim for 30 minutes 3 times a week to be the spryest silver fox on the block. The name of the game is to start early and continue consistently throughout your entire life! For best results never stop exercising.

The Club
at Gig Harbor

3201 Jahn Ave.
Suite 200
Gig Harbor, WA
98335

(253) 853-4434

With the holiday season recently behind us and another year gone, we've had plenty of opportunities to consume alcohol. Taking a look back, maybe we capitalized on more opportunities than we should have. Nobody wants to be the person that has a few too many and gets out of hand. You'll be the life of the party for a couple of hours, but you'll be the butt of jokes for years. If you're good with that, by all means go nuts, but most aren't.

If constantly waking up with a hangover and not functioning the way you should sounds like something you'd like to leave in 2016, then the future is bright. One of the fastest trending health crazes for 2017 is social events and non-alcoholic bar options. Dry dinners to a much larger option of non-alcoholic choices at your local watering hole are all increasing in popularity.

For those who know me, they know I'm not a huge fan of the millennial generation, but with that being said, there is a huge trend in millennials in which "juice crawls" are replacing "pub crawls" and many are keeping to a one night of drinking rule with only a couple drinks max. While I think the idea of a "juice crawl" is wildly crazy, they are headed in the right direction with the one night of drinking.

Most mixed alcoholic beverages contain up to 300 calories per drink. Wine is roughly 220-275 depending on pour and varietal. If you have a glass or two of wine a night, or a couple of mixed drinks, you are looking at an extra 3000-3500 calories per week (that's almost 1 pound). If you're reading this, chances are you work out hard and you care about your health. If you were to cut back to one night of drinking per week, you would limit the caloric intake of alcohol to 440-600 which could be nullified by one extra boot camp at 8:00am on Saturday mornings.

Big business has noticed this trend and is now putting billions (that's billions with a B) in to marketing lower calorie options such as flavored sparkling water and low or no-cal soda options. Coca-Cola is leading the charge by the hiring of new CEO Muhtar Kent whose main goal is to expand the distribution of flavored water and low sugar options.

The New Year is here! Take the next step and be accountable for what you put in your body. Major changes are never easy, but you've come this far in achieving your health goals, it's time to make 2017 your most successful year yet.

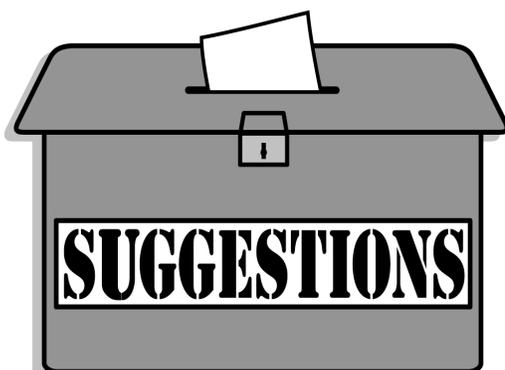
YO-YO DIETS by Steven Saner

Nobody likes to have the conversation about the dreaded “D” word...yes, I’m talking about the word “DIET”. Many people think that exercise is difficult, but most people would agree that eating healthy is the real challenge. Even though healthy eating is essential to reaching your health and fitness goals, it’s not necessarily beneficial to use the word “diet”. Being on a diet suggests that the way you are eating is only temporary. Healthy eating should be a lifestyle choice that you make a part of your everyday routine.

New research is showing that repeated dieting may lead to weight gain because the brain interprets the diets as short famines and urges the person to store more fat for future shortages. On the other hand, people who don't diet will learn that food supplies are reliable, and they do not need to store so much fat. This research is derived from studies of animals; how they store body fat for the winter when there is a shortage of food. Also takes into consideration how life may have been for our ancestors when food was sometimes plentiful and sometimes scarce (and in the latter case those with more fat would be more likely to survive). Today, people can get into a vicious cycle of weight gain followed by extreme crash diets (yo-yo dieting) which only convinces the brain it must store more fat.

This does not mean that it’s better to constantly overeat than it is to diet. The most important takeaway from this research is that the best way to eat if you are trying to lose weight is to take it slow and gradually decrease your daily calories. If you go too fast, chances are you may not see the results you expect, and you may be doing your body more harm than good. Healthy eating and exercising every day may be challenging, but in the end it is the best way for you to reach and maintain a healthy weight.

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.

THINGS TO AVOID THIS TIME OF YEAR by Gabe Merritt

Skipping breakfast: Skipping breakfast seems like a simple way to cut calories, but the result can be insatiable hunger the rest of the day. This may lead to unplanned snacking at the office and eating a super-size portion at lunch, making calorie counts soar through the roof. But breakfasts that are high in protein, carbohydrates and fiber can reduce hunger throughout the day and jump start your metabolism for optimal calorie burn. In fact, studies show people who eat breakfast every morning are more likely to maintain a healthy weight.

Relying on crash diets: Got a big trip coming up soon and determined to lose those extra 10 pounds fast, so what do you do? You turn to a crash diet. Perhaps your plan calls for nothing but grapefruit or cabbage soup each day. You slash your daily calories to fewer than 1,000 -- and sure enough, the pounds melt away. But when you eat so few calories, you train your metabolism to slow down. Once the diet is over, you have a body that burns calories more slowly -- and gains weight more quickly -- than ever before.

Focusing too much on low fat: Low-fat products can play an important role in your diet. Just remember that low-fat isn't the same as low-calorie and it's not a license to take second and third helpings. If you pile your plate with low-fat cake, you may end up eating more calories than if you had a smaller slice of regular cake. The best way to know how much fat, sugar, and calories you're getting is to check the nutritional label.

Sipping too many calories: When counting calories, many of us tend to overlook what's in our drinks. This is a big mistake when you consider that some fancy coffees and alcoholic beverages have more than 500 calories. Even the calories in fruit juice and soda can add up quickly. What's worse is that liquid calories don't curb your hunger. You're not going to eat any less after a high-calorie drink. Easy tip, the clearer the alcohol, the less carbs and calories it has.

Not drinking enough water: This is one of the simplest diet blunders to fix. Water is essential for burning calories. If you let yourself get dehydrated, your metabolism drags -- and that means slower weight loss. Research suggests adults who half of the body weight in ounces of water per day, burn more calories than those who drink less. So try adding a glass of water to every meal and snack.



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!

WINTER ACTIVITY SPORTS NUTRITION by Jesse Boelk

If you're planning on hitting the slopes and taking up any other cold temperature activities, you'll want to keep nutrition top of mind. The key to proper nutrition during this time of the year is to consistently consume adequate carbohydrates and fluid throughout your activity!

Before Activity

30-60 minutes prior have a snack with small amount of protein. General sports nutrition fuel timing guidelines for pre workout or training:
3 hours of training - 300 calories (high carbohydrate, moderate protein and small amount of fat)
2 hours of training - 200 calories (carbohydrate and protein plus 2 cups fluid)
1 hour of training – 100 calories (carbohydrate like fruit)
15-20 minutes one cup of fluid

During Activity

This will vary based on how intense you are training:

Less than 1 hour hydration and fluid intake will be your focus consuming 2-4 ounces of fluid every 15 minutes. Do not rely on thirst.

Beyond 1 hour your fuel source should consist of 30-60 grams of carbohydrates per hour evenly dispersed in 15 minute intervals with 2-4 oz. of fluid.

After Activity

A snack should be consumed within 15- 30 minutes after finishing training (including a carbohydrate and a protein) this snack should have an adequate amount of carbohydrates to replenish diminished glycogen levels and have more protein to start the recovery process of the muscle fibers.

For every pound lost in sweat during exercise consume 3 cups of fluid to maximize recovery and decrease soreness. Dressing appropriately for your activity will ensure your temperature does not drop to low and that you do not sweat excessively.

Considerations for higher altitude training (greater than 5000 ft.)

This causes the oxygen molecules to be more spaced out and decreases the ability to deliver oxygen to the cells. Training adaptations realized after 3 weeks at a given elevation.

There will be a greater need for Iron to assist in the delivery of oxygen to the working muscles.

There will also be an increase in the need of fluid.

Your resting metabolic rate will also increase causing an increase in the need for carbohydrate consumption. Most people will also experience a decrease in appetite that can interfere with the increased fuel and fluid needs causing severe performance problems.

The key is to consistently consume adequate carbohydrates and fluid throughout your activity! Have fun and stay safe!



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!

TOP 10 FITNESS FABLES by Gabe Merritt

- **Sit ups and crunches will burn fat off of your abs**
You can have abs like a body builder, but you might not be able to see them due to the outer layer of fat. Work on your diet and intensity of your workouts.
- **As long as I am working out, I can eat whatever I want**
Your diet is the most important area of trying to drop your body fat down. If you have a goal of losing weight, dropping fat, or both, your nutrition is the most important element.
- **Once you pass your 30's, you are too old to see results**
It is never too late to start working out. People of all ages can change their body composition, size, strength, and overall fitness level.
- **There is an easy pill out there that doesn't require hard work**
If you know of an easy way of losing weight, you should be rich! Losing weight the right way is not easy. It takes a lot of determination and hard work.
- **Resistance training makes women big and bulky**
Most of the women you see on fitness magazines that look too big and bulky are using steroids. If you train the right way and stay consistent with cardio and diet, you will not get big and bulky.
- **Stretching isn't important because it wont make you thinner**
The idea of flexibility training is not to burn calories; however during flexibility training you are trying to lengthen your muscles back to a longer position. Who doesn't want to look longer? Secondly, it will prevent you from getting injured, which will make sure you maintain a consistent workout program without having to take time off.
- **You have to be dripping in sweat to make a difference.**
Losing weight through sweating is simply losing water weight. So that is not the same as burning fat. However, make sure you are hydrated enough and working hard enough so that you can break a sweat at higher intensities.
- **Workouts should hurt**
Even though feeling sore for a few days after a workout can be normal, you should never actually hurt for more than a couple of days. This may be due to inflammation and/or overtraining.
- **If you don't have time to get in 60 – 90 minutes a day, then its not worth it**
Anything you can do is going to be beneficial. Studies have been shown that working out just 10-30 minutes at a time is still very good for you.
- **Workouts must be intense to burn fat**
Actually, the body burns fat just as efficiently when you do low-moderate intensity workouts. However, it does take you a lot longer to burn the same amount of calories. All workouts are positive; it's just a matter of how much you want to gain from each workout.



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".