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Cindy Paul
Fitness Trainer

Tyler Hickman
Fitness Trainer

MEET THE TRAINER by Tyler Hickman

Hello everyone, my name is Tyler Hickman and I am thrilled to be the newest member of the training staff here at *The Club*. Since the first time I stepped into *The Club*, I have felt welcomed. Being able to meet and talk with all of the trainers and every member who walks through the door is something I haven't ever experienced anywhere else. The friendly, inviting atmosphere at *The Club* makes me excited to use my knowledge and passion for fitness to help members reach their goals. I can't wait to meet all our members and be a positive impact on your experience here at *The Club*. I want exercise to be enjoyable for everyone, so I will do whatever it takes to help you have fun and develop healthy habits at the same time!

SUGAR HIGH by Steven Saner

Most of us would probably admit that we enjoy having something sweet to eat or drink on occasion, or maybe even every day. What most of us do not realize is how though many foods and beverages with added sugar that we consume daily and how much sugar those items actually contain. In 1821 it was estimated that the average American consumed 10 pounds of sugar per year. That seems like a lot until you realize that the average American in 2012 consumed over 130 pounds of sugar, with the majority of that coming from foods and beverages with added sugar rather than naturally sweet food, like fruit. A big part of the problem seems to be that sugar is added to almost everything now, even foods we wouldn't expect to have it. Here are some facts to help put it into perspective:

- A 20-ounce bottle of soda contains the equivalent of approximately 17 teaspoons of sugar (it would take a 110 pound child 75 minutes of bike riding to burn off the calories contained),
- One 15.2-ounce bottle of Minute Maid apple juice contains 49 grams of sugar, which is about the amount of sugar in 10 Oreos,
- One 32-ounce Gatorade bottle has 56 grams of sugar, the same amount can also be found in approximately five Reese's Peanut Butter Cups,
- One Yoplait original yogurt contains 27 grams of sugar, which is as much as almost 3 Krispy Kreme donuts.
- A one-cup serving of Honey Smacks cereal has more sugar than a Hostess Twinkie, and one cup of any of 44 other children's cereals has more sugar than three *Chips Ahoy!* cookies.

So what can we do to reduce the amount of added sugar in our diet? The first step is to become educated. Next time you go grocery shopping, take the time to look at nutrition labels and ingredient lists before making a purchase. Second, instead of purchasing those items with high amounts of added sugar, either replace them with low-sugar options or cut them out completely. A great substitute for a regular yogurt loaded with sugar, is greek yogurt, which typically contains much less sugar and a bit more protein. Also instead of soda, you can drink naturally flavored soda water, such as Talking Rain, which contains no sugar or artificial sweeteners. Lastly, tracking the foods and beverages you consume each day will show you exactly how many grams of sugar that you're actually taking in. Try using a food journal app, like "Loselt" or "MyFitnessPal", or grab one of the food journals we have here at *The Club*.

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HEALTH RISKS OF SITTING TOO MUCH by Gabe Merritt

Most of us already know that you should exercise most days out of the week, but did you know that you need to sit less too? An hour of exercise doesn't buy you a permission slip to sit the rest of the day. Sitting less can be a challenge, especially if you have a desk job or spend hours each day driving, but it's so important to your health to sit less and move more.

Sitting too much has been classified as a sitting disease. According to *Wikidopa*, a sitting disease is a type of lifestyle with no or irregular physical activity. Sedentary activities include sitting, reading, watching television, playing video games, and computer use for much of the day with little or no vigorous physical exercise. In addition, spending a few hours a week at the gym or otherwise engaged in moderate or vigorous activity doesn't seem to significantly offset the risks involved with over sitting.

Researchers have linked sitting for long periods of time with a number of health concerns, including obesity and metabolic syndrome, and a cluster of conditions that includes increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels. Too much sitting also seems to increase the risk of death from cardiovascular disease and cancer. The impact of even leisurely movement can be profound. For starters, you'll burn more calories. This might lead to weight loss and increased energy. When you sit, these processes stall and your health risks increase. When you're standing or actively moving, you kick the processes back into action.

Here is a list of some ways that you can get off your bum and work on staying active:

- Switch from a sit down desk to a stand up desk.
- Alternate between sitting and standing at your work-station. If you can't do that, stand up every half hour and walk.
- Stand up with a headset while you are on the phone. Better yet even pace while talking!
- Take the stairs instead of the elevator.
- Hold a walking meeting rather than always having to be behind a desk.
- Sit on something wobbly such as an exercise ball or even a backless stool to force your core muscles to work. Sit up straight and keep your feet flat on the floor in front of you to support your posture.
- If you work out of your car, instead of sitting in your car talking in a parking lot, get out and take a walk while you talk on the phone. You don't always have to stay in the front seat!
- Stretch your hip flexors and hamstrings for 5 minutes per side once a day.
- If you are watching a TV program or watching a football game, get up on commercials. Walk around or stretch during commercial breaks. This will help so that you are not staying seated for hours at a time.

Hopefully these are useful tips on how to get up and stay active. If you have other sitting obstacles that you need help overcoming, bring them up to your trainer and see if we can help come up with a game plan to keep you away from sitting your health away.

BENEFITS OF WEIGHT LIFTING AS WE AGE by Zack McVey

There's no fountain of youth that can magically take us back to our college age bodies, but there are some steps that we can take that have a very real effect on how we will feel and function as we get older. You don't need to be in your 80's to realize the aging process can be difficult on your body. There are some exceptions, but most people see their prime pass them by after their late 20's and all of a sudden one may start to feel a step or five slow. Often times our older population is hesitant to go to the gym because they feel uncomfortable or embarrassed that they are over the hump in terms of their capabilities. This should not be an excuse; it's never too late to be active!

Research has shown that strengthening exercises are both safe and effective, when performed properly, for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns, including heart disease or arthritis, often benefit the most from an exercise program that includes lifting weights a few times each week. Strength training particularly when paired with regular aerobic exercise can also have a profound impact on a person's mental and emotional health.

As people age, poor balance and flexibility contribute to falls and broken bones. These injuries can result in significant disability and, in some cases, fatal complications. Strengthening exercises, when done properly and through the full range of motion, increases flexibility and balance which decrease the likelihood and severity of falls.

Strength training is important for cardiac health because heart disease risk is lower when the body is leaner. You gain not only strength and flexibility but also aerobic capacity when performing strength training as part of your program. Studies have even prompted the American Heart Association to recommend strength training as a way to reduce risk of heart disease and as a therapy for patients in cardiac rehabilitation programs.

Finally and probably most importantly strength training is crucial to weight control. Individuals who have more muscle mass and stay active have a higher metabolic rate. Muscle is active tissue that consumes calories while stored fat uses very little energy. Strength training can provide a boost to your metabolic rate, which is enormously helpful for weight loss and long-term weight control.

SUGGESTION BOX



Have suggestions for The Club?

Ever wanted to give some feedback or ask for some changes?

We want to hear your suggestions. Located on the board by our water fountain is a suggestion box. 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.

Summer has come and gone, the kids are back in school, the leaves are changing colors, and football is in the air! Fall is upon us yet it feels like we were just setting New Year's resolutions not that long ago. How have you done with reaching your fitness goals? Did you have to cut back on exercise because you had a really busy summer with the family? Or did you happen to lose your motivation somewhere along the way? No matter what the reason is; it's time to get back into it and finish the year off strong. Fall is a great time to start a fitness program so that you can create good habits for the holiday season and winter months ahead.

Here are some ways to get you back on track:

- Take advantage of the cooler temperatures and go hiking, walking, running, biking, etc. Now is a good time to go kayaking or canoeing because the waters are less crowded and probably a little calmer. No matter what the activity is, just be sure to find ways to get your heart rate up and breathe in that fresh crisp air!
- Don't just SIT while watching TV. Use the commercial breaks during your favorite or new fall series to do some pushups, sit-ups, planks, mountain climbers, or stretch and foam roll. Typically a one hour show has approximately 20 minutes worth of commercials. So use that time to your advantage.
- Rejuvenate yourself by getting a massage after your run or workout. Treat yourself not just with exercise but other activities that promote wellness so that you can feel better physically, mentally, and emotionally.
- Find what motivates you because goals alone won't help you reach them. We all have different things that motivate us, find yours. Choose something you enjoy doing like working out with your trainer, walking, hiking, and boot camp. If you like it, odds are you'll stick with it. And don't be afraid to venture out and try something new as well. Stay fit Gig Harbor!



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!

GET THE FUNK OUT by Cindy Paul

A good workout can give you amazing energy, improve your health in countless ways, and help you lose weight. But if you are like me, it can also leave you with smelly gym clothes over time! Your clothes absorb the sweat and salts from your skin with every workout. Even if you launder your clothes soon after your workout, sweat can lodge into the fabric causing an unpleasant smell that re-surfaces when you go to put them on again. Before you rush out to replace your clothes because of odor, realize that it is possible to get the offending odor out.

The following is a step-by-step process that uses baking soda and white vinegar to combat the bacteria that mixes with sweat and causes odor.

- 1) Fill a sink with warm water and add 1 cup of baking soda. Swish it around to dissolve the baking soda, then add your clothing. Make sure you dunk the garments in and out of the water to allow it to penetrate into the fabric. Soak for at least one hour.
- 2) Squeeze out the water. Check to see if the smell has improved or gone away completely, if yes, then go to step 5. If there is still a smell, proceed to the next step.
- 3) Fill the sink with hot water and add 2 cups of white vinegar. Swish the water around and add our garments. Again, make sure the water penetrates the fabric. You may see some fizzing from the baking soda residue from step 1. Soak for 2 hours or overnight.
- 4) Drain the sink, squeeze out excess water, check the smell factor again. If it is gone, proceed to step 5. If it is not, soak a little while longer.
- 5) Wash your soaked clothes on the hot setting of your washer using your regular detergent. Don't over pack the machine; you want plenty of water to flow through the clothes.
- 6) If weather permits, dry your clothes in the sun. Sunshine is a natural odor killer. If the sun is not an option, tumble dry low, or hang dry.

Be patient, it may take several washings, but it is less expensive to deep clean that favorite piece of clothing that is still in good condition than to replace.



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SEPARATION IS IN THE PREPARATION by Ryan Haug

Starting a new food program can be confusing and overwhelming. The key in executing any good plan is being prepared. Whether you are at home, running around town, or at the office all day, finding time to eat when you are supposed to is difficult, especially when you have to prepare the food. The strategy in any good food program is to eat every 2-3 hours thus keeping your metabolism burning the most calories per hour as possible.

The best advice is to be ready for the next day the night before or even the weekend before. Preparing your meals or snacks will save you time and ensure that you have the right foods to eat when you're supposed to eat.

Here are some tips to help you stay prepared:

- Plan your daily meals the night before on a calendar instead of waiting until moments before
- Pack yourself a cooler the night before to help keep your food fresh
- Make sure you have fruits and vegetables purchased. You won't eat them if you don't have them around
- Create a shopping list of what you really need from the store
- Keep a bar, nuts, or other non perishable items in your car and/or desk for emergencies when you need to have a quick snack
- Cook more than what you need for dinner and purposely save some for left overs
- Grill/cook some lean meats in advance for a quick protein option
- Chop up fruits and vegetables into tupperware for a quick snack or to add to a quick meal
- Eliminate bad foods around your home or office. If it's not around you won't eat it
- Carry a bottle with you to ensure you are getting enough water throughout the day

These are just some simple tips to help you think ahead. The more we can plan what we put in our mouths, the better chances we have to sticking to a healthy plan. Each of us have our own food obstacles that we deal with, so talk with your trainer and formulate a strategy to prepare your day's food to ensure a successful food program that fits your personal needs and goals.



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".