



www.theclubatgigharbor.com

Elite Fitness Training

THE CLUB
AT GIG HARBOR

2nd Qtr. 2017

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

WHAT PEOPLE ARE SAYING by Peter H.

STAFF

Gabe Merritt
Principal/Trainer

Ryan Haug
Fitness Trainer

Zack McVey
Fitness Trainer

Steven Saner
Fitness Trainer

Jesse Boelk
Fitness Trainer



Recently I hit a milestone. It wasn't met with fanfare, balloons, or fireworks, but a significant event for me nonetheless. Just over a year ago I decided to commit to improving my health and fitness. It's been one full year of working out at The Club.

For some time before I found out about The Club, I knew I needed to do something about getting into shape. I was seeing changes (not for the better) my body was making in the last several years. No longer was I able to eat anything and not exercise without consequence. I just didn't know where to start. I was 45 years old, never worked out in a gym a day in my life, and had a couple of recent injuries including a hip injury that was going to require surgery to alleviate constant discomfort. Just going to a random gym and hoping for the best was just too intimidating a process.

It was one night dining out with friends, that they were talking about gyms and The Club came up. My wife and I relatively new additions to Gig Harbor and happily have made many friends quickly upon moving here. Turns out that many of those new friends were clients of The Club. From what I heard it sounded like just what I was looking for. I needed a place where I would have personal attention (and accountability), and where a program would be tailored to my goals, injuries, and schedule. If I was going to commit to this new lifestyle, I wanted to make sure I was going to get results from my time and energy.

I called up The Club and made an initial appointment for a consultation – it happened to be with Gabe. There was still a factor of intimidation walking into the gym for the first time, but I felt much more at ease after talking to Gabe and understanding what the process would be once I started. He didn't seem judgmental or unapproachable – just willing to help me attain fitness, diet, and overall health goals. There was a bit of an embarrassment factor when first starting. I had no idea how to run the various machines, was working out with the lightest weights (or no weight at all), and probably had the worst form and balance. But because of the overall positive atmosphere in The Club and its trainers, I got past the awkwardness and just kept going. Every day, every week, every month got better and better and I could see and feel the differences. Even my hip that I was told needed surgery, with the focused stretching and stabilization improved so much that the discomfort has almost completely resolved.

Fast forward a year, countless burpees, jump pullups, lunges, and hours and hours on various cardio machines, I can hardly believe it. I have to remember that I started at ground zero of fitness and on the verge of surgery, and now it's remarkable how much better overall I feel. I compare the workouts I was doing when started to today and there is no way I could have ever been able to keep up where I am now. Joining The Club has truly been a life-changing decision. From the overall health benefits and how I physically feel, to the friendships I have made with the trainers and other clients. I'm looking forward to the next year of continued progress...just not the burpees.

The Club
at Gig Harbor

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HOW SUMMER BODIES ARE MADE by Jesse Boelk

Increase your lean mass to increase your Resting Metabolic Rate.

During this season of rain and cold, we are all covered up in layers of clothes and gortex. What better time is there to pack on a couple of extra pounds! No one will notice the gain now, but they sure will notice how much leaner you will be this summer. By increasing your lean mass, you will have a higher metabolism, not to mention the other benefits of strength and bone density you will gain. As you begin to cut for vacation or just a summer at the lake, you will more than likely shed the few pounds of muscle you have gained and it will melt away the holiday pounds of fat that tasted so good putting on.

Finding your sweet spot for nitrogen turnover. As you begin to put muscle on it is essential that you find the type and amount of protein your body needs and digests best. Most research shows that you need 0.7-0.8 grams of protein per pound of body weight. I would suggest another method that is more precise. Measure your body composition and calculate your lean mass. Focus on consuming 80-120% of your lean mass in grams of protein. This will ensure you are not feeding your fat mass protein. The larger range of protein intake can be attributed to age, sleep, and the overall intensity and volume of your training program. Recovery is the goal not excess protein in your system that will leave you feeling bloated and lethargic. The most effective way I have found is to start at 100% of your lean mass and slowly move it up or down depending on how you are feeling. Using a journal during this phase is highly advantageous. Try and keep your carbs and fats consistent to get an accurate picture of how the change is affecting your energy levels and overall recovery. You can also utilize keto-strips to monitor nitrogen levels to be more accurate.

Reconditioning your musculoskeletal system. During this stage I would recommend scheduling some time with your trainer to conduct an overhead squat assessment to identify any imbalances in your body and begin to realign your body to avoid overuse injury prior to ramping up your cardio program as most cardio programs are repetitive in nature and may leave you prone to overuse injury. The name of the game is prehab not rehab, you can't burn fat on the couch with an ice pack. Let your trainer know if you have friends that would like a free assessment as well, having a larger support group can help get your social life to align with your fitness program.

Taper or cycle your carbohydrates to maximize your workouts. Every one responds to the decrease of carbohydrates differently, the two methods I recommend are carb cycling and carb tapering. Carb cycling involves an increase in carbs followed by a severe decrease in carbs during a 5-7 day cycle. While carb tapering is a slow decrease in carbs and then holding a low tolerable level of carbohydrates over a 1-2 month period. I prefer to use carb cycling in the form of a cheat day to treat my palate then control my carbohydrates during the week with just enough to complete my workout and function through my day.

Create an oxygen debt. Lastly create an oxygen debt during cardio and strength training sessions to maximize your time in the gym. Using circuit training during strength workouts and high intensity interval training during cardio sessions, this will do just that. Doing your strength workouts in a circuit and doing an upper body lower body rotation will maximize your workouts. For an express version, utilize full body strength exercises in conjunction with a core exercise for those days when you just don't have enough time will ensure you are making time for your goals. During your cardio workouts vary the mode and alternate between high and low intensity options. A good investment is a heart rate monitor to ensure that you are actually working at the exertion level you had planned. Consult your trainer for more specific heart rate zones and modes effective for your current condition level. By creating an oxygen debt, you will be burning calories long after your workout is complete. Many people will burn twice as many calories through post workout oxygen consumption vs a steady state cardio session or a traditional strength training workout.

YOU ATE IT, NOW NEGATE IT by Steven Saner

You've just finished what feels like the most challenging workout of your life and you're so proud of yourself you feel like you deserve a treat. Maybe you convince yourself that it's ok to have something you wouldn't typically eat or drink because you probably just burned more calories than that treat contains. Well, you're probably wrong! Exercise is obviously a great way to burn calories, but when you compare the calories burned during exercise to the calories you consume through food and drinks the results may be shocking. Here are a few examples of the exercises or activities an average person would need to do in order to burn the amount of calories in some of our favorite junk foods/drinks.

1 small glazed donut=192 calories=39 minutes of lunges

12oz can of Coke=140 calories=13 minutes of outdoor jogging

1 slice of pepperoni pizza=260 calories=204 consecutive burpies

5oz glass of red wine=125 calories=9 minutes of jump rope

Medium order of French fries=380 calories=41 minutes on the stairmill at speed 10

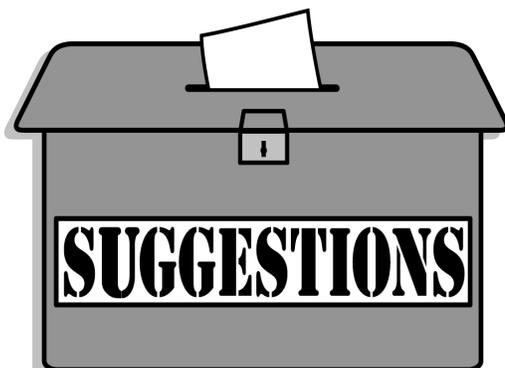
1 Cinnabon=730 calories=60 minutes of cycling at 12.5 mph

12oz margarita=540 calories=45 minutes of basketball

18oz chocolate milkshake=780 calories=49 minutes on the treadmill at speed 6.0

As you can see, it's not always worth it to give in to those cravings because your strenuous workout can be negated so easily. This doesn't mean that you should just give up exercise because the calories you burn aren't worth it (exercise produces many additional health benefits other than just burning calories). This also doesn't mean that you can never treat yourself. What this means is that you need to be aware of what you are eating and limit junk foods/drinks as much as possible. And when you do decide to give in, you now know what you need to do to burn those extra calories!

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.

TOP 5 FITNESS EXCUSES AND HOW TO AVOID THEM by Zack McVey

As trainers we get the privilege of hearing excuses early and often, all day, every day. Some people are 20 minutes late because they got stuck behind a school bus, at lunch time. Others can't be bothered to do their cardio that day because they have a really important meeting, also known as brunch with a friend. The list goes on and becomes very entertaining, however these excuses all get in the way of the real goal; getting in shape. Let's take a look at some of the most difficult hurdles and possible ways you may just be able to get over them!

I'm too busy A classic yet very common excuse for not making it to the gym. It all comes down to priorities, if you can carve out an extra hour to catch up on your favorite tv show or meet a friend for coffee, you should be able to figure out a way to bang out a half hour of exercise. I understand that there are some days that just isn't going to happen, but I would bet that at least 5 days a week you can probably figure it out.

I'm too tired One of my personal favorites! As someone who gets up at 4am every morning and has two small children, I get it. It's all too tempting to simply skip exercise in favor of the couch and your favorite show. But exercise can actually improve your energy level and mood! Just get up and get going, that's the worst part. As an added bonus, exercising first thing in the morning can help give you a burst of energy to start your day off right. If you get it done early, it's out of the way.

I can't get time away from the kids Admittedly a tough one. Your choices are either before they wake up, after they go to bed, or use exercise as a time to enjoy WITH your kids. Go kayaking, play hoops, or go for a jog with them. If they have practice use that as a time for yourself to be active too, jog around the field, or if you are coaching join in with conditioning drills!

I get bored This should never be a problem. Exercise takes so many forms that you can practically break a sweat doing any hobby. Biking, hiking, skiing, swimming, and the list goes on. If you have a favorite past time other than just sitting on the couch drinking beer, you should be able to add an exercise component to it.

My body hurts(back) It's normal to seek refuge in the comforts of the couch when bad back pain kicks in, but despite your instincts, rest may not be best. Studies have repeatedly found that moderate aerobic exercise, the kind that gets the blood pumping and lubricates joints, is helpful, while curling up on the couch and not moving can actually cause your muscles to tighten, worsening pain. And don't forget to incorporate stretching.



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!

WHY NOT TO CRASH CLEANSE by Ryan Haug

In the past 5 years, cleanses have become increasingly popular. Everything from ten day home remedies to pre mixed, ready to drink concoctions found at retail stores that sell for \$5-\$8 a bottle. When asked, many say they do the cleanse to lose a few quick pounds and believe it makes them healthier.

Researchers at NYU Medical Center in New York say cleanses are not only ineffective, but dangerous. The researchers say there is no scientific evidence the products remove toxins in the body, a function handled by the liver and kidneys. And they warn that people subsisting solely on the cleanses are not getting proper nutrition. The basic problem is that there is an unbalanced diet approach. If you neglect proper nutrition, you are essentially doing the opposite of what in many peoples mind is the purpose.

Instead try an approach that is more in line with the way you look at your training. We always preach long term sustainable health benefits to exercise. This should be the same way you look at your diet. Extremes never work out for anyone. Crash workout programs like crash diets are a marketing ploy to make you believe that a magic pill exists, when in reality there is no magic pill and all the time you spent tormenting your body will take time, discipline and help to get back to a manageable healthy weight. Try using an “everyday” program when it comes to your liver and kidney health, much like you do with your workouts.

We say you should do something every day that increases your heart rate, so take that same approach with foods that are liver and kidney healthy such as garlic, grapefruit, carrots, beets, green tea, green veggies, avocados, apple, olive oil and quinoa. All of which are good for you and a natural detoxifier for your liver and kidneys, unlike a liquid diet made up of lemon juice, cayenne pepper and honey which are the main ingredients in many of the more popular liquid cleanses. None of which hold any real nutritional value.

Incorporate these liver cleansing and nutrient rich foods instead of opting for the unreliable quick fix. The truth is that quick fixes using herbal mixes can be dangerous especially in combination with medications. Check with your doctor before starting any extreme diet change. Good luck and good health.



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TRY A NEW MOBILE APP by Gabe Merritt

This is the time of the year when I normally start ramping up my interval training and spend a little more time on cardio machines. This is for 2 reasons; one of which is because I find it easier to do cardio while I watch the NCAA March Madness tournament, and the second (like Jesse's article describes) is because I am starting to get ready for summer time. With the increase of cardio in my routine, I start looking at ways to break up the cardio and get the time to go by a little faster. There are so many health and fitness apps out there today, here are some of the most popular ones out if you're looking for something to track or help with your cardio routines.

Mobile Video / Live Streaming

Netflix – \$7.99 - \$11.99 mo. Stream movies on the go.

Amazon Video – \$7.99 mo - \$79 yr. Stream movies and tv programs on the go.

Hulu – \$7.99 - \$95.88 yr. Stream tv shows on the go.

Google Play – \$8 - \$10 mo. Games, TV, music, movies, and more.

Xfinity Stream from Comcast – Free access to your Comcast tv, stream movies, tv shows, and live tv.

Mobile Apps for Music

Apple Music – \$9.99 - \$14.99 mo. Unlimited amounts of music and stations to sort through.

Amazon Music – \$7.99 mo - \$79 yr. 2 million songs available or personalized stations.

Fit Radio – \$3 mo. Create music mixes to match your interval workout with timed interval DJ mixes.

Spotify – FREE - \$9.99 mo. Personalized stations to match your music taste or choose specific songs to listen to.

Pandora – FREE - \$9.99 mo. Create playlists personalized for you or choose from thousands of stations.

Rockmyrun – Free - Interactive music that matches the tempo of the music to how fast you are running.

Calorie Counting / Food Log

My Fitness Pal – Free—\$9.99 mo. calorie counter app. Enables you to count calories and track activity.

Lose it – Free - \$39.99 yr. calorie counter app. Lots of options for journaling and tracking food.

TV Audio

Tunity – Free - Listen to any TV set through your ear phones.

Interactive / Competition

Strava – Free - \$59 yr. Log in and compete against someone else on your bike ride.

Pact – Make a bet on how often you work out, GPS will prove it and keep you accountable/profitable.



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".