



**STAFF**

Gabe Merritt  
*Principal/Trainer*

Ryan Haug  
*Fitness Trainer*

Zack McVey  
*Fitness Trainer*

Steven Saner  
*Fitness Trainer*

Alex Joudy  
*Fitness Trainer*



**The Club**  
at Gig Harbor

3201 Jahn Ave.  
Suite 200  
Gig Harbor, WA  
98335

**(253) 853-4434**

**HIIT By Steven Saner**

Countless training techniques and exercise fads gain popularity each year, but few are actually effective enough to last longer than the air in a Patriots football. One training method that has stood the test of time and is now gaining popularity again is called high intensity interval training, or HIIT. Athletes have been using HIIT for years, and now many people looking to stay in shape are doing the same. Even if you don't know exactly what high intensity interval training is, there is a good chance you have experienced it during one of your training sessions or throughout most of a bootcamp workout.

A HIIT workout consists of periods of high intensity exercise followed by low intensity recovery time. According to ACSM, the intense work periods may range from 5 seconds to 8 minutes long, and are performed at 80% to 95% of a person's estimated max heart rate. The recovery time may last equally as long as the work periods and are usually performed at 40% to 50% of a person's estimated max heart rate. Examples of HIIT exercises you may have experienced at The Club include hill sprints, treadmill walk/jog intervals, and elliptical intervals (varying strides/minute).

There are multiple reasons why HIIT workouts have remained so popular over the years. First of all, they are effective! Research has shown that high intensity interval training is one of the best exercise methods to help burn fat, while maintaining muscle mass. A recent study conducted by the *Journal of Obesity* compared participants who did steady-state cardio for 30 minutes three times a week to those who did 20 minutes of high-intensity interval training three times per week. Both groups showed similar weight loss, but the HIIT group showed a 2 percent loss in body fat while the steady-state group lost only 0.3 percent. The HIIT group gained nearly two pounds of muscle, while the steady-state group lost almost a pound. Other benefits of high intensity interval training include an improvement in aerobic and anaerobic fitness, blood pressure, cholesterol levels, and insulin sensitivity. HIIT workouts can also be easily modified for people of all fitness levels and ages.

Ask your trainer how you can incorporate high intensity intervals into your training sessions and workouts or come give them a try at bootcamp.

## ***EAT MORE TO SUCCEED by Zack McVey***

It goes against common sense and human nature but if you think the best and quickest way to see the scale drop is to eat less food, then you are badly mistaken. All too often I hear someone who wants to try out the newest fad diet that their friend told them about. It usually involves some form of supplement pack for breakfast and a whole lot of nothing else for the rest of the day. Magically in two weeks you lose ten pounds! Wahoo! And in the next month you put twelve back on. What gives? Let's explore.

Believe it or not, a weight-loss program that overly restricts calories will set you up for failure, as will a skipped meal. There is a point at which cutting calories will work against weight loss because consuming too few calories leads to increased appetite as your body prevents starvation. You will suffer from cravings, ultimately causing you to fall into under-eating and over-eating cycles. Your body will make a choice: lose body fat or lose muscle. An inadequately fueled body will choose to drop calorie-burning muscle rather than unsightly body fat. Excessive loss of lean muscle mass leads to weight loss without improvement of body composition or health (aka: skinny fat). This leaves you frustrated and in a never ending battle with your weight. So what should you do?

Simply put; believe in the system! It will absolutely take longer and it will be much more difficult than crash dieting, but eating enough of the proper nutrient rich foods along with exercise is the only answer to long term weight loss and lean muscle mass. Create an eating plan with your trainer to control your calories and make sure you're eating balanced meals and snacks. A consistent eating pattern will control your energy level, appetite, cravings, blood sugar and insulin levels. Plus you can eat actual food and be much more satisfied than eating a vitamin pack and ice chips for an entire 14 days.

Start the day with a well-balanced breakfast that includes a lean protein-rich food along with whole grains and veggies or fruit. High-quality protein at breakfast will help control your appetite all day. Breakfast starts your metabolic engine and is associated with successful maintenance of weight loss. A well-timed snack will prevent that late afternoon crash and overeating at meal time. Be smart, nourish your body don't deplete it!

---

## ***PREGNANCY AND EXERCISE By Ryan Haug***

If a pregnancy is a possible plan for the future, here are some tips to help the process and increase the odds of you and the baby having a healthy delivery. Make sure you start your workout program well in advance of conception. Making exercise a common habit before you try to conceive can help you feel good throughout your pregnancy, have more stamina for labor and delivery, and help shed the baby weight faster. Also a pre-planned fitness program with a personal trainer will help you get back to peak physical condition to combat against any future health problems for mother and baby.

Remember, a baby's health is directly correlated to a mother's, so the stress of starting an exercise program after conception may be too much for mother and baby thus increasing the chances of complications during the pregnancy. In addition to, if exercise is a habit for you before and during the pregnancy, it will be much easier to get back in the gym afterward.

Mix up your workouts. It's better to do some of the higher impact workouts like ones you would do with your trainer now. Then gradually lessen the impact and add swimming or water aerobics to the program. Doing core exercise such as leg lifts, crunches, side dips for obliques, and low back extensions (2x20 of each), helps a mother maintain better posture throughout.

Avoid diets! Don't focus on a set weight when getting pregnant. Instead aim for a well rounded diet and balanced exercise program to ensure your body is as healthy as it can be, not necessarily the lightest it can be.

Workout example for major muscle groups: These exercises should be done in variation so as to utilize muscle confusion. Talk with your trainer about how to change up this workout.

10 minute warm up or until core temperature is up

Squats 2x20, Leg extensions and curls 2x20ea., Chest press 2x20, Lat Pull down 2x20, Core exercises as given above.

10 minute cool down and stretch

Dad's health is equally important 90 days before conception. Because this is the amount of time it takes for sperm to fully develop, so this is the perfect time for dad to do everything in his power to be in top physical condition. Use this time to make good and lasting habits for you and the entire family.

If you or anyone you know is thinking about getting pregnant soon (or anytime for that matter), come talk to a trainer at The Club and we can and we can help you develop a proper exercise program. Remember it's not just for you, it's for you and your family's future!

## **GOOD HABITS By Gabe Merritt**

When you sit back and think about it, we all have some form of bad habit that we do throughout the day. Whether it's as extreme as smoking, or as simple as cracking your knuckles or chewing your nails, we all do something that we wish we didn't. Wouldn't it be great if we could start a good habit just as easy as we picked up the bad ones? I think we can, and here are a few tips on how to pick up a good habit. Every habit you have, good or bad, follows the same 3-step pattern:

1. Reminder (the trigger that initiates the behavior)
2. Routine (the behavior itself; the action you take)
3. Reward (the benefit you gain from doing the behavior)

**Reminder** – Why do you need to set a reminder for something? It's because we are all human. We will forget things that are not already in our normal routine. So, use your phone, daily planner, calendar, or even hand written notes to remind yourself to complete your new habit. Maybe even tell a friend about your new goal so that you have someone holding you accountable and someone to give you a little reminder.

**Routine** – Creating this habit is one thing, getting yourself to repeat it consistently is another. The key is to start with something small. Your first habit doesn't need to be anything unrealistic. Think simple. Another easy way to ensure you can keep up this routine is piggybacking off another habit. For example, maybe you want to start stretching more consistently. Maybe you work on a form of stretching every night when you brush your teeth. You already have learned the habit of doing that every night, why not piggyback that with your new routine. It may make it easier to remember and helps you connect brushing your teeth with remembering to stretch.

**Reward** – This is going to be different for everyone. Some people need to have a physical reward, some people it's more of an emotional or physiological victory. But either way, set some sort of self-reward for hitting your goal. Maybe it's a week straight, or 2 weeks. Whatever it is, set the goal, achieve it, and then give yourself something so that you are encouraged to repeat that routine again.

Think about all the small things that we wish we did more often in our daily routine and come up with something simple. Remember to keep it realistic and stay consistent. Before you know it you will have created a GOOD habit into your daily routine as opposed to a bad one. If you are still struggling to come up with anything, or need help staying accountable, ask your trainer for help. We are here to help you in your path to living a healthier lifestyle.



**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!**

Clients often ask about the different fad diet programs that they are reading about in magazines or hearing on the news. One common diet that we keep seeing is the paleolithic diet, also known as the paleo diet or caveman diet. It is a diet based on the food humans' ancient ancestors might have likely ate, such as meat, nuts and berries, and excludes food to which they likely wouldn't have had access to.

***Paleo Approved Food Choices:***

- Wild caught fish and other seafood
- Eggs
- Organic, free range and grass fed meats (chicken, turkey, red meat)
- Whole Fruits & Vegetables
- Seeds and nuts,
- Healthy fats (coconut and avocado oil)

***Benefits of Eating Paleo:***

Improve your body's ability to digest food and absorb nutrients more efficiently. You will also notice higher energy levels as a byproduct of this faster, more efficient metabolism. Increase health of your eyes, heart and brain by eating healthy fats like salmon, avocado and coconut oil are rich in omega 3's.

Improved digestive health. By getting the majority of your carbohydrates from leafy greens like spinach and kale, fibrous veggies like brussel sprouts, cauliflower, broccoli, and sweet potatoes/yams, you will notice a dramatic improvement in your digestive health. Most diets don't get close to the 20 to 35 grams of fiber recommended for health. Fiber helps you digest your food properly which can cut your chances of getting constipated and also less likely to get heart disease and certain types of cancer.

For example, a 1-cup serving of sweet potatoes supplies 6.6 grams of fiber, and they are high in potassium, vitamin A, vitamin C, iron, folate, and antioxidants.

Healthier Immune System. By decreasing your intake of inflammatory and allergen based foods, this will lead to a healthier immune system, regulated blood sugar (major benefit for those suffering from type 2 diabetes), and clearer skin.

Now does this mean you can never have rice, oatmeal, or a sandwich ever again? Of course not! Everything can be considered as long as it's in moderation. Most paleo followers 90/10, meaning 90% of their daily intake is paleo. Overall, this is a pretty solid meal plan packed with nutrient dense foods. If you have any questions about your meal plan, be sure to chat with your trainer to see what might be the best option for you.

For more information and recipe ideas, please visit these great websites:

- <http://thepaleodiet.com/>
- <http://againstallgrain.com/>
- <http://stupideasypaleo.com/>
- <http://ultimatepaleoguide.com/>



**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".