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Holiday Eating *by Andrew*

I know what you're thinking: isn't this article a bit premature? Well, it's already October! Which means our next newsletter won't be out until 2013... so of course I had to give the holidays some attention before they've come and gone. Plus, most of you know I get excited for Christmas about 364 days in advanced.

As most of us unfortunately know, our society dictates that when the holidays come through, we eat more. And usually it's not just a little more either. In fact, it has been estimated that a typical Thanksgiving dinner (including: turkey, sweet potatoes, gravy, stuffing, rolls, vegetables, and pumpkin pie) adds up to between 3000-4000 calories. That's just ONE meal. Now compound that with the increase in snacking, eating out, and perhaps most dangerously DRINKING, and the recipe for larger fat stores is complete. Let's not forget to mention that most people tend to become less physically active as the temperature drops as well.

It's pretty easy to see how the holidays can be a tough time to manage while continuing to work towards achieving our fitness goals. Luckily for you, there are **two** proven methods to avoid the damage the holiday season can bring.

The first method is taking a preemptive approach to your eating and fitness. This requires planning ahead, and putting your body in a position to limit the damage the excess calories we consume are going to do to our body. Increasing the quantity and quality of your exercise in the weeks leading up to the holiday season will put our bodies in a caloric debt that we can then work off of when consuming excess calories later.

The second method to limit the holiday damage is taking a reactive approach to your eating and fitness. Simply put: if you eat more than usual, exercise more than usual. When you eat a large meal, regardless of nutritional content, excess calories are stored as fat. Now, unless you enjoy having extra body fat, the most effective way to burn those extra calories is to (you guessed it): exercise. If you spend a month eating an extra 500 calories a day, then your exercise quality and/ or quantity should also be increased to accommodate the burning of those extra calories.

Whether you choose to take a preemptive or reactive approach to managing your holiday eating, it is essential to realize the trend of the season, and to take actions to limit any damage to our health and fitness. As always, if you have any questions regarding methods of avoiding holiday over-eating, ask your trainer, that's why we're here.

**The Club**  
at Gig Harbor

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**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.

## Frozen Yogurt by Zack

In recent years, frozen yogurt has become a popular alternative to ice cream due to its reputation for being healthier. However, several factors need to be considered before deciding which one is best for you. Depending on the type of frozen yogurt and toppings you choose, ice cream may actually be the healthier choice. During my thorough field testing for this article I decided it was my duty to visit several popular frozen yogurt shops around the Gig Harbor area. I discovered that not only did I fill a cup full with my favorite flavors, but I was then “forced” to heap additional toppings into my bowl. While fun to do, it certainly didn’t make my huge cup of frozen yogurt healthier. Keep in mind that the numbers from this article don’t take into account the extra oreo’s, m&m’s, and reece’s shoveled on top.

Let’s take a look at the facts:

Ice cream and frozen yogurt are both frozen treats made from dairy, but there is a significant difference that sets them apart. In order for a frozen treat to be legally labeled as ice cream, it must contain at least 10 percent milkfat. This requirement is usually met through the addition of cream, and premium ice cream can contain as much as 16 percent milkfat. Frozen yogurt is not made with cream and does not have a fat requirement. Instead it is made with cultured milk such as yogurt though probiotics do not survive the freezing temperatures.

Since the difference in the ingredients of ice cream and frozen yogurt is cream, the main nutritional difference is the fat content. One cup of regular vanilla ice cream contains 15 grams of fat and 9 grams of saturated fat. One cup of regular vanilla frozen yogurt contains 6 grams of fat and 4 grams of saturated fat. That’s about where the nutritional advantage ends for FroYo.

From a pure caloric value standpoint here’s a look at some examples. A “Menchies” Frozen yogurt 1 cup of Banana yogurt has 318 calories, French Vanilla 280 calories, and Mint Chocolate has 322 calories. Compared this to the average cup of Vanilla ice cream that has 274 calories, Chocolate ice cream that has 280 calories, and Cookie Dough ice cream that has 550 calories.

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## Winter Blues by Ryan

Winter is almost here, and many times people feel depressed when the days get shorter and the sun becomes relatively non-existent. So does the change of season in Washington make you depressed?

Many people get cranky when it is too hot, or too humid, but perhaps even more people's depression is affected by the weather with a condition often called “SAD” or “Seasonal Affective Disorder”, also known as “Winter Depression, or “Winter Blues”. If you suffer from SAD, lack of sunlight during the day, or the change in the amount of sunlight during the winter months can affect your mood and cause you to feel depressed.

Doctors feel the best way to combat the “Winter Blues” is to first try and develop a consistent schedule. Write it down and do everything in your power to adhere to it. Exercise is one of the most underused, but most effective mental health therapies in fighting depression. If you haven’t used your cardio assignments in a while, try going back to them to build a daily schedule for exercise. If at all possible do your cardio immediately following your training session. This will ensure you can’t change your mind and put it off later.

So now that the fall season is here, some people say it’s the best time of the year with leaves changing, the cool, crisp air in the morning, and of course football and the baseball playoffs. There is no better place to do your cardio than in front of the beautiful 50” big screens at The Club. For more tips on how to structure your daily routine or ideas on how we can do events as group, please talk with your trainer so we can all get involved.

## Burn More Calories by *Gabe*

Most of us (yes including the trainers) do NOT love doing our cardio. The idea of fighting our way through our cardio workout can be pretty draining at times and we all have those days that we want to take it easy. However, we can't deny the facts, the more intense our exercises, the more calories we burn. In order to make your body work more efficiently think about getting a more intense cardio session. Do the math and realize that you could be burning more calories and getting closer to your weight loss goal by kicking up the intensity. The list below provides a comparative guide to the number of calories burned by various exercises.

For more information visit <http://calories-burned.findthedata.org/>

Activity (60 Minute Duration)	Weight of person and calories burned		
	120 pounds	160 pounds	200 pounds
* ( Intensity Level )			
Bicycling, < 10 mph (Moderate)	220	292	364
Golfing, carrying clubs	238	314	391
Walking, 3.5 mph	240	316	393
Swimming, laps (Moderate)	317	423	528
Running, 5 mph	458	606	755
Cross Training/Lifting (Moderate)	465	627	789
Elliptical Trainer (Moderate)	495	657	819
Running, 6.5 mph	552	733	914
Rope jumping (Moderate)	590	805	1,020
Spinning Class (High)	620	835	1,050
Cross Training/Lifting (High)	625	840	1,055
Running, 8 mph	647	861	1,074
Rope jumping (High)	650	863	1,077

### 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".

The kids are finally back in school after that “blur” we like to call summer. Summer that that includes, all the camps, softball practices, soccer practices, and the games at all different times of the week. Or even the tournaments that required you to travel to different time zones and area codes! With all the chaos from the summer how often are we able to prepare dinner and sit down as a family to enjoy it together? For most, this is not often enough. When something has to give, it’s easy to understand why family meals may fall by the wayside. That being said, family meals are not only a time for strengthening family ties and keeping track of your children’s lives, they can also lead to better physical and mental health for your children.

I remember growing up as a kid and we had family meals most days. We had a lot of good laughs, talks, and most important MOM’S COOKIN! Mealtime is a wonderful way to strengthen family ties and pass on traditions. This is an opportunity to have the kids help by having them set up the table, prepare meals, and do even the dishes.

When you prepare and serve meals at home, you have more control over the quantity and quality of food. Children model our behavior and even mimic their parent’s attitudes about food. Be open to trying new foods and new ways of cooking foods.

Studies have shown that consistent family meals are related to better nutritional intake and a decreased risk for unhealthy life choices. Families also consumed higher amounts of important nutrients such as calcium, fiber, iron, vitamins, and consumed less fat overall compared to the families who “never” or “only sometimes” eat meals together.

Children who frequently eat meals with their families tend to do better in school as well. Studies have shown that students showed higher scholastic scores among students who frequently eat meals with their families. Also, those teenagers who regularly eat meals with their families tend to be happier with their present life and their prospects for the future.

The bottom line, the biggest benefit in family meals (besides MOM’S COOKIN), is you get to spend time with FAMILY! There’s nothing better than that, besides having the kids do the dishes.

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**STRETCH CLASSES:**

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

