



www.theclubatgigharbor.com

Elite Fitness Training

THE CLUB
AT GIG HARBOR

2nd Qtr. 2015

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

Zack McVey
Fitness Trainer

Steven Saner
Fitness Trainer

Cindy Paul
Fitness Trainer

Alex Joudy
Fitness Trainer



The Club
at Gig Harbor

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MEET THE TRAINER By Alex Joudy

At the age of 23 years old, I was in danger of becoming a cliché. A former high school football player with a promising future, now, an overweight high school football coach by day and a nightclub bouncer by night. Pushing the scales at 340lbs was the proverbial tipping point for me to make a change. By working with a friend who by trade was a personal trainer and competitive body builder/power lifter, I managed to lose 100lbs that year. In that challenging year, I found my passion. I knew there were others that needed to make the same changes as I did to improve their quality of life. I felt my track record could serve to showcase my personal success, which is critical to developing trust between trainer and client.

In the fall of 2005, I received my ISSA certification and immediately began to train at Golds Gym in Santa Cruz, CA. I had the opportunity to partner with a trainer with over 20 years in the field which gave me access to a wealth of knowledge. In the fall of 2007, I began a two-year stint working out of a studio in the heart of Silicon Valley, Willow Glen. Most of my clients were working parents in the corporate world, CEO's, VP's in the high tech industry – all working professionals. I also worked with some prominent college and pro athletes as well. Soon I built up a clientele of 50+ year olds that had either never been in shape or been so busy with life that they didn't think it was possible to get in shape at this stage of their lives.

In July of 2010, I started my own company, TailorMade Fitness, an 800 sq. ft. personal training studio. My focus was to design programs "tailor made" for each individual based on their current lifestyle and goals. Rather than a cookie-cutter routine most big corporate gyms use for their physical training programs, my unique programs yielded the best results. This would allow clients to make the necessary changes to their life and physique, yet it was sustainable over the long term.

At the same time of my growth in business, my life at home was growing as well. My wife and I had a two-year old son and a newborn daughter. Operating my own business as well as making sure that I was an involved father who didn't just go to work early, come home late, and see my kids on the weekend, taught me about balance in life. My clients saw this as well. They knew that I did my best to practice what I preached.

January 2013 we expanded again, both at home at in business. We had twin girls and TailorMade grew to a 2300 sq. ft. facility that offered personal training as well as class and group training. Life was fast and busy. This past year my wife and I made the decision that it was time to move on. The cost of living and pace of life in California wasn't what we were looking for when it came to raising our children. We sold the gym to one of my trainers. Washington here we come!

I believe I bring a wealth of knowledge, proven experience, integrity, and a track record to show my training style and programs work. It's not instant, it's not trendy, but rather a long term, sustainable approach with proven successes that incorporates all facets of life. My work involves nutrition, training, the importance of recovery and sleep, raising a healthy active family, and prioritizing simple changes to better your health. Building relationships with my clients to help achieve LIFE BALANCE is key to their overall desires and key to my training approach.

These are the core principles of my success and my client's success as well. It is this core that I plan to bring with me to The Club.

***STRETCH YOUR CHEST* By Gabe Merritt**

How many times have we noticed someone else or maybe even yourself slouching, slumped over, or using bad posture throughout the upper body? I know I have! I see someone either with perfect posture or someone with really bad posture and I automatically think to myself “what does my posture look like?” We often function with our hands and arms out in front of our body. Whether its typing, cooking, steering, or just about everything that we do in life we put our hands out in front of our body. This causes us to over use our pec muscles, which can cause them to get tight and over developed. It is important that we are aware of this and work on correcting this pattern by stretching our chest.

One of the focuses of *The Club* is to not only help you reach your health and fitness goals, but also to try to educate you along the way. Corrective exercise is a large part of what separates us from other fitness clubs. An area that I have seen as a major issue for many of our members over the years is over developed and shorted pectorals (aka your chest) and weakness in your Rhomboids and Posterior Deltoids. Your Pectoralis Major and Pectoralis Minor are very important to keep lengthened. This will help lead to a larger range of motion and decrease strain on your rotator cuffs and your shoulders overall. This position of keeping your shoulders pulled down and back is called retraction. It is important to not only stretch your chest and shoulders, but also to strengthen your muscles around your scapula in order to maintain this position. You will see many members around *The Club* working on seated rows, bent over rows, body rows, reverse flies, lat pull downs, pullups, and other various pulling exercises for this exact reason. Strengthening the muscles around your scapula helps us to be able to maintain the proper posture and keep your shoulders in retraction during exercise.

Here is a list of a few great Pec stretches you can do around *The Club* and at home:

Elbows out to the side mimicking the look of a goal post and lean into a door frame. Elbows pressed against the door frame as you lean forward.

Elbows out to the side and lean into a corner. Elbows pressed against the two walls as you lean forward.

Laying on a Foam Roller with the roller going right down your spine. Make sure your head and glutes are both supported on the roller. Then perform a snow angel motion with your upper body trying to keep the back of your hands on the floor.

Laying on the bench press, reach your hands underneath the supporting bars behind your head. Work on getting your elbows to 90 degrees and pull your elbows down to the floor.

Stretch Class (Monday @ 6pm and Saturday @ 9am) will work on not only foam rolling to help with this, but also do some static stretches for your pecs and shoulders as well.

The importance of having balance throughout your body as well as your life is important to maintain a healthy lifestyle and remain injury free while living an active lifestyle. With all the activities we do to overuse our pecs, it is very important to constantly stretch your pecs and strengthen your muscles around your scapula. If you have questions about any of these stretches or what else you can do to help stretch out your pecs, please be sure to bring it up with your trainer.

NO TIME TO EXERCISE? by Zack McVey

When it comes to finding an excuse for not being in better shape my favorite has always been some variation of “I’m too busy.” Whether it’s running kids around to a million school, work, and sporting events, or simply thinking that you are busy because you have a lunch date, I get it, and to some degree we are all a bit short on free time. However, I’m here to tell you that we can all find a few extra hours in our week to spend taking care of our health.

If you want to change your schedule to accommodate exercise, you must be motivated to do so. People who exercise consistently don't have more time than you, they've just decided that what they're getting out of training is worth more than whatever else they could be doing during that time (sleeping, hanging out with friends, watching TV, etc.).

Here are three “Time Finding” ideas for your consideration:

Early Morning Workouts: Becoming an a.m. exerciser means you get to cross your workout off your to-do list ASAP. For those of you who treat sleep like a precious commodity, you may need to take a week or two to get used to this one, but in the long run you actually feel more energized. Just ask anyone who does it.

T.V. Time Workouts: If you simply cannot miss an episode of your favorite show, the good news is you now have an hour of dead time for some body weight exercises. Start with doing 100 sit-ups, 100 pushups, and 100 squats over the course of the show. You may be surprised at the benefits!

Weekend Workouts: Most people’s schedule is much more flexible during these magical two days. While I’m sure there is still much running of errands and chores to be done, it should be easier to find an open morning or evening to get a half hour of cardio or a quick weight circuit in. Added bonus, weekend training tends to make you want to eat and drink less garbage!

If you’re busy, you may feel that you can’t afford to spend time exercising. But the truth is, you really can’t afford not to. Not only will exercise give you more energy to accomplish daily activities and help you relieve stress, it will improve overall health. I could give you a hundred reasons why exercise should be important to you, but you're the one who has to decide. It starts with a decision and is followed by taking action. That action can be as simple as walking the dog or as complicated as training for a marathon. Either way, there's no better time to start than now.

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.

MEASURE UP By Ryan Haug

When starting any new exercise program, a baseline measurement should be done in order to monitor weight, measurements and body fat. In the past the Body Mass Index or BMI was used as a simple and quick equation to classify one's healthy weight. Recently this method has become a bit outdated and unreliable due to its lack of using body fat and lean body mass into consideration, which is a true measurement of healthy weight. So what are the new measurements used and how reliable are they?

Hydrostatic (Underwater) Weighing-This technique is based off the principal that states that when a body is immersed in water, it is buoyed by a counterforce equal to the weight of the water displaced. The loss of weight in water, corrected for the density of water, allows calculation of body volume. However it is important to blow out as much residual (air in your lungs) to get an accurate reading. This measurement has a plus or minus 2% accuracy, which is extremely close.

Plethysmography-If dunking yourself underwater and blowing out all the air in your lungs doesn't sound like your thing, this method uses air instead of water. Better known as a Bod Pod the same 2% discrepancy is applied.

Skinfold Measurement-This method used by many trainers at The Club takes the sum of sum of skinfolds using a caliper device. The more sites measured, the better the accuracy. This method should only be done by a trained professional and as often as possible by the same person. The accuracy still has a 3.5% variance, which is extremely good as long as it is done correctly.

Bioelectrical Impedance Analysis (BIA)-This is an easy-to-administer, noninvasive, and safe method of assessing body composition in a fitness setting (also used at The Club). BIA involves passing a small electric current through the body and measuring the impedance or opposition to current flow. Fat-free tissue (body water) is a good conductor of electrical current, whereas fat is not. This technique's accuracy is similar to that of skinfold as long as strict protocol is followed. No eating or drinking within 4 hours of assessment. Avoid moderate to vigorous physical activity within 12 hours of assessment. Abstain from alcohol within 48 hours of assessment. And no caffeine or diuretics prior to unless prescribed by a doctor. If these steps are not followed, the discrepancy jumps considerably.

All of the new methods are a great way to follow your progress and stay motivated. Remember, the more time spent with your trainer, the better these numbers will look. If you have questions on how or where you can have these measurements taken, ask your trainer and a measurement time will be set up for 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!

KEEPING MOTIVATION AS WE AGE By Cindy Paul

Let's face it, getting older is an uncontrollable fact of life, but how we age, is completely controllable. I have just recently started to accept the fact that I am getting older. As far as "how I age", focusing on what I can control has become my driving force. Make sure to set goals that are controllable and individualized to yourself in order to stay focused.

Living a fit and healthy lifestyle is a choice. Maintaining that lifestyle, is work, but the benefits can be huge. I use the following strategies daily to keep me on track and focused on the positives.

1. Set obtainable goals daily. Whether the goal is how long I plan to exercise, or what type of exercise I am going to accomplish; having a plan is huge and makes me accountable. Each day I can restart and make sure I reach my goal for that specific day.
2. Record progress: I keep a small daily journal of what I accomplished that day. Another idea is to keep up that food journal so that you can see how well you ate throughout the day and maybe add how you felt that day. It doesn't have to be long, just a short entry in your mobile device or in a small notebook is all you need. Looking back at what you actually ate that day helps you stay accountable and also makes you be realistic with what you put in your mouth.
3. Delete Guilt: I don't beat myself up if I miss a day, or eat something that isn't in my normal diet. Focusing on the negative will only ruin my motivation. This is why I set my goal for one day at a time. Don't beat yourself, restart the next day fresh and get back on track. Missing one workout or eating something bad isn't going to throw you way off track. But getting down and repeating it over and over again will.
4. Focus on me: This one is huge...work hard, and focus on your own accomplishments. I do not compare myself to others. Sometimes in a gym, people can get caught up on that, and it will only bring you down. Focus on short term goals for yourself. That way you are staying in control of your own actions and your own accomplishments.
5. Visualize: I find some sort of visual, or a reward somewhere that I can see daily. Visualization is very motivating to keep you on the right track. This can be something as simple as a picture of yourself when you liked your size, how many days you have left to a specific event, or even a pair of jeans you want to get back into. The key here is find something that motivates you and keep it around as a visual or a constant reminder.



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MACRONUTRIENT BALANCE By Steven Saner

There is no denying that maintaining a healthy diet with the proper number of calories is essential for reaching your health and fitness goals, but counting calories is not the only thing that matters. If you want to get the most out of your diet, you must also look at where the calories you consume are coming from. Calories come from three main sources called macronutrients, which are carbohydrates, protein, and fat. Carbohydrates and protein both provide 4 calories per gram, while fat provides 9 calories per gram. Each of these macronutrients are needed for specific reasons, but the amounts needed vary from person to person based on their body type, activity level, and their goals.

For most people carbohydrates are the macronutrient we need in the largest amount since they are the body's main source of fuel. Carbohydrates are needed for the central nervous system, the kidneys, the brain, and muscles (including the heart) to function properly. Good sources of carbohydrates include whole grains, brown rice, oatmeal, sweet potatoes, and most fruits and vegetables. Along with choosing good sources of carbohydrates, it is also important to consume carbohydrates at the right time of day, which is typically during the morning or middle of the day when we are most active.

Protein is the macronutrient needed in the second largest amount. Protein is needed for growth and repair of tissue, preservation of lean muscle mass, immune function, and energy when carbohydrates are not available. Good sources of protein include lean meats, poultry, fish, dairy, eggs, nuts, beans, and protein supplements. It is best to get the majority of protein from whole foods, but protein supplements, like a shake or bar, can be beneficial when other protein sources are not available.

Fat is another macronutrient that is needed in our diet, even though it has a bad reputation of causing weight gain. Fat does contain more calories per gram than the other two macronutrients, which is why we don't need to consume as much. We need fat for normal growth/development, vitamin absorption, cushion for organs, and energy at times. Types of fat include saturated fat, unsaturated fat, and trans fat. Try to eat mostly unsaturated fats (avocado, olive oil, nuts, and fish) and avoid saturated fats (fatty meat, butter, lard) and trans fat (processed foods, fried foods, and margarine).

Most people should get 30-50% of their calories from carbohydrates, 30-40% from protein, and 20-30% from fat. This ratio is not set in stone, but is an estimate for a healthy person who wants to maintain their current body composition. A person interested in losing fat would want to change the ratio by decreasing carbohydrates and increasing protein, while a person interested in gaining muscle mass would want to increase carbohydrates and decrease fat. Keep this information in mind and make sure to talk to your trainer when determining your ideal macronutrient ratio.



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