



TRAINING THROUGH AN INJURY by Zack McVey

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It happens to everyone at some point in their life, whether a fall down the stairs while hustling out the door, or twisting an ankle playing some weekend warrior basketball, an injury occurs! The old school way of thinking is to sit on the couch and rest for a few weeks and then slowly start hobbling around for a few months until one day it just magically disappears, or more likely, nags you for years to come. With sports rehab and science becoming much more advanced in the last decade, it's becoming very clear that the way to recover from an injury is to keep moving! I know what you are thinking, it hurts, and there's no arguing that point. However, a great deal of evidence suggests that the stimulation of movement, especially in the early stages of healing, is a crucial part of recovery from injuries and surgeries.

Acute low back pain has been shown to respond much better to normal activity than to bed rest. Achilles tendon ruptures have been shown to heal faster with early mobilization after surgery. All of this is why therapeutic exercises like mobilization, functional training, reflex stimulation, endurance training, and more are such a crucial part of serious rehabilitation.

To be clear, I'm not claiming that a thrown out back or badly sprained ankle will benefit from your normal training work load. The idea here is that a calculated form of stretching, movement, stimulation and rehab will go much further than sitting on the couch and hoping for the best. With the help of your trainer, you can find a way to stay active without placing stress on injured or severely fatigued areas. The challenge can and should be tackled with precision and creativity. When it's done right, it can be the closest thing there is to a cure for many common and repetitive strain injuries.

Ideas for active rest include:

Walking on the treadmill/elliptical are surprisingly good and non-stressful exercises.

Swimming is one of the most classic options for relative rest. Obviously it's not completely stress free, but you can really do a lot in the water with minimal risk.

Stretching and foam rolling several times a day is a great stagnant option.

Weight training for un-injured areas. Especially from a seated or guarded position.

Let's review. The idea of bed rest or "couch rest" is pretty dead at this point. You need to be smart about how you work, but with your trainers help, a regimen of stretching, light weights, and cardio within reason will allow for a much more full and successful recovery!

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GLYCEMIC INDEX by Steven Saner

Most members at The Club have probably had a talk with their trainer about carbohydrates at least once. It can be a confusing topic because there are so many different views and opinions about carbohydrates. Some people think they are the enemy when it comes to weight management, while others will tell you that they are necessary as long as you choose the right type at the right time (p.s. the second person is right). One tool that can help you decide which types of carbs you should include in your diet is the glycemic index. The glycemic index is a value assigned to foods based on how slowly or how quickly those foods cause an increase in blood glucose (blood sugar) levels. This works on a scale ranging from 0 to 100, with higher numbers given to foods that cause the most rapid rise in blood sugar.

It is important to have an idea of where certain foods fall on the glycemic index since they will affect your blood sugar and your body differently. Your body performs best when your blood sugar is kept fairly constant. If your blood sugar drops too low you may become lethargic and/or experience increased hunger. If it goes too high, your brain signals your pancreas to secrete more insulin, which brings your blood sugar back down, but primarily by converting the excess sugar to stored fat. On top of that, if your blood sugar increases too quickly, there is a higher chance that your body will release an excess amount of insulin which could take your blood sugar too low. It seems to me that maintaining a constant blood sugar level is the better option.

The glycemic index puts foods into 3 categories: low (55 or less), medium (56-69), and high (70 and above). Here are some examples of common foods and where they fall on the glycemic index. If you have more questions about specific foods try the search feature at www.glycemicindex.com.

| Grains / Starches | | Vegetables | | Fruits | | Dairy | | Proteins | |
|-------------------|-----|----------------|----|------------|----|----------------|----|------------------|----|
| Rice Bran | 27 | Asparagus | 15 | Grapefruit | 25 | Low-Fat Yogurt | 14 | Peanuts | 21 |
| Bran Cereal | 42 | Broccoli | 15 | Apple | 38 | Plain Yogurt | 14 | Beans, Dried | 40 |
| Spaghetti | 42 | Celery | 15 | Peach | 42 | Whole Milk | 27 | Lentils | 41 |
| Corn, sweet | 54 | Cucumber | 15 | Orange | 44 | Soy Milk | 30 | Kidney Beans | 41 |
| Wild Rice | 57 | Lettuce | 15 | Grape | 46 | Fat-Free Milk | 32 | Split Peas | 45 |
| Sweet Potatoes | 61 | Peppers | 15 | Banana | 54 | Skim Milk | 32 | Lima Beans | 46 |
| White Rice | 64 | Spinach | 15 | Mango | 56 | Chocolate Milk | 35 | Chickpeas | 47 |
| Cous Cous | 65 | Tomatoes | 15 | Pineapple | 66 | Fruit Yogurt | 36 | Pinto Beans | 55 |
| Whole Wheat Bread | 71 | Chickpeas | 33 | Watermelon | 72 | Ice Cream | 61 | Black-Eyed Beans | 59 |
| Muesli | 80 | Cooked Carrots | 39 | | | | | | |
| Baked Potatoes | 85 | | | | | | | | |
| Oatmeal | 87 | | | | | | | | |
| Taco Shells | 97 | | | | | | | | |
| White Bread | 100 | | | | | | | | |
| Bagel, White | 103 | | | | | | | | |



WHY LOW SUGAR by Ryan Haug

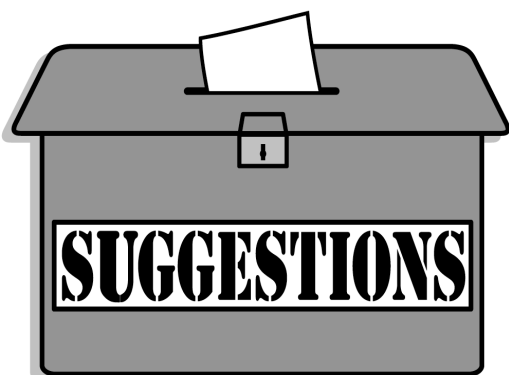
Over the past decade I'm sure you've heard a lot about low carb or low sugar diets. The Atkins Diet, Ketogenic, and Paleo Diet are all well-known examples of such. All have their own rules, but the general principals are the same.

So what is the point of doing a low sugar diet? Well more and more research is coming out confirming the validity of a low sugar diet. Managing insulin levels, reduction in joint and brain inflammation and reduction in visceral fat (belly fat) are all positive places to start when asking yourself if a low sugar diet is right for you.

You may be asking what a low sugar diet entails. The management of sugar is goal number one. So go to your refrigerator and pantry, discard anything with added sugar. The sugar contents are located right below the Total Carbohydrate line on the nutritional fact stamp on the product. Keep only foods that contain 2g of sugar or fewer. Also use this equation to help select foods. Subtract dietary fiber from total sugar, if the difference is 2g of sugar or less then it's okay to add to your diet. Focus on foods high in protein such as chicken, fish and pork. These have trace to zero amounts of sugar and will be a bulk of your calories. Use protein shakes with no sugar as a meal replacement and always use a diverse number and colors of vegetables. Vegetables would be one of those foods that may contain sugar, but because of the high fiber content, it falls into the good to eat category.

I myself have used these principals over the past 6 weeks and I must admit that they do work. My inflamed joints (normal for around this time) are causing zero pain. I've lost a good amount of weight and my energy level is excellent. If you have further questions on how you can try a similar diet, ask your trainer for ideas and recipes to make your low sugar diet a successful one.

SUGGESTION BOX



Have suggestions for The Club?

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

We want to hear your suggestions.

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.

PHYSICAL FITNESS AND KIDS' SUCCESS IN SCHOOL by Derikk Heinrichs

With a new school year starting, you could say that summer playtime is over, and it's time to get back to business. But should it be all business all the time? With budget cuts in a lot of schools, there has been a decrease in the number of music and physical education programs. Since physical fitness is my passion, I am going to focus on why exercise is important for students. A new study from American College of Sports Medicine was conducted to show the role that physical fitness plays in the classroom. According to the study, fourth and fifth graders who perform vigorous exercise for at least 10 minutes before a math exam performed better than children who sat quietly. Students are sitting for 6-7 hours a day in the classroom. When you add in 6-8 hours of sleep, time for homework, and screen time, there is a lot of time that students are not physically active.

Another study was performed by the Journal of Pediatrics on 12,000 Nebraska schoolchildren. Researchers assessed each child's physical fitness by a timed run, body mass index and academic achievement in English and Math, based on the state's standardized test scores. Better fitness proved to be linked to significantly higher achievement scores, while body size had almost no role. Students who were overweight but relatively fit had higher test scores than lighter, less-fit children. Most people know that physical fitness is directly related to an individual's physical health but not the impact that it has on brain power.

Charles Hillman is a kinesiology professor at University of Illinois, and he recommends at least one hour per day of vigorous physical activity. According to Hillman, "Schools, where children spend so many of their waking hours, provide the most logical and logistically plausible place for them to get such exercise." In tight financial situations, eliminating physical education programs may not be the best way to ensure educational success. Although you may not have control over the physical education program at your child's school, there are ways to make sure your student stays active. Involving children in sports is a great way for them to stay physically active and to make friends with other physically active students. Exercising as a family is also a great way to stay in shape and spend quality time together. However your child chooses to stay physically active, just remember that it is important to set aside exercise time to keep optimal performance in school.



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!

GOAL SETTING by Gabe Merritt

Many people believe that goal setting can be too difficult, and have a negative image of how realistic goal setting can be in their life. Personally, I am a huge believer in goal setting, and I find that setting short term goals and long term goals is a recipe for success, not only for your fitness level, but also for your life. I want to reveal some of my ideas and concepts behind goal setting and hopefully motivate a few of you to start incorporating this into your own lives.

First let's look at how easy goal setting can be, and maybe realize that you might already be making and achieving small goals in your life. According to Wikipedia the exact definition of a goal is: *A desired result a person or a system envisions, plans and commits to achieve a personal or organizational desired end-point in some sort of assumed development. Many people endeavor to reach goals within a finite time by setting deadlines.* In other words, any planning you do for the future regardless of what it is, is a goal. So the next time you are planning on doing the weekly chores or decide on watching that ball game after work, always keep in mind that these small tasks account as goals and while seemingly insignificant you are goal setting. Start off by making small goals and reach them. This will help you practice your goal setting on a small stage so that it can become easier when we start tackling bigger goals.

To create a large goal, think about what is important to you and what you really want most for your life. Looking at a large or long term goal can be overwhelming. Once you have created a serious goal, start by breaking it down into smaller goals that will help you achieve the larger one. Break it into small pieces that can be more attainable. When creating these smaller goals keep in mind whether these goals are S.M.A.R.T. goals (S-specific, M-measurable, A-attainable, R-realistic, T-timely).

What is the importance of setting goals or spending the time to go through this planning? Setting goals can give you more focus. It's great to have the initial thought of setting the goal, but let's make sure we don't waste your energy. Be sure to lock in a target. Next, make sure to have goals that are measurable. By setting goals for yourself you are able to measure your progress because you always have a fixed endpoint or benchmark to compare with. Creating small daily goals can help you avoid procrastination. When you set a goal for yourself you make yourself accountable to finish the task. This is in complete contrast with when you do things based off a whim, and it doesn't matter whether you complete them or not, so small daily goals can be very important. Finally, achieving and reaching small goals can give you motivation and momentum going forward. This is important so that you don't lose sight of what your end goal is. *"Discipline is the difference between what you want most, and what you want right now"*. Goal setting provides you the foundation for your drive. By making a goal you give yourself a concrete endpoint to aim for and get excited about.

These tips on goal setting can be used for any area of your life. Whether it be trying to lose weight, recovering from an injury, saving money for retirement, or something as simple as cleaning out the garage. Most things in life that are worth doing may need some planning and effort to get them accomplished. If you have questions or need help with creating goals or a plan of how to reach your goals, please be sure to ask your fitness trainer (I mean counselor J) to help you in these areas.



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MEET THE NEW TRAINER by Jesse Boelk

I am eager to get to know all of the members at The Club and help the staff engage the community by bringing fitness into more lives. I believe that everyone should use a trainer at some point in their life in order to help find different ways to find success. The key roles of a trainer are helping you remain accountable to your goals and motivating you to exercise harder than you can push yourself. With that said, there are many considerations you should take when pushing yourself beyond your comfort zone. Most exercise related injuries come from overuse and repetitive movement patterns. At The Club, you can have the confidence that this will not happen and that your program is customized to your current fitness level and limitations. Your program will also progressively challenge you and keep you on track to surpass your goals!

I received my Bachelor's Degree in Exercise Science from the University of Puget Sound. My first training certification was through the American Council on Exercise (ACE). I have also held certifications as a Life Style and Weight Management Consultant, a Spin Instructor, and a Kick Boxing Instructor. I am currently certified as a Performance Enhancement Specialist (PES) and a Corrective Exercise Specialist (CES) through the National Academy of Sports Medicine (NASM). I am working toward a certification as a Golf Fitness Specialist and Master Trainer with NASM.

I began training in 2002 at the Tacoma Bally Total Fitness location. I had the privilege to have Ryan as my Fitness manager. I was promoted to the Fitness Manager at the Federal Way BTF location. I was recognized as an Elite Performer and eventually accepted a promotion to the Downtown Portland BTF. I was promoted to an Area Fitness Director in the Portland Market. I enjoyed this role but felt removed from the clients. This prompted me to come to The Club at Gig Harbor in 2008. I then served in the Army and now the National Guard as a Non Commissioned Officer. I am looking forward to the opportunity at The Club and wish you all the best in health and wellness.



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