



**5 TIPS TO STAY FOCUSED AND REACH YOUR GOALS by Klarissa Wren**

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When it comes to meeting your fitness goals, pushing yourself beyond typical limits is a character trait that goes hand in hand with success. Whether you need extra motivation to get a workout started, finish strong, or find yourself falling into a mid-workout slump, there are many ways to shift your perspective to regain focus. Here are five tips to not just get through your workout, but to maximize the time you are investing in the gym:

**Focus on the task at hand** - If your focus is on the hour long workout ahead of you, it can be easy to become overwhelmed. By focusing on the task at hand, it becomes much easier to stay positive and motivated through the entire workout. Rather than looking at the big picture, break things up into separate parts. If you have 15 reps to do of a specific exercise, think of it in groups of 5, the lower number helps you stay focused on form and technique so that you can get the most out of each rep. This works great for cardio as well, if you get bored running for 30 minutes, change your mindset to running 10 or 5 minute chunks to prevent frustration or cutting your workout short.

**Don't look at the clock** - We all know "a watched pot never boils", believe it or not, the gym is not a black hole where all time disappears, so looking at the clock will not make your workout any shorter. When doing cardio on a stationary machine this becomes much more difficult, finding ways to be challenged by the time, rather than waiting for the end number will help speed things up. On an elliptical you can try to keep your RPM's in a specific range or choose a distance to complete in the prescribed time. On treadmills such tactics won't work as pace/miles are preset with time, so try to pay more attention to your mileage rather than the clock; distance is achievable while time is inevitable.

**Recognize that the things you enjoy the least give you the greatest room for improvement** - We all have that one movement that we really hate, and usually that goes hand in hand with the fact that we are not good at these despised exercises. Rather than walking into it accepting defeat, look at the upside that this is an area that you can see the most improvement in. Accept the challenge this offers you!

**Set a little goal** – If your only goal is to get the workout over with, it will become easy to start going through the motions as slowly as possible. If your trainer says that you're going for time, pick a number of repetitions you want to achieve before the time is up. The next round pick a different number according to the last set, little achievements and failures help keep your mind engaged in what you are doing.

**Don't accept your own excuses** - We all have them; too tired, too sore, too much work, the list could go on and on. But no one can counteract all your excuses better than you! When your excuse starts to win your mind over, remind yourself of your end goals, are you really helping or hurting yourself by letting this excuse win?

To get the most out of every workout, you can't solely rely on your trainer to be your one source of motivation. Those who create consistency in health and fitness find ways to push themselves in every workout. By setting goals, creating challenges, and keeping your perspective in check, you can better hold yourself accountable to make the most of each workout.

With bathing suit season right around the corner, there is a lot of talk about belly fat and how to lose it. Nobody wants to be uncomfortable in a bathing suit, but having a muffin top can be harmful to more than just your ego. This excess abdominal fat can contribute to diabetes and even heart disease. Now that we know extra flab can be harmful to self-image and health, I'm sure you're wondering how to get rid of it, so let's take a look.

**Exercise like you mean it!** It improves levels of brain chemicals that regulate metabolism of fat, as well as your mood. For example, if you enjoy biking or running, accelerate to a pace that makes it hard to talk for two minutes, then slow down for a minute, and repeat until you're done. Like resistance training? Try a series of moves like squats or push-ups for two minutes each with a 60-second break between them.

**Avoid going on a low fat diet.** One common misconception about losing fat is that you will have to go on a low fat diet. Research has actually shown the opposite to be true. Dr. David Katz says, "To shed belly fat, it's good to eat fat—specifically monounsaturated fatty acids. MUFAs are satiating, so they help you eat fewer poor-quality foods. Have a serving of MUFAs—like a handful of nuts, a tablespoon of olive oil, or a quarter of an avocado—with every meal and snack."

**Cut out unnecessary carbs.** This is not to say that your body doesn't need carbs. It does need the right carbs, but there may be things that you're consuming that can be cut out. A couple of examples are simple carbs like chips and sugar in sweetened drinks. Instead of focusing on cutting out junk, center your efforts on adding in healthy fare (think extra servings of vegetables at each meal). As Dr. Katz says, "Filling your tank with high-quality fuel thwarts hunger."

**Eat more magnesium.** Magnesium is commonly known as the miracle mineral because it regulates more than 300 functions in the body. Studies have shown that people who consume adequate magnesium tend to have lower blood sugar and insulin levels. The best sources of magnesium are dark, leafy greens like spinach and kale.

**Eliminate alcohol.** Alcohol has a ton of calories, and your body gets no nourishment from these calories. Alcohol also keeps your body from burning fat, lowers testosterone, and can cause damage to organs. If you feel the need to drink, red wine is a good option or vodka with club soda and lime.

**Manage stress.** Stress increases the level of cortisol in your body. This will make your body hold on to more fat because it feels like times are hard and you may starve. Having a strategy to manage stress like yoga class or a bike ride is helpful to lower cortisol levels and enables your body to let go of excess fat.

**Get more sleep.** Sleep helps to keep hormones balanced and keeps your body in ideal fat burning condition. Sleep is important for a number of reasons and burning excess flab is another benefit of getting your 8 hours.

## **JOINT HEALTH by Gabe Merritt**

I am a firm believer that there is not one specific kind of exercise that is right for everyone. People should find an activity or form of exercise that works for them, something that they can maintain on a regular basis. Some people enjoy lifting weights, or doing cardio, others like flexibility training, or doing different types of classes, and some simply don't like to exercise at all. No matter what sort of exercise you choose for your lifestyle, it is important that it is serving a purpose for you and the activity level you like to live. I want to take a closer look at the balance of your exercise when it comes to your joint health and how joint stabilization and flexibility are mutually important.

Let's first take a look at joint stabilization: Wikipedia defines joint stability as "the resistance offered by various musculoskeletal tissues that surround a skeletal joint. Several subsystems ensure the stability of a joint. These are the passive, active and neural subsystems. It is believed that one or more of the subsystems must have failed if joint instability occurs, usually a torn or overstretched ligament. Instability of joints can cause unhealthy ranges of movement in your joints which can result in the joints fracturing."

Some ways that we work on joint stabilization is through resistance training and balance training. We work on putting resistance on a joint and strengthening the soft tissues (muscles, tendons, ligaments) surrounding that joint. Resistance training also helps to gain bone density which is going to aid in joint stabilization.

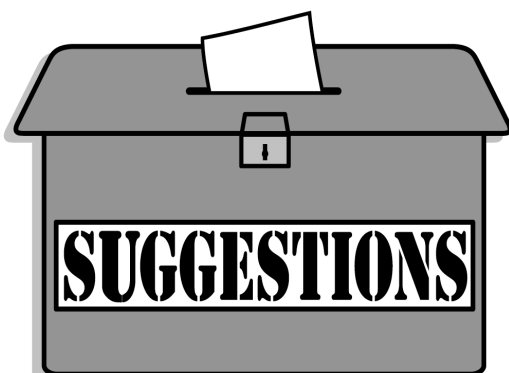
The other part of this equation is joint range of motion, or in other words, flexibility. Joint range of motion "is the range through which a joint can be moved, usually its range of flexion and extension, as determined by the type of joint, its articular surfaces, and that allowed by regional muscles, tendons, ligaments, joints and physiologic control of movement across the joint."

We use dynamic stretching, static stretching, foam rolling, and other various exercises in a full range of motion to work on trying to expand your joint's range of motion. This is going to help make sure that your joints can move in all different directions and angles to ensure that you can use these joints in all activities that you wish to in your given lifestyle.

Think about a stereotypical body builder. Think about how strong he/she is with lots of muscle, but very limited flexibility. Now think about a super flexible, double jointed, yoga instructor that is hyper mobile. Both of these individually may not have the concept of joint health pin pointed. But if you can put these two body types together and find a happy medium, you are going to find a body with balance between strong and flexible. This happy medium is where I believe happy joints reside.

This is my personal theory on working out with balance for your joints, but I believe whole heartedly that every person and every body is different. If you have more questions about what is right for your joints and what is not, please do not hesitate to ask me or your trainer about what is going to be a better direction for your joints.

## **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.

## **ENERGY SUPPLEMENTS by Zack McVey**

Whether it is to drag yourself out of bed in the morning, shake off the afternoon blues, or just to get pumped up for your workout, most people are trying to get an energy boost in one way or another. There are a lot of vitamins, drinks, powders, and drops out there for your consideration, some of which are more potent than others. However, it is important to keep in mind what is healthy for your consumption and in what amount. Most legal forms of energy come from some form of Caffeine, Guarana, Ginseng, or B12 vitamin. Whether it's a simple cup of black coffee or several heaping scoops of performance powder, always take into account what you are putting into your body. Here is a rundown of the major players.

**Caffeine:** Probably the most common form of energy. It is naturally occurring and found in the leaves and fruits of certain plants. It is utilized in everything from coffee to cough syrup and fat burning tablets. As a stimulant, caffeine acts on the brain and nervous system. In small doses, it can make you feel refreshed and focused. In large doses, you are likely to feel anxious and have difficulty sleeping. Like many other drugs, it is possible to develop a tolerance to caffeine, which means ever-greater doses are needed to achieve the same effect.

**Guarana:** Used in many energy drinks such as Rockstar and also in weight loss supplements. It is used as a stimulant and to increase mental alertness, fight fatigue, and boost stamina and physical endurance. It is a naturally found shrub with small fruit berries that comes from the Amazon rain forest. Guarana has been used as a natural energizer, cognitive stimulant, flavoring for beverages, and as a component in natural weight loss products.

**Ginseng:** An herb used for its energy boosting and medicinal properties. There are three main species of ginseng: Oriental, Siberian and American. All forms of ginseng are said to aid in reducing stress, improving vitality and boosting the immune system. The naturally derived stimulant has been employed in alternative medicine for thousands of years. Although not all side effects are known, ginseng is thought to be likely safe for most people, although some people may have allergic reactions.

**B12 Vitamins:** It can be found in foods such as meat, fish, and dairy products. It can also be made in a laboratory. Used as an energy source for metabolic function, Vitamin B-12 is essential to energy production in the body, but there is no documented proof that it alone provides a quick-fix energy boost, like a shot of caffeine. Vitamin B-12 can, in some cases, reduce feelings of tiredness and weakness.

The bottom line is, most of us like a little pick me up every now and then. There are several "tried and true" ways to find that boost, and most often it will not pose as a health problem. Just keep in mind that moderation is always a good rule to live by. If you begin to experience restlessness or sleep problems, it's probably a good time to cut back.



**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!**

## **SUGAR ALCOHOLS by Steven Saner**

For those of you who look at food nutrition labels and ingredient lists (all of you if you listen to your trainer), you have probably noticed “sugar alcohol” listed from time to time. Although they are seen in numerous sugar-free and low-sugar foods, many of us don’t really know what they are. Despite the name, sugar alcohols will not get you drunk and rot your teeth at the same time. Sugar alcohols are actually carbohydrates whose chemical structure partially resembles sugar and partially resembles alcohol. Since they contain no ethanol, like alcoholic beverages, you won’t catch a buzz. The technical name for sugar alcohols is “polyols”, and they are found in and produced from many natural foods, such as fruits and vegetables. The most commonly used sugar alcohols are sorbitol, xylitol, maltitol, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates.

So how are sugar alcohols different from regular sugar and artificial sweeteners? First of all, they contain fewer calories than sugar, but are not zero-calorie like most artificial sweeteners. Most sugar alcohols contain 1.5-3 calories per gram, where regular sugar contains 4 calories per gram. They do not cause tooth decay like regular sugar, which is why they are commonly used in sugar-free gum and toothpaste. Some people may prefer sugar alcohols to artificial sweeteners since they are actually derived from natural foods, where most artificial sweeteners are chemically manufactured molecules. Another distinct characteristic of sugar alcohols is that they are converted to glucose slower than regular sugar, so they require very little insulin to be metabolized, and they will not cause a spike in blood sugar. This makes them a good option for many diabetic people.

Although there are many positive benefits to choosing sugar alcohols as a fix for your sweet tooth, there are a few things on the negative side, as with regular sugar and artificial sweeteners. The most common negative side effect associated with consuming sugar alcohols is bloating and abdominal discomfort. The reason for this is that sugar alcohols are not completely absorbed after being consumed and what remains is left to be fermented by bacteria in the large intestine. Some studies have also shown that excessive consumption may have a laxative effect (yikes), which is also common with excessive consumption of fructose (the sugar found in natural fruits). Because of these negative side effects, the Academy of Nutrition & Dietetics advise that no more than 30g of a given sugar alcohol should be consumed in one day.

The bottom line is that sugar alcohols are safe to consume and may be beneficial for some people. Although this is true, they are best when consumed in moderation, just like regular sugar and artificial sweeteners. When new ingredients, like sugar alcohols, increase in popularity, it is important to stay informed on what you and your family are actually consuming, and when you have questions feel free to ask the trainers because we know everything!



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## **TAKING TOO MANY STEPS BACK by Ryan Haug**

You struggle with the idea of paying someone to take control of your exercise regime. You finally decide it's the right choice for you and purchase time with a personal trainer. With some trepidation, you start your program. Unexpectedly you begin to love the results and appreciate the hard work and dedication that you've committed to your new way of healthy living. You've lost weight, your clothes fit better and you're stronger than you've been since college. After two months, you decide you deserve a break. Time to spend time with the family, winter break for the kids, or maybe Hawaii is calling and by now you seriously need some vitamin D. And maybe you do, but there is a huge difference in taking three days to a week off versus taking three weeks to a month off from your workouts.

For many, paying a professional master of torture (aka personal trainer) means someone else is in control of your workouts. But what happens when you take time off?

Well what if someone took 25% of all your life savings out of your accounts for every week you took off? Would you take a month or the summer off? For most the answer is probably not, but this is exactly what happens when someone takes time off from their exercise program:

How much progress you have made. The more you've worked for the more you stand to lose. If you've only lost 2 pounds, at 25% a half a pound could be recovered relatively quickly. Whereas if you have lost 20 pounds, at 25%, 5 pounds is much more difficult to lose.

Conditioning. This is a big one. Studies show the better shape you are in, the easier it is to recover from time off and deconditioning (refer back to #1).

Muscular strength/aerobic capacity. Studies have shown that muscular strength decreases at a slower rate than that of aerobic capacity. Although muscular endurance takes a much quicker nose dive.

So the \$64,000 question is how can you prevent deconditioning from happening? The simple answer is don't stop working with your trainer. At least not completely. Studies show that subjects that are compliant with a three day a week workout program can sustain 90% strength if a minimum of one workout is done per week at 80% max strength. Muscle and Cardio endurance on the other hand is much more difficult to sustain. Studies show that you lose 25% of VO2 Max per week when a subject is in a deconditioning state. That means if you decide to take time off, it only takes one month for you to lose everything you've worked so hard for.

Do yourself a favor and don't forget all the time and effort it took to get in shape in the first place. The early morning workouts, the moving your afternoon around to make your appointment, and the countless days you woke up sore hoping the weight needle would start moving downward are all good reasons to not give up on your healthier lifestyle, this day and age, there aren't many things that we invest in that have such a positively profound impact on our lives. Remember, without you at your best, you're not the only one that suffers.



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