



www.theclubatgigharbor.com

Elite Fitness Training

THE CLUB
AT GIG HARBOR

2nd 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

STAYING HYDRATED by Steven Saner

The top 3 things that all humans need for basic survival are oxygen, water, and food. Although this is true, some of us still don't recognize the importance of staying properly hydrated. Our bodies are made up of approximately 60% water, and the water we consume is needed to control our body temperature, heart rate, and blood pressure. Staying properly hydrated helps us to stay alert, control our appetite, improve physical activity, and also helps to prevent fatigue, headaches, and dry skin. We lose water every day through various methods. If we do not properly replace the water that we lose, our bodies can become dehydrated, which can become severe and life-threatening.

Although drinking water is the best and easiest way to stay hydrated, there are some other options that can help as well. Many fruits and vegetables are composed of mainly water. Some of the best hydrating fruits and vegetables are watermelon, oranges, grapefruit, cantaloupe, celery, cucumbers, tomatoes, and romaine lettuce. Some may be wondering if other beverages like soda, coffee, and tea count as hydrating beverages. Recent studies have found that these beverages do have a mild diuretic effect, which is going to makethem less effective than normal water. Keep in mind that even though these options may hydrate you better than no fluids at all, they also include many empty calories or artificial sweeteners. It's important to realize that these foods and beverages should be thought of as an addition to water, not a replacement for it. One beverage that is a huge dehydrator is alcohol, which should be limited or equally matched with water when you do decide to drink it.

Staying properly hydrated is especially important while exercising since our bodies lose water faster when we sweat and breathe heavily. It's important to drink water before, during, and after exercise. Experts recommend drinking 16 ounces one hour prior to exercise, 4-8 ounces every 15 minutes during exercise, and another 16 ounces an hour after exercise. If you are looking to drink more water throughout your day or while exercising, make sure you keep a refillable water bottle with you at all times. You may also want to try keeping a water log to help track your intake throughout the day.

MENTAL TOUGHNESS by Michael Moore

Doing mental toughness exercises prior to working out can help you get the most out of your workout regimen. Here are three you can do daily.

Positive Affirmations Prior to Exercise: Positive thoughts will increase your energy level. Telling yourself that you are too tired, or too busy can rob you of necessary energy. On the other hand, positive thoughts create enthusiasm and excitement. Think about your skills and abilities and how far you've come since starting your fitness program. Make a mental list of all your positive traits related to exercise and keep them in mind before you begin your workout for the day.

Visualize Success: One of the strategies that competitive athletes use is to visualize success before they begin competing. This same principle can be applied to your exercise regimen. For example if your goal is to do 10 unassisted pull ups, close your eyes and visualize yourself doing this. If the last time you experienced difficulty on your eighth rep, visualize those last two and picture yourself pushing through the challenge to achieve your goal.

Replace Negative Thoughts During Exercise: A challenge that is common for anyone who is striving to achieve a physical goal is focusing on weaknesses and failures. You might have just started running and notice that you're breathing heavily during the first five minutes. The tendency might be to focus on that as a failure and beat yourself up for not being in better shape. Mental toughness in this situation involves avoiding negative thoughts about failure, and replacing them with positive ones. The next time you go for a run, reward yourself with the positive thought that you actually went out there again despite your previous discomfort. Reward yourself with positive thoughts when you are tired and realize that you are already through the hard portion. You may find that this positive energy gives you extra strength and motivation to continue and push through the difficult times.

PERCEIVED EXERTION by Cindy Paul

To get the most out of your cardio workouts, one of the most important elements is the intensity of your workout. You should monitor how hard or how easily you move through your workout. You want to be challenged enough to help you reach your goals but not so extreme that you can't finish your workout. Many guidelines recommend exercising at a moderate intensity for most days of the week, while keeping in mind increasing your intensity level can help you burn more calories and save time with shorter workouts. An easy way of self-monitoring the intensity during a workout is using something called a perceived exertion scale.

Perceived exertion is simply how hard you feel your body is working by paying close attention to your heart rate, breathing rate, excessive sweating, and muscle fatigue. There is a standard number scale that was developed by Dr. Gunnar Borg that showed that people could pretty accurately measure the intensity of their workouts by simply assigning a number to how you feel during exercising. The scale is numbered from 6-20, six being no exertion at all and twenty being maximum exertion. He found a close association between a person's perceived exertion rating times 10, and the person's actual heart rate. For instance if a person feels like they are working at a level 12 on the scale below, you multiply that number by 10 which is 120, according to Borg, their heart rate would be right around the 120 bpm range.

- 6 - No exertion
- 7-8 - Extremely light
- 9-10 - Very light (easy walking at a comfortable pace)
- 11-12 - Light
- 13-14 - Somewhat hard (Quite an effort, you feel tired but can continue)
- 15-16 - Hard (heavy)
- 17-18 - Very hard (very strenuous, you are very fatigued)
- 19 - Extremely hard (You cannot continue for long at this pace)
- 20 - Maximal Exertion

The scale above shows the different levels. Choose the number while you are exercising that best describes your level of exertion. In general, for most workouts you want to be at around Level 11-13. Note that working at a level 20 isn't recommended for any prolonged period. If you're doing interval training however, you want your recovery to be around a 7-8 and your intensity blasts to be at around 15-18. The great thing about using this scale is that no equipment is needed, and it is easy to do while you are performing your workout to ensure you are at a good intensity.

New Trends in Exercise by Ryan Haug

New fitness trends help to keep workouts fresh and new. The Club strives to bring you a wide range of exercise formats. While we excel at providing an exercise program that fits your specific needs, we also offer flexibility and high energy group classes designed to change up your workouts and give you broader exercise experience. One on One Training, Group Training, Stretch Class, and Boot Camp are all great ways to diversify and avoid getting stagnant. Here is a list of trending forms of exercise according to the ACSM Health and Fitness Journal.

Top 4 Trends of 2014:

Fusion Training - This is a combo of strength training, cardio, and flexibility.

HIIT (High Intensity Interval Training) - This is working at a very high level for a set amount of time, recovering with short breaks. Repeating the high level – low level interval keeps the heart rate high while giving the body time to physically recover.

Stability Training - Working balance through multiple ranges of motion

Body Weight Workouts - Using body weight for an entire workout or using it as a superset with a weighted exercise.

The good news is that you are a trend setter! The Club uses all of these techniques as a staple of our exercise programming. If you ever feel that you need a change in your program or want a little more diversity in your workouts, don't forget to mention it (yes, actually out loud) to your trainer. Whether we need a substitute trainer or just a little tweak of your workout, we want to keep you on your toes and also want to ensure that we are always keeping your program individualized for you.

ENERGY BOOST by Zack McVey

An apple a day keeps the doctor away. Most of our clients know that they need to eat certain foods to stay healthy and to promote weight loss but often times it seems that we overlook the other important functions they serve. One major reason to eat properly is to stay energized! Too often clients show up to work out and have lost the battle before even stepping through the door because they have neglected to properly fuel their body. Food supplies calories, pushing your body to work more efficiently. The best foods are those that help keep your blood sugar steady and trigger feel good brain chemicals.

Carbs may be the foe of fad diets, but they're vital for energy and mood. They are the body's preferred source of fuel, plus they raise levels of the feel-good chemical, serotonin. Pick whole grains like whole-wheat bread and brown rice. Your body absorbs whole grains more slowly, keeping your blood sugar and energy levels stable. Take a look at some other great energy fueling foods and what they accomplish.

Oatmeal: Start your day with oatmeal. This is an excellent healthy food that stabilizes blood glucose levels because of its complex carbs. Fiber content in the oatmeal helps you to get a steady stream of energy. Oats also contain Vitamin B which helps transform carbohydrates into usable energy.

Peanut Butter: Excellent source of protein and good source of fiber. The soluble fiber in peanut butter helps to control blood glucose.

Avocado: Like peanut butter, avocado is rich with unsaturated fats. It also contains other nutrients such as Vitamin B6, Vitamin C and folate.

Citrus Fruits: Vitamin C is extremely important for gaining energy. Also, the minerals and dietary fibers present in citrus fruits are necessary for energy. Citrus fruits contain fructose, glucose and sucrose and citric acid. Oranges, grapefruit and lemon are the best citrus fruits for good health.

Yogurt: A highly nutritious food which contains Vitamins B2, B5 and B12. Plus, a great source of protein, calcium, zinc, phosphorous, iodine and usually probiotics as well.

Salmon: Fatty fish, such as salmon, is rich in omega-3 fatty acids, which may protect against depression and be good for heart health.

Coffee: One of the World's most popular performance enhancers. Caffeine steps up the body's metabolism, temporarily improving mental focus and energy. Frequent mini-servings will keep you alert and focused longer than one large dose. Just beware of drinking so much coffee that you can't sleep.

These are all foods that are packed with energy, but realize that there are some other things to look at other than just energy. Before you start packing in the peanut butter and avocado, make sure that you and your trainer take a look at all the nutritional components of the foods you are consuming.



The Club Referral Program

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

Who do you know??

5 COMMON MISTAKES IN WEIGHT LOSS by Gabe Merritt

1. **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.
2. **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.
3. **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 drink eight or more glasses of water per day burn more calories than those who drink less. So try adding a glass of water to every meal and snack.
4. **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.
5. **Loading Up 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.

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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.