

MEET THE TRAINERS

STAFF

Gabe Merritt
Principal/Trainer

Ryan Haug
Fitness Trainer

Zack McVey
Fitness Trainer

Steven Saner
Fitness Trainer

Alex Joudy
Fitness Trainer

Klarissa Wren
Fitness Trainer

Derikk Heinrichs
Fitness Trainer

Hello Everyone, I am very excited to be joining *The Club* as a trainer. I have enjoyed getting to know those of you that I have met in my short time here and look forward to all the new faces I am soon to meet.

My desire to pursue a career in fitness sprung out of my years as an athlete, which landed me competing at the University of Washington on the Women's Track Team (Go Dawgs!). And yes, that means there is a lady here to keep these boys in line.

I am currently an assistant track and strength coach at Pacific Lutheran University where I work primarily with jumpers and winter sports teams. I also have experience as a Sports Performance Intern where I studied functional training for athletes and adults of varying fitness levels and abilities. My experiences as an athlete and coach have allowed me to work with many different trainers, coaches and individuals giving me a lot to pull from to create fun and unique ways to work out.

- Klarissa Wren

Hello everyone at *The Club at Gig Harbor*! I could not be more thrilled to start working as a trainer at *The Club*. I have worked in several different fitness environments as a trainer and I have found that a small, family-like setting is where I am most comfortable and able to help training clients. I know that *The Club* will be a great fit for myself and the clients I work with.

I have been involved in athletics my whole life and this lead me to pursue a career in something that I thoroughly enjoy. My work is my passion and this makes me a positive and fun trainer to improve fitness with.

I graduated from PLU with my bachelor's degree in exercise science in 2014 and I am a certified personal trainer through ACSM. I believe in improving fitness as a whole and making it a lifestyle rather than a temporary fix. Making fitness fun while maximizing effectiveness is my specialty and goal for every client I work with. I look forward to meeting all of you and being part of a great family of trainers.

- Derikk Heinrichs



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at Gig Harbor

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Although it may seem contrary to popular belief, fat is an essential component of a healthy diet and is necessary to help our bodies function properly. Healthy fats provide energy, support cell growth, protect organs, and help with the absorption of some vitamins. On the other hand, some unhealthy types of fat can lead to weight gain and more serious issues like cardiovascular disease and/or diabetes. The challenging part is making sure we consume the right types of fat and limit the wrong types of fat.

There are 4 basic types of dietary fat: monounsaturated, polyunsaturated, saturated, and trans. The healthier types of fat are monounsaturated and polyunsaturated (tend to be in liquid form, like olive oil), while the unhealthy types of fat are saturated and trans (tend to be more solid at room temperature, like a stick of butter).

Monounsaturated fat: found in a variety of foods and oils. Studies show that eating foods rich in monounsaturated fats improves blood cholesterol levels, which can decrease your risk of heart disease. Research also shows that they may benefit insulin levels and blood sugar control, which can be especially helpful if you have type 2 diabetes. Examples include avocado, nuts, and vegetable oils, such as canola, olive, and peanut oils.

Polyunsaturated fat: found mostly in plant-based foods and oils. Evidence shows that eating foods rich in polyunsaturated fats improves blood cholesterol levels, which can decrease your risk of heart disease. They may also help decrease the risk of type 2 diabetes. Examples include vegetable oils such as safflower, sunflower, sesame, soybean, and corn oils. Omega-3 fats are a type of polyunsaturated fat that are typically found in fish and help with proper heart function (decrease the risk of coronary artery disease, protect against irregular heartbeats, and help lower blood pressure levels).

Saturated fat: mainly from animal sources of food, such as red meat, poultry and full-fat dairy products. Saturated fat raises total blood cholesterol levels and LDL cholesterol levels, which can increase your risk of cardiovascular disease. Too much saturated fat may also increase your risk of type 2 diabetes. Examples include red meat, milk, cheese, and tropical oils (coconut/palm oil and cocoa butter).

Trans fat: typically made from oils through a food processing method called partial hydrogenation. By partially hydrogenating oils, they become easier to cook with and less likely to spoil than do naturally occurring oils. Research shows that these partially hydrogenated trans fats can increase unhealthy LDL cholesterol and lower healthy HDL cholesterol. This can increase your risk of cardiovascular disease. Examples include chips, crackers, cookies, pie crust, and some salad dressing.

It is very important to limit the amount of saturated and trans fat in your diet, but too much of a good thing (like monounsaturated and polyunsaturated fats) can be bad for you also. The daily recommendation for fat is no more than 20-30 percent of your calories, which ends up being about 40-60 grams when looking at a 2,000 calorie-a-day diet. Keep this in mind when choosing the type and amount of fat you consume.

DON'T BE A SINNER AT DINNER by Zack McVey

While there are many factors that can contribute to the frustration of not meeting your weight loss goals it seems that time and time again a glaring issue is not eating a proper dinner. There are many factors that come into play; laziness to prepare healthy food, meetings and parties, picky family members, running to kid events, and the list of excuses goes on. Let us check out a few reasons why it is so important to try harder!

Eating a well-balanced dinner can actually help you lose and maintain weight. Fiber helps you stay satisfied longer, upping your fiber intake may help prevent weight gain and even promote weight loss. Dinner will help you feel full for a longer duration and aid in restful sleep. Skipping out on dinner will lead to lower blood sugar levels. This will lead to your body going into a starvation mode which will trigger holding on to unwanted body fat.

A few helpful dinner suggestions for your consideration.

Stay away from carb loading at dinner. Don't chose items like pasta, bread, potatoes, and rice before bed time. While carbs are necessary for a balanced diet, when they are not used they turn to body fat. Stick to a lean protein like chicken or fish coupled with lots of veggies.

Frontload calories earlier in the day so that you aren't starving by dinner time. Many people who don't plan ahead and are on the go all day without eating usually end up over consuming at night time. Always eat a healthy, substantial breakfast and find time to eat lunch so that you aren't ready to eat the whole fridge when you get home.

Don't place serving dishes on the table; it leads to stuffing your face! Portion everything out on a normal size plate and eat at a slower pace so that you can feel satisfied when you are full.

Try not to eat out EVER! Obviously this won't happen but by minimizing the times that you eat at a restaurant you are saving yourself many unnecessary calories. They use much more high salt, fat and sugar content to make food taste better.

Forget about dessert. This should go without saying but, **JUST DON'T DO IT!** A boost of sugar and saturated fat to the system right before bed is a terrible idea, you will actually feel yourself getting fatter.

Bonus tip! Eat dinner as a family. Even if you only have 20 minutes to sit down and eat a healthy meal. It is a great way to stay in touch with loved ones and teach good nutritional habits to your kids.

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.

WANT TO vs NEED TO by Alex Joudy

Many times in life we struggle with the idea of what we DON'T want to do versus what we NEED to do for the lifestyle that we want to lead. It's no different when it comes to our health. Here are a few examples:

Not wanting to keep a food diary because it's too inconvenient vs. needing to track your food so you can achieve your fitness goals.

Not wanting to get up at 5am to work out vs. needing to wake up at 5am because that is the only free time you have to work out before taking your kids to school, getting to work, and so on.

Not wanting to cut back on wine, beer, dessert (vice of choice) vs. needing to cut back if your weight loss has plateaued.

Not wanting to do those extra reps, sets or minutes of cardio vs. needing to so you continue to progress and not plateau.

For most people, the lack of doing things we NEED to do is what holds them back when it comes to their health. Usually the end result we seek seems so far from the starting point that it's difficult to rationalize to ourselves that these small changes add up to make a big impact. That's why it's so important to take small steps first to incorporate these changes into your daily routine. Work your way backwards from your goal, step by step to create a path that will lead to where you are now. This will set you up to make better decisions on what needs to be done to take that next step forward. And each step forward will take you that much closer to your goal.

Your goal is to lose 20lbs of fat. Your trainer lays out a plan to begin training at least 3 times a week and change your diet. The only time you have to work out is 6am. That means you need to wake up at 5am. That means you need to go to sleep at 10pm instead of 11pm. That means you can't watch a movie and grab a snack and glass of wine after 9pm. That means eating dinner around 6pm instead of 7pm. That means planning your meals out ahead of time so you aren't starving come dinner time. That means tracking your food so you know how much you need to have to fuel your body for your day. That means downloading an app that will make it simple to track your food.

If you look at that goal and have no idea where to start or how to continue to succeed until you reach that goal, then of course you will constantly be fighting yourself on what you want to do. Sometimes in life, we have to stop making excuses and make the right decisions. Not because we WANT to, but because we NEED to.



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!

REFERRAL PROGRAM by Gabe Merritt

What is our referral program?

We want to encourage you as part of our *Club* family to share us with a friend or family member. What do I mean by this? We want you to help us spread the word about our program. We feel like we have a great team of fitness professionals that would love to help more people and continue to help our community to live a healthy lifestyle. This means more clients and have the capability of more growth.

So how do we get friends and family in?

Ask your friend or family member if it is okay for your trainer to contact them and give us their information. Encourage a friend of family member to come to Bootcamp, stretch class, come in to do cardio, come in to meet with your trainer, or even just simply come to a *Club Night Out* to meet our family members. If all of those are too intimidating, we can always just go out and chat over a cup of coffee. However you want to spin this, just work on trying to introduce them to a trainer in whatever form they feel comfortable with.

What is the benefit for you to encourage friends and family to come in?

If you encourage a friend or family member to come in and they sign up, *The Club* will take \$200 off your dues, give you \$200 of free training, or hand your \$200 cash. What if you don't really want \$200? Maybe use this credit to help the person you referred in to get a discount on training or more training. However you spin it you can use this credit to your advantage.

Why is it important to get more people into *The Club*?

First of all, who doesn't want to have their friends and family living a healthier lifestyle. But more than that, *The Club* would love to grow. We would love to have the ability to offer more than just 1 on 1 training but have more space to classes and group fitness to accompany our 1 on 1 program. This is going to be achievable if we can continue to grow our program. This would mean more options for clients, longer lasting programs, and more variance for people who like to mix up their cardio with some group fitness classes.



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ICE vs. HEAT THERAPY by Ryan Haug

Have you ever wondered if you should apply ice or heat to an injured area? Most people tend to lean towards using heat because it is more comfortable. Using ice something isn't a comforting sensation to have something cold left on an area for a 20-25 minute timeframe. However, heat can make inflammation worse, and ice can make muscle tension and spasms worse, so they have the potential to do some mild harm when mixed up. Here are some tips to decide which therapy is right for you and your injury:

Let's start with this: if there is swelling, use ice. Examples would be a rolled ankle, jammed finger, or post workout pain due to swelling. Icing will slow the blood flow and allow you to regain range of motion limited by swelling.

If you have chronic muscle spasms or a pulled muscle use heat. Examples would be low back, neck, or groin pain. Heat will create greater blood flow to the muscle and increase range of motion.

Hot and cold therapy each have their own appropriate uses. You should never apply heat to a joint that is already hot, red, and irritated, for example, nor should you apply cold to a joint that's stiff and not moving well. Remember, heat helps muscles relax; cold helps to minimize inflammation and pain.

Still not sure which therapy is best for your injury? Ask your trainer which would be appropriate method for your situation.



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".