



www.theclubatgigharbor.com

Elite Fitness Training

THE CLUB  
AT GIG HARBOR

3rd 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



**The Club**  
at Gig Harbor

3201 Jahn Ave.  
Suite 200  
Gig Harbor, WA  
98335

**(253) 853-4434**

**SKINNY FAT by Zack McVey**

Every day I see people put too much importance on the number that they see on the scale. The truth is, that one number will not tell your whole health story, in fact it can be much more of a hindrance than a help. You need to keep in mind that your inner health is just as important as what you look like on the outside. The overweight man/woman on the treadmill sweating away may have more endurance and overall better physical health than their skinny counterpart who is sedentary all day and survives off of carrots and ice chips. People with stellar metabolisms and enhanced genes may look the part, but they can have the same medical issues as obese people. It should be obvious, but a culture obsessed with weight doesn't always remember that appearances of health can be only skin deep.

Some heavy people can be fit on the inside and healthier than some of their thinner peers. Many people who diet but don't exercise to lose weight, may technically reach a "healthy" weight, but their fitness level doesn't match. They may appear trim on the outside, but still carry too much visceral fat and not enough muscle on the inside. They're not physically active, and they use overly restrictive diets. They might not be overweight, but metabolically they're a mess (and usually carry a lot of cellulite). You likely know someone who's "skinny fat." They never eat vegetables or much of anything really, haven't exercised since elementary school, and yet they're still thin. Perhaps it's you. But while some of us are envious of our svelte peers who don't count calories or think twice about having a donut for breakfast, we shouldn't be. Skinny fat is a real and remarkably common phenomenon.

People who were of normal weight but have a paunch (A.K.A. belly fat or visceral fat) have very problematic health risks. Visceral fat exists in the abdomen and surrounds the internal organs. Subcutaneous fat, which builds up under the skin, has less of a negative impact on health and is easier to lose than visceral fat. In fact, excessive deposits of visceral fat are associated with many serious health problems including cardiovascular disease, Type 2 Diabetes, and increased blood pressure. So remember the next time you think it may be easier to simply not eat or try some fad diet to lose the extra weight, exercise and proper nutrition are the only true way to a healthy lifestyle. Skinny looks good in clothes but fit looks good naked!

**BAR CODE by Ryan Haug**

What do we really know about nutrition bars? In many cases, not much! Typically we should be looking at the fat, carbohydrate, and protein content. These three macronutrients are what inevitably decide what category the bar falls into.

Protein Bar- The largest factor in a protein bar is the percent of calories from protein. A good protein bar should contain at least 50% of calories from protein (1g of protein = 4 calories) and is relatively low in fat and carbohydrate. These bars should be used post-workout. This typically will be your cleanest option for a bar, but in most cases does not offer the energy needed to do or sustain a workout. For this, an energy bar is your best option.

Great Protein Bar Option - Quest Bar

Energy Bar- Carbohydrates (sugar) are the largest factor in this bar. Carbohydrates are the body's first and quickest source of energy. An energy bar can range drastically from a higher calorie option (around 250-300 calories) to a low calorie diet option (100 calories). These bars are used pre-workout and for snack supplementation. When looking for a good energy bar, you should try finding one that contains whole grain and simple sugar as its primary carbohydrate source. Be cautious of saturated fat in energy bars. Energy bars tend to be the better tasting bars, so many times manufacturers use palm kernel oil for its low cost, which is extremely high in saturated fat. An energy bar should be roughly 60% calories from carbohydrates (1g = 4 calories). Many times these bars will have a substantial amount of protein and can be classified as a crossover bar (both energy and protein).

Great Energy Bar Option - Clif C Bar (Although the entire line of Clif bars is fairly good)

Meal Replacement Bar- Lastly we come to our final classification, meal replacement bars. These bars tend to be higher in calories and have a more balanced distribution of fat, carbohydrates and protein. These bars are not a good daily option. In the extreme case that you absolutely can't eat real food, a meal replacement bar can be substituted. Many meal replacement bars run between 350-400 calories and should not be considered if you are on a strict calorie counting diet.

Great Meal Replacement Bar Option—Pro Bar

Choosing a nutrition bar can be definitely be confusing. Take this information into consideration the next time you need a nutrition bar and choose wisely.

## **BOOSTING YOUR METABOLISM by Cindy Paul**

Boosting metabolism is something we all strive for, but how fast our body burns calories depends on several factors. Lifestyle, genetics, gender, and age all affect our metabolism. Genes are why some people stay thin no matter what they eat, and why others struggle with weight loss. Typically men have faster metabolisms than women, even at rest. And for most of us, metabolism slows down after the age of 40. Obviously we can't control our genetics, gender or age, but there are several things we can do to improve or rev up our metabolisms, and summertime is a great time to begin.

**Get outside!** In order for our bodies to regulate our natural temperature, our metabolism speeds up in the warm weather to keep us cool. Taking your workout outside, playing tennis, riding a bike, gardening, or taking a walk are just a few suggestions over the long summer days. Aerobic exercise can rev up your metabolism in the hours after your activities.

**Drink lots of water!** Water is needed in our bodies to help process calories. Even slight dehydration slows down our metabolism. Drinking a glass of water before every meal and snack is a good idea, as well as in between meals. Also, eating fresh fruits and vegetables, which naturally contain water, helps.

**Cool off by drinking a glass of iced tea, iced green tea, or iced coffee** which can boost your metabolism over the summer months. Caffeine is a stimulant. It increases the amount of energy your body burns. That is why weight loss supplements often contain it.

**Get out and grill!** Your body burns many more calories digesting protein than it does eating fat or carbohydrates. By replacing some carbs with lean, protein-rich foods can boost metabolism at mealtime. Grill foods such as white chicken and turkey breasts, lean beef, pork and fish.

**Add spice!** Although the affect is temporary, adding spice to your food as you cook or before you eat can rev up your metabolism. Try adding a tablespoon of chopped red or green chili peppers to your pasta salads or next barbeque.

**Continue to hit the gym!** Strength training can help you improve your metabolic rate by increasing your muscle mass. Our bodies are constantly burning calories, whether at rest or at play. People with more muscle and less fat generally burn more calories even at rest.

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## **SUN'S OUT SO GET OUT by Michael Moore**

With the weather changing and the sun making it's appearance, who wants to do their cardio inside stuck on a piece of cardio equipment? During our summer months, we should look for ways to not only utilize our time at *The Club*, but to also incorporate some outdoor activities to help with our fitness goals. This doesn't include light yard work, painting, or riding a cart for a round of golf; these are called extracurricular activities that you should be able to perform even after a workout. There are limitless amounts of exercises that you can do outdoors by yourself or with the whole family; it just takes a little imagination to vary them every now and again.

One of the easiest methods for some people is to simply go for a run. No equipment necessary, all you need are proper running shoes, ipod (optional), and a destination. Start slow and steadily increase your speed if you can. Make good use of any hills or mounds to sprint uphill. Work on trying to pump your arms and take long strides. If you don't have the ability to run, do something as simple as going for a long walk or a hike. If you have kids, take them to the park and be a "kid" yourself. If you are a golfer, consider ditching the cart for a round and try walking the course. Simply walking the golf course can add up to 8 miles to your activity level (depending on the course).

If you want to change it up, then jump rope for a few minutes. Try listening to music to help pass the time. If you're with the family, make a game of it to see who can keep going without fumbling first, or who can skip the most in one or more minutes. If you feel like doing more toning exercises instead of just cardio, *The Club* offers a Bootcamp class every Saturday at 8am. If that times doesn't work for you try some of these exercises on your own; pull ups, squats/lunges, push-ups, dips, step ups, jumping jacks, squat jumps, lunge jumps, jump on/off a platform, and/or long jumps.

The bottom line is that you don't always have to be stuck inside on a nice day doing cardio. Get outside and enjoy some sunshine while burning those calories at the same time. If you have questions on other activities you can do outside, talk to your trainer about adding some outside activities to your weekly cardio assignments.

## **TYPES OF PROTEINS by Steven Saner**

Most of us know that protein is a key nutritional component that helps promote muscle recovery and growth. Protein is found in many foods and can be found in supplements such as protein bars, powders, and pre-mixed drinks. With all the protein supplements on the market now, it can be difficult to know which one is right for you. When it comes to protein powder, the three main types you will find are whey, casein, and soy. Each type has unique qualities that make them preferable for different people or at different times of the day.

Whey protein is the most popular protein supplement being used at this time. One of the main reasons for its popularity is the fact that it is absorbed very quickly by our systems, which makes it useful for directly after a workout when our muscles need protein to help recover. Whey protein has been shown to promote lean muscle growth and fat loss, as well as support cardiovascular health and a healthy metabolism. It is also typically high quality protein that has a good taste and is fairly inexpensive when compared to other types of supplements. Whey protein is derived from milk, but still has a low lactose level. For those who are lactose intolerant or vegan, it may not be the best option when considering a protein supplement.

Casein protein is another popular protein supplement being used at this time. Like whey, casein is derived from milk. You may also see casein labeled “milk protein” since 80 percent of the protein in milk is casein (the other 20 percent is whey). One of the main differences between whey and casein is that casein is absorbed much slower by our systems. This makes casein protein a better option for between meals or before bed to help with all night muscle recovery. Casein is also similar to whey in that it may not be the best option for those who are lactose intolerant or vegan, since it is derived from milk.

Soy protein is different than whey and casein because it comes from a plant source (soy beans), rather than milk. This makes soy a good option for people who are lactose intolerant or vegan. Along with the typical benefits of protein, soy has been shown to improve our body’s immune function as well as promote bone and heart health. Although soy protein may benefit our health in many ways there are a few reasons why some people avoid it. The two main reasons are the fact that soy beans are a very common genetically modified food along with the possibility of increased estrogen levels with excess consumption.

The next time you purchase or consume a protein supplement, make sure you keep this information in mind to help choose the right one. Although it is best to get the majority of our protein from whole foods like chicken, turkey, fish and dairy products, we sometimes need protein supplements to help reach our nutrient goals. Protein supplements can also be more convenient when we need to consume protein at a specific time, like right after a workout. As far as how much protein to consume each day, research shows that 0.5-1 gram of protein per pound of body weight is best.



### *The Club Referral Program*

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

*Who do you know??*

## **TRAINING FOR YOUNG ATHLETES by Gabe Merritt**

Today's talented, young athletes are entering into the world of competitive sports that is much more intense than the generations before. Today there are better athletes, more pressure to win, and even more pressure by coaches and parents to start competitive sports at a young age. I wish I knew in junior high and high school what I know now about strength training and how to prepare my body for competitive sports. Stronger athletes are more durable by staying injury free and being able to push harder and longer, they are more explosive during performance, they perform better at the end of a game, have better potential to grow bigger and stronger, and are more highly coveted by university teams. So what is the key to strength training and at what age should your kids start working on strength training?

One of the most important factors to start your young athlete training off on the right foot is to always start with the basics. You need to learn the basics in motor skills, athletic movements, and a stable core to insure an injury free training regime. You can start flexibility training, core training, and light strength training at any age. This is just starting the muscle memory at an early age and learning good habits when it comes to body control, proper breathing, and proper posture. Once your athlete has learned to use proper form, the next step is to create a strength training program that is going to be consistent to see results in his/her strength.

After learning the proper form and lifting techniques to maintain overall full body strength and stability, this is where athletes can start really working on performing specific exercises that are going to help in their sport. This could be more explosive hips to generate more power, stronger shoulders for more velocity when throwing, better hand eye and/or foot eye coordination, or more muscular endurance to be able to maintain peak performance through fatigue. Each sport and each athlete has weaknesses to their game that they need to work on. Finding those weaknesses and improving upon them is the key to becoming a better athlete. This stage is often times where young athletes start and finish, so make sure that flexibility, core strength, and form are all performed before simply jumping to this power stage.

By the time your young athlete gets through high school and starts talking to recruiters for college sports, they will want to know how much your teenager knows about lifting weights and what sort of strength training program they have been performing. Recruiters will want to hear that athletes use and know their way around the weight room. Make sure your young athlete is raised with the correct knowledge and understanding of how to perform better at the sport of their choice.

Here at The Club we offer individual, partner, and group training programs depending how much individual attention your young athlete needs. If you are ready for your young athlete to get started into a training program, summer break for most young athletes is going to be the optimum time. Take the time to chat with one of our trainers about how to start your young athlete on a strength training program that is right for them.

### **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".



### **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.