



**EXPANSION OF THE CLUB by Gabe Merritt**

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After 11 years, The Club has decided to expand our space and take on an additional 1900 sq. ft. to our original layout. The reason for our expansion is because we would like to expand our program and add some diversity. For 11 years we have focused on our personal training program and wanted to ensure that we were able to meet each client's needs in a customized program. We want to continue this same Club program, but we would like to add to it by offering classes and also a limited amount of memberships to our previous training clients.

We are going to start 2018 by offering classes such as: yoga, spinning, bootcamps, and mobility classes. These will be offered to both Club clients and non-Club clients as well. We have a 900 sq. ft. room dedicated for hosting these activities as well as using our Club space for some of our bootcamp and mobility classes.

In addition to this 900 sq. ft. classroom, we are adding another 1000 sq. ft. to our training space to allow us to spread out and add new equipment. This is going to allow us the room to offer a gym membership to a limited amount of our clients as they graduate from our training program.

Some of our current clients have expressed concern as to how this is going to change who we are, and how it may change how crowded our Club space is going to become. Please realize that our main goal is not to change the great atmosphere that we have created here at The Club, and the amount of memberships offered are going to be capped to ensure we still are not an over-crowded gym.

One thing that we have learned since inception in 2007 is that everyone is different and everyone is looking for something different. Each person needs to find what is right for them to live a healthy lifestyle that lasts over time. Our classes and memberships are a way to offer more options to more people without limiting our program to just people who want that custom training program. These programs are also being added so that our current clients have another resource. Part of our program here at The Club is to ensure you are getting everything your body needs to be successful. In many cases, that means you need more diversity and maybe more structure to ensure that you are working just as hard when you are not with your trainer, compared to those days that you are.

If you have any questions, suggestions, or concerns as we go through our expansion, please do not hesitate to consult your trainer or myself to ensure that you are aware of any changes happening inside of our Club program.

- Gabe Merritt -

In the wide world of exercise and fitness, there are many ways to find success. Finishing a marathon, meeting a weight goal, or simply sticking to your clean eating habits are all things to be celebrated. As with everything in life, there is the other side of the story, the frustrations of failing at what you have worked so hard for. I would like to offer a look into how an individual can give themselves a competitive edge not physically but mentally. I refer to this skill as mental toughness; it has been utilized and improved upon by athletes for generations and helps to allow you to consistently perform toward the upper range of your talent and skill regardless of the goal or circumstance.

Being mentally tough means that no matter how difficult the situation, whether it's your last mile in a marathon or trying to tighten up your eating habits, you're able to utilize self-discipline to perform to the best of your skills and ability. It is debated whether genetics or learned skills are most important to this development, but psychologists along with athletes and coaches agree that it is associated with athletic prowess and success. It may be the defining factor between finishing as a winner or not finishing at all.

You may be thinking how this can apply to you even if you aren't an elite athlete. Everyone can benefit from mental toughness. It can be applied to many areas of your life, in this case specifically your goals at The Club! Many of us tend to stop or slow down when we feel tired or low on energy, this can really place a barrier in front of your personal goals. You are stronger than you think you are. What you're physically capable of in an endurance environment, is more determined by your mental strength than your physical capabilities. Your body can go beyond what your physical perceptions of tiredness or fatigue are. You need to train yourself to continue to push through fatigue or frustration even though your mind says you are tapped out.

Training for mental toughness:

Visualization is a piece of the training that is incredibly important. You don't have to do anything physically, it's all about seeing a positive outcome playing out in advance. You're imagining the start, the route, the competition. You're mentally training yourself to push through those barriers.

The root of mental toughness lies in motivation. Those who exhibit internal motivation and are self-starters, willing to push themselves to the brink for the love of their sport or activity. They need little encouragement and they often do well setting goals for themselves, success is implied!

You can't settle into a routine and expect to make progress. If you're trying to be a more accomplished runner, then a couple of times a month you need to practice running a little longer or faster than you're used to. Put your running shoes on and decide you're going to take it to the limit. The same logic applies to the weight room and life in general. Applying any challenging stimulus to your life will give you a greater ability to handle stress of all kinds. It teaches you problem-solving skills and critical thinking, both of which can help you tough out any situation.

## **PALEO VS KETO by Ryan Haug**

Over the past 10 years, only a few diet fads have been as successful (in the marketing sense) and as popular as the Paleo diet. Paleo is a bit of a throwback to our ancestors essentially only eating what you can hunt and gather decreasing your carbs, and focusing on whole foods. This diet has become so popular that most grocery stores across the nation have entire sections devoted to the Paleo lifestyle. If you do an internet search for Paleo foods, you can find everything from Paleo protein (makes sense) to Paleo pre-workout (crazy expensive) to Paleo vitamin D (pretty sure our ancestors just went outside for that). The marketing boom has flooded the market. Which means in the days of short attention spans and the “what next” attitudes, we look to the future. Enter the Keto diet.

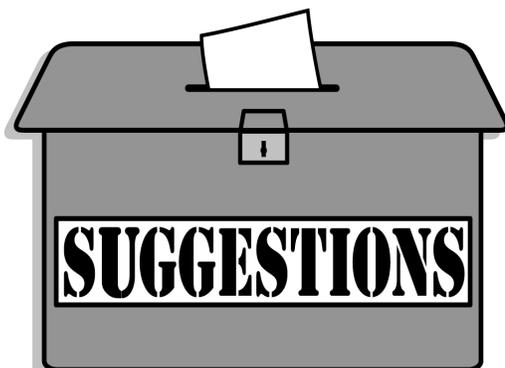
The Keto diet was originally designed to treat medical conditions such as type 2 diabetes and cognitive disorders such as Alzheimer’s disease. The initial purpose was to prevent and treat seizures in the 1920’s. Along the way someone noticed that you can get crazy skinny using this diet, so now the Keto diet is better known as a rapid weight loss and fat burning strategy. The idea is to lower your carb intake to around 5% of your daily caloric intake putting your body in to a state of Ketosis. This is a metabolic phase that takes Ketone bodies from the liver and forces your body to use stored fat as its primary energy source as opposed to using blood sugar or glycogen.

Although these diets seem fairly similar on the surface (both are carb restricting), there are some differences.

- **Focus on Ketone Levels:** A Keto diet focuses on raising your body’s ketone levels by altering your food choices so you enter a metabolic state called nutritional ketosis. A Paleo diet doesn’t pay attention to ketone levels.
- **Focus on Food Quality:** A Paleo diet focuses strongly on choosing whole foods that are nutrient-dense, high-quality, and free from toxins. A healthy Keto diet should also include high quality food, but this isn’t the emphasis.
- **Amount of Carbs:** A Keto diet has a very low carbohydrate intake. While a Paleo diet is certainly lower in carbs than many other diets out there, it typically still has a higher carb intake than a Keto diet.
- **Amount of Fat:** A Keto diet puts far greater emphasis on increasing your fat intake than a Paleo diet. Although Paleo does encourage eating healthy fats, it’s not typically as high fat as a Keto diet.

If past fads are any indications of how things will go with the Keto diet, you’re primed to see the market go Keto crazy. Ask your trainer or nutritionist for more details on how these diets work with exercise to assist in losing the years of extra pounds. Healthy eating!

### **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.

## **FOOD ALLERGY VS FOOD INTOLLERANCE by Steven Saner**

Most of us know someone who has at least one food allergy. Sometimes they are serious and can be life-threatening. Sometimes they are moderate and just cause discomfort. Other times they seem to be completely made up, like your friend who says they are allergic to gluten and then proceeds to eat a basket of bread before dinner. The first case is a true food allergy, while the second is considered food intolerance, and the third sounds more like someone trying to keep up with the latest fad diet. It's important to note that food intolerance is different from food allergy since food allergies trigger the immune system, while food intolerance is generally less serious and usually just affects the digestive system.

When dealing with food allergy, even small amounts result in symptoms, like with peanuts. Whereas, with food intolerance, tiny amounts will usually have no effect. Also the symptoms of food intolerance generally take longer to emerge, compared to food allergies. The most common symptoms of food intolerance include bloating, migraines/headaches, stomach ache, irritable bowl, excess gas, and skin irritation/hives.

It is not always easy to determine whether somebody has a food intolerance or allergy because the signs and symptoms can often overlap. Apart from lactose intolerance and celiac disease, there is no accurate and reliable test to identify food intolerance. The best method is an exclusion diet, also known as an elimination or diagnostic diet. In a typical exclusion diet, the suspected food is removed from your diet for a set period, usually between 2 weeks and 2 months. If during this period the symptoms stop, it becomes more likely that the culprit has been found. Then you can reintroduce that specific food into your diet to see if the symptoms return. Foods most commonly associated with food intolerance include dairy products, eggs, soy, wheat, and corn.

If you think you might be allergic or intolerant to a specific food, then take action to find out. Either try an exclusion diet or go to your doctor to have an allergy test performed. If you do find out that you need to cut out a certain food from your diet, don't worry, your life isn't over. There are many substitutions you can make to avoid that specific food while still enjoying what you eat. Common substitutions include almond or coconut milk instead of cow or soy milk, spaghetti squash or zucchini noodles instead of pasta, lettuce wrap for a sandwich instead of bread, and if you have a sweet tooth there is coconut ice cream instead of regular ice cream. Making changes in your diet might be difficult at first, but it's worth it if you are experiencing symptoms that affect your daily life.



### **Join us for these NEW CLASSES:**

**Tuesday; 6am—Core and Stretch Class  
9am—HIIT Class**

**Wednesday: 5pm—HIIT Class**

**Thursday 6am—HIIT Class  
9am—Core and Stretch Class**

**OUR CLASSES ARE FOR BOTH MEMBERS AND NON-MEMBERS, SO HELP US SPREAD THE WORD AND INVITE A FRIEND!**

## **NEW YEAR'S SOLUTIONS, NOT RESOLUTIONS by Jesse Boelk**

During this time of year, millions of people set out to drastically change their life for the better. Most people have some sort of body composition or performance goal. This is a great place to start, but before you set an expectation, let's try and identify if it is achievable. With everything going on in your life the last thing that you want to do is set yourself up for failure. Let's face the facts, 90% of resolutions fail by March.

To start, let's make sure your goals are specific by focusing on the 6 "W's". Who: Who is involved? What: What do I want to accomplish? Where: Identify a location. When: Establish a time frame. Which: Identify requirements and constraints. Why: Specific reasons, purpose or benefits of accomplishing the goal.

Next you must ensure that your goals are measurable. Using girth measurements of different areas is a very objective way to measure results. Pick two to three areas to focus on and establish a frequency that you will measure your progress.

Another very important aspect is the attainability of your goal, this is where a qualified professional is very helpful. At The Club, we have collectively trained thousands of clients and can help you determine if your goals are attainable given the variables and obstacles that you may be facing.

First things first, time for a reality check. What is your track record with health and fitness success? I suggest a progressive approach such as setting very achievable markers along the way to your ultimate goal this year to give you positive reinforcement along the way. This is a good step to include things that have worked well and identify potential roadblocks that have thrown you off course in the past. Again, utilizing a professional to identify the best course of action to avoid setbacks will optimize your time and energy.

When will you achieve these baby steps? Make them time bound so that you and your trainer can focus in on your results and adjust your program to maximize all the sweat equity that you are putting into your program. Set up contingency plans in case you fail to meet a time hack. What will you do to reduce calories or increase caloric expenditure? Find positive reinforcement to keep you on track. For example, when I lose my first 10 pounds, I will reward myself with a trip to my favorite vacation destination.

After all is said and done, try and make this a life solution not a new year's resolution. With many resolutions comes the idea that you will stop what has gotten you to your goal. Instead implement changes that you can sustain to ensure that you don't create an undulating cycle of progression and regression.



**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!**

## **BENEFITS OF SUSPENSION TRAINING by Hap Brecht**

Suspension training refers to body weight training using a system of ropes called a “suspension trainer” attached to a bar or wall allowing users to work against gravity. With suspension training, you can get a full body workout that develops core body strength, muscular endurance, coordination and joint stability which reduces the risk of injury. Suspension training has become very popular as a versatile means of exercise.

One of the biggest reasons suspension training has become so popular is because all fitness levels and age groups are able to get a great full body workout. The instability of the ropes requires users to engage their core to stay balanced during every movement, developing muscles that may be ignored during other modes of exercise. Strengthening these muscles improves posture, balance in daily living and recreational activity, and decreases the chance of injury across the board. Sounds too good to be true, but the versatility of suspension training makes all this possible.

Most people want to maximize their time in the gym and suspension training is great for an efficient workout. In a short amount of time, you can work on balance, stability, coordination, cardio and strength. Since users don't have to travel from a dumb bell rack to cables and then to a squat rack, you can keep your heart rate elevated performing many different exercises quickly to get a great cardio workout. The support that suspension trainers provide allows users to work on bilateral, and unilateral movements which help with coordination and joint stability.

With all this variety, suspension training is often utilized in exercise classes such as “Bootcamp.” In a class, instructors are expecting and prepared for people of all ages and ability levels, which is why suspension training fits so well. Users can work against all of or very little of their body weight depending on where they stand in relation to the bar or wall the ropes are attached. To increase intensity of the exercise, users will move closer to the bar and further away to decrease intensity. This is how one training tool can be utilized by such a wide range of people looking to increase fitness levels.

Suspension trainers are unique, versatile pieces of equipment that provide an opportunity to train many aspects of fitness in a relatively short amount of time. Everyone can benefit from suspension trainers from beginners to elite level athletes.



### **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”.