



www.theclubatgigharbor.com

Elite Fitness Training

THE CLUB
AT GIG HARBOR

3rd Qtr. 2012

Club Hours: Monday – Friday 5 a.m. – 8 p.m. Saturday 7 a.m. – 2 p.m. Sunday 7 a.m.—10 a.m.

STAFF

Gabe Merritt
Principal/Trainer

Ryan Haug
Fitness Trainer

Andrew Yeh
Fitness Trainer

Michael Moore
Fitness Trainer

Zack McVey
Fitness Trainer

Jesse Taylor
Fitness Trainer

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at Gig Harbor

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Managing Your Goals *by Andrew*

We all have fitness goals. Some goals are more specific than others, some goals are much more difficult to achieve than others, and some goals will forever be a work in progress. Regardless of whatever your specific goals are, a critical step in achieving those goals is to make sure you manage your self and your time towards that goal.

Managing your self includes making sure you have given your body every advantage it can to succeed **today** at achieving your goal. This includes giving your body the proper nutrients, hydration, and rest it needs to function at its best. If you go into a workout with your body at 75% of its best, you'll never get more than 75% of the results you're looking for.

Managing your time is also critical in achieving your fitness goals. Rome wasn't built in a day. Similarly, results don't come in one day. Realizing and accepting that most fitness goals take a tremendous amount of time and effort to ultimately achieve is essential. All we can do, however, is take one day at a time. But make sure you dedicate enough time in your day to do all that is required to meet your goal. Whether that means planning on staying an extra 40 minutes after your session to do cardio, taking an 15 minutes after your workouts to stretch or foam roll, or even just getting to your session early so you're warmed up and ready to rock when your trainer can get his hands on you. Make time for yourself.

As trainers, we're lucky if we get 3 hours of one-on-one time with our clients per week. That leaves 165 hours left in the week that you're in charge of what you do. Staying focused on your goal and managing your life to meet that goal is essential to have any success. If you have any questions as to ways to better manage your goals, ask your trainer. Just make sure you listen to (not just hear) their answer.

Why a Food Journal *by Gabe*

Most people, including myself, are so busy throughout the day that they don't actually realize everything they are shoving into their mouth. Due to our busy schedules and our constant attempt at multi tasking, we don't actually pay attention to everything we put in to our bodies.

There have been many studies conducted that prove that writing down what you eat in a food journal will significantly improve weight loss. Most people under estimate their daily caloric intake by 25%. With a complete record of your food choices, you have an accurate calorie count. Can you imagine if you could took away 25% of your calories each day? For most of us that would be close to 400-600 calories each and every day. Can you imagine what that would do for your weight loss progress?

When you think about how hard we work to build muscle and to burn extra calories, why not work just as hard on your diet? By actually writing down what you are consuming everyday, you can take the next step in keeping yourself accountable to your program. This will make you much more aware of not only your total calorie intake, but also many other important factors. Factors such as where your calories are coming from, what time of the day you tend to eat more, why you might tend to eat certain foods, and how much water you are actually drinking everyday.

Many tools are available to make the tracking process easier. There are online food journals, printouts or software downloads available. Even just simple paper and pencil used to keep a food journal in a small notebook is all you need to get started.

Some people might think that writing down everything you eat in a food journal is too obsessive. But just give it a try and see for yourself. In my professional opinion, it is the best way for someone to stay accountable to themselves and to the program that they are already committed to. Just think about the idea , I mean what have you got to lose!



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!

Quinoa—A True Super Food *by Jesse*

One of my new favorite foods is Quinoa (Pronounced, keen-wah). The first time I experienced Quinoa was years ago in Peru while hiking the Royal Inca Trail with my family to Machu Picchu. Our cook used Quinoa in soups and as a side dish just like rice might be served. Quinoa is native to South America. The pre-Columbian Incas cultivated the seed high on the mountain slopes of the Andes. They saw it as a sacred food, calling it chisaya mama (mother grain). Although Quinoa is grain-like it is technically a seed. It comes from the goosewort plant, a relative of spinach and chard. The first planting of the season was a religious ceremony and the Incas used golden tools in its honor.

In recent years the cultivation of Quinoa has expanded significantly. It is widely available in such stores as Costco and Trader Joes. Its nutrition properties make it a superior alternative to rice and a staple in the diets of those of us who value health and nutrition. You have to appreciate the wisdom of the Incas. They knew this food was extremely valuable with a host of health benefits.

Quinoa provides a complete protein, making it especially valuable for those who prefer to reduce or completely eliminate animal protein from their diets. It contains all the essential amino acids, including lysine, which is crucial for growing and repairing body tissues. One cup of quinoa provides 9 grams of protein which is one more gram than a medium chicken egg (and unlike the egg, quinoa is unlikely to come from a factory farm). It is very low on the glycemic index and very low in Cholesterol and Sodium. It is also a good source of Magnesium and Phosphorus, and a very good source of Manganese. Due to these and other nutrients Quinoa has a multitude of beneficial properties including: anti-oxidant, detoxification, digestion promotion, blood vessel relaxation, and migraine reduction. There is no denying that Quinoa is a super food that would benefit your healthy and fit lifestyle.

Serving size- 1 cup (185 grams)/Calories-222 from fat-32/0 trans-fat/0 cholesterol/4 grams fat-5%/Sodium-13mg-1%/Total carbohydrate-39grams-13%/Dietary Fiber-5 grams-21%/Sugar 0

STRETCH CLASSES:

MONDAY EVENING 6 p.m. to 7 p.m.
SATURDAY MORNING 9 a.m. to 10 a.m.



Eat Your Carbs Strategically *by Mike*

Eating carbs strategically is important. This is where awareness comes into play. If you eat meals and snacks that are high in high glycemic (HGI) carbohydrates early in the day, you will need to reduce your HGI carb intake later in the day. Conversely, if you know you are going out to dinner with friends or family in the evening, try to consume less HGI carbs during the day so that you can enjoy your dinner without feeling guilty. If you intend to have dessert, be conscious of that when you order your dinner and make sure your dinner is a balanced meal of lean protein and vegetables. Then, when you get the dessert, have a couple bites and pass it around for others to try.

It is preferable to eat your HGI or starchy carbs earlier in the day and taper them off throughout the day. Your last meal of the day should come primarily from lean protein sources, veggies, and fruit. This is important because you expend energy throughout each day just by being in motion. If you eat your starchy carbs before 1pm, you allow yourself time to burn those High Glycemic carb calories as fuel for your body. If you eat them late in the day when you are less active, you are less likely to burn off those calories and store them as fat.

Another time you want to eat your high glycemic carbs is immediately following an exercise session. Your body has an anabolic window of 30 to 45 minutes post exercise to maximize glycogen replenishment and utilize those carbs optimally. If you exercise in the evenings, you could ingest low to moderate glycemic carbs late in the day after a workout along with your protein shake.

Get Some Sleep *by Zack*

We as trainers always want our trainees moving as much as possible for maximum calorie burn however, there's one time staying completely still could help you lose pounds; when you sleep. We need good sleep to thrive. Sleep is important because it affects our mental, physical, and emotional well-being. The benefits of good sleep can affect every moment of our day and every part of our life. Achieving good sleep is essential to both our activities and to our health. Also, as bodybuilders, fitness enthusiasts, and athletes know, during your sleep is one of the times that your body produces the most human growth hormone, therefore the more sleep you get the faster your muscles will heal and recover from exercise!

Some of the many side effects of too little sleep are:: Having trouble concentrating and remembering. Higher Blood pressure.. Added stress at work. Immediately falling asleep when you get down time. Reduced immunity to disease and viral infections. Mood Shifts, feeling depressed or irritable. Shift in bodyweight, both gains or losses

The amount of sleep each person needs depends on many factors, including age and activity level. For most adults, 7 to 8 hours a night appears to be the best amount of sleep, although some people may need as few as 5 hours or as many as 10 hours of sleep each day. Getting too little sleep creates a "sleep debt," which is much like being overdrawn at a bank. *Eventually, your body will demand that the debt be repaid. We don't seem to adapt to getting less sleep than we need; while we may get used to a sleep-depriving schedule, our judgment, reaction time, and other functions are still impaired.*

Often times in our busy lives sleeping is the first thing to get pushed to the side, just remember the next time you don't get some rest you may actually doing your body more harm than you realize. Do yourself and your body a favor, just go to sleep!

Nobody wants their child to go back to school in worse shape than when they left. Kids can be brutal, so get them off the couch and away from the video games for just a short time every day. Help them build a foundation of physical fitness and renewed self-confidence over the summer. Here is a great workout that should take no longer than 30 to 40 minutes and can be done at any open field. Start this by doing a warm up jog. This can be anywhere between a one half to one full mile slow jog.

A

Alternating walking lunge, take 20 alternating steps in one direction. Make sure they use proper form

Adjusting push-ups, start with a wide hand base, do 5 reps, bring the hands in a bit closer together, do 5 reps, then bring the hands very close together and finish with 5 reps. Repeat both exercises once.

B

Bounding jumps, with both feet together jump as far as you can and repeat 15 times

Burpees, do a push-up, jump your feet to your hand and jump up, repeat 8 times. Repeat both exercises once.

C

Crunches, lying on your back with bent knees and feet flat on the ground, lift your shoulders to contract your abs. Do 20 reps

Crawls, with a wide base and both hand and feet on the ground, crawl roughly 20 yards. Repeat both exercises once.

Cardio, first run a 20 yard sprint, then back to start line. Then run 40 yard sprint, then 60 yards and so on until you reach 100 yards.

At the end you should go for a short cool down walk and stretch. I recommend a good runners stretch for the hamstrings, were you sit on the ground extending one leg straight and bend the other leg in. Reach for the toe of the straight leg. Do both sides. Also a standing quadriceps stretch pulling one heel towards your butt.

This is a great workout to help the kids get stronger and perform better at sports. Or maybe you are just looking to get them off the couch. Either way it's doable for everyone. If you need help with this workout, set up a time to meet with your trainer and they can take them through the first workout at *The Club*.

We're on Facebook!



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Just search "*The Club at Gig Harbor*" in the Facebook search bar, look for the logo and click "like".