



5 BENEFITS OF EXERCISE CLASSES by Steven Saner

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We all love to exercise every day, right? Wrong! Sometimes it's difficult to drag yourself into the gym, especially if you are just working out on your own. Other times you may be excited to exercise, but lack the time for a full workout or the creativity to come up with something new to do. Working with your trainer is a great solution to these problems, but most people aren't able to do that every day. If you've found yourself in any of these situations and are looking for something else to add into your weekly exercise routine, then group exercise classes might be just what you need. Here are 5 benefits of group exercise classes to help you determine if they are right for you.

• **Motivation**

It can be motivating and inspiring to be surrounded by others working hard toward their fitness goals along with you. You know what they say...miserly loves company! For some people working out in a group might bring back that feeling of being part of a sports team and for others it might just be that little extra push they need to keep moving.

• **Structure**

Group exercise classes are a great way to get a workout in without having to think or plan ahead. Even if you don't know exactly what exercises you'll be doing before a class starts, you do know the type of class you're participating in, which will give you a general idea of what to expect. Along with that, classes are structured with a warmup, a balanced workout, and a cooldown to ensure you are getting what you need.

• **Variety**

It's easy to get bored when you do the same workout too many times. There are dozens of different classes out there to make sure that doesn't happen. Having a variety of classes in your weekly workout routine is a great way to create muscle confusion, which keeps your body guessing and can increase your metabolism. It also helps prevent boredom when it's time to work out.

• **Time**

Group exercise classes have a set time they will last, usually between 30-60 minutes. This means that no time is wasted with things like 10 minute water breaks and conversations with the person across the gym. This also makes classes easier to schedule into your day since you know what time they will start and finish.

• **Cost**

I'm sure most people would love to work with their trainer every day, but unfortunately that doesn't always fit into most people's budgets. Group exercise classes are typically less expensive than individual training sessions. Sometimes you may even be able to find free classes to try out.

If you feel like group exercise classes might be what you are looking for, then don't hesitate to give them a try. Here at The Club we offer both high intensity bootcamp classes as well as low intensity stretching and core classes. We are also planning to add more classes soon and would love to hear your input or suggestions on what classes you'd like us to add.

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Diet is a good place to start because it is simple. Many people eat according to where others want to eat and then decide which menu items sound the best. Instead plan ahead, eat according to your goals and don't let others influence your decisions. Preparation is the key in putting yourself first and preventing bingeing. Execution of this is the next step to work your plan and stay consistent.

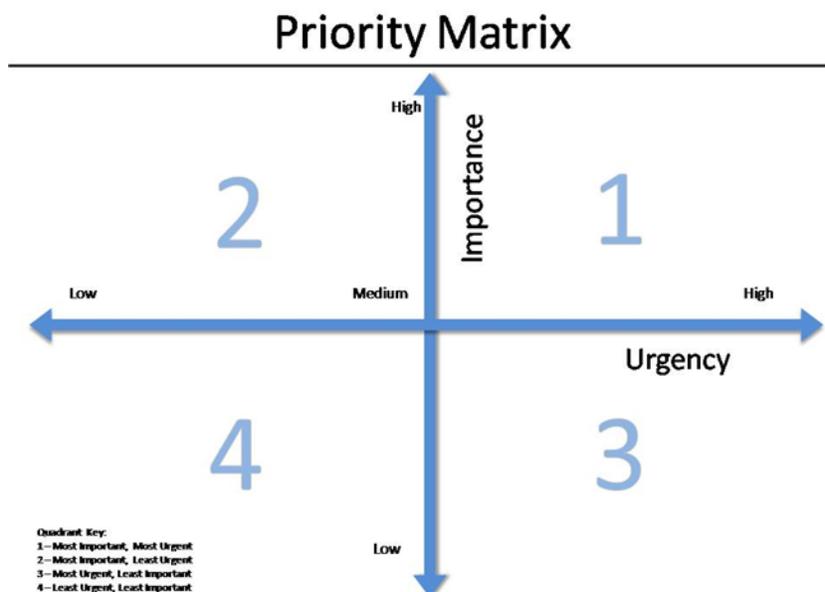
Put your workouts into your schedule first and make them a priority. You have invested time, money, and sweat into your program, now it is time to maximize your return.

By structuring your training appointments your trainer will be able to plan your program to maximize your caloric expenditure and recovery. When you cancel or move your appointment times it is costing you results and limiting the progress of your program.

Scheduling classes into your program can be a huge asset, especially for clients who need more accountability and structure while minimizing the total financial investment. Classes can help you incorporate fitness focused people into your social circle. The energy in classes increase your caloric expenditure and minimize the time you have to spend working out.

Your trainer has more than likely incorporated The Club Online into your program. This means that your trainer likely has posted workouts online for you to do. These workouts are crucial to improving flexibility and recovery from your 1 on 1 appointments. When you miss these sessions, your trainer has to adjust your program and this creates more work for you and your trainer. To ensure you are getting the most out of your program, check in with your trainer after you have completed your assigned workouts and give feedback on what you feel worked and what you can progress on. Many times you may need to have a workout partner to ensure that you are adhering to your individual program. Let your trainer know if this is something that you would like to incorporate and we will try and pair you with someone on a similar schedule and program.

Your results are a product of all of the above. If you have inconsistency's in any of the variables, it will be much more difficult to adjust your program to maximize all of the time and effort you are putting into your fitness program. Put yourself first and get the results you deserve!



TIPS TO STAY HEALTHY DURING FOOTBALL SEASON by Gabe Merritt

Sweat it out before kickoff - Getting a sweaty, total body workout in before heading to the tailgate party will spike your metabolism and help you make healthier decisions throughout the day. Studies show that starting your day off with a high intensity workout encourages you to make better food decisions for the rest of your fun-filled day.

Eat before the game - Having a healthy, fiber and protein rich snack before heading to the tailgate will help you make better decisions once you see the food spread. With a full stomach, you won't be tempted to grab foods out of a simple craving, but rather you will be able to decide if you're truly hungry.

Pack for success - Contribute to the chip and wing filled food spread and fight temptation by bringing your own, light version of your favorite tailgate foods. Try a healthy version of dips, pizzas, or baked wings. There are plenty of trimmed down recipes around to give a try, so you can be snacking well all football season long! Also, pack plenty of fun chewing gum. Chewing gum can trick your body into thinking it isn't hungry.

Make a game plan - If you know what's going to be at the tailgate party, plan ahead and decide what foods you want to splurge on and what foods you can stand to avoid. Not sure of the menu? As soon as you arrive, take a stroll around the food table. Scope out the selection and make a plan. Fill up on healthy snacks like veggies and dip or proteins, and then take small portions of your splurge items.

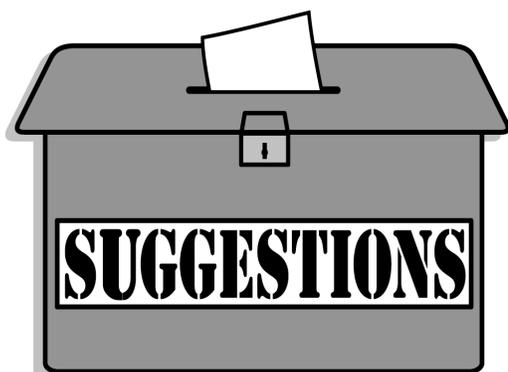
Veggies Galore - We all like to munch on crunchy snacks while watching football. However, chips and dip is not the best option, especially when the whole bag can be devoured in the span of a few hours. Why not swap the chips for nutritious veggies? Put all sorts of bright colors on the table. It's eye catching and full of flavor to lay out carrots, bell peppers, sugar snap peas, cherry tomatoes or broccoli. If you want to use a dip, just make sure it's reduced-fat.

Grill Master - Swap the Buffalo wings for lean chicken breast. Chicken breast (without skin) is a great source of protein and a better option than fatty, breaded wings. To get your Buffalo wing fix, grab your favorite hot sauce and drizzle it on the chicken as it grills on the BBQ.

Beverages - Bring your own light and/or low calorie beverage to the tailgate! Switch your preferred beverage to the lighter version to slash calories in a quick, easy way. Also, drinking water throughout the game will not only help your body function properly, but reduce the desire to drink more alcohol. Added bonus: it will reduce the effects of a hangover.

Keep it moving - Walk and talk during the tailgate to burn a few extra calories. Watching a game at home? Make yourself get up and do something productive in a different room during commercials and especially during halftime.

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.

YOU CANT OUT-TRAIN A BAD DIET by Ryan Haug

All too often we tell ourselves, “Just one more drink/bite, I’ll work it off tomorrow.” Or the ever popular, “I’m good, it’s my cheat day.” Then tomorrow comes around (potentially nursing a slight headache), you sadly don’t make it to the gym and find yourself even worse off than when you started. The cycle continues until you conveniently blame your trainer and become frustrated with your “lack of results.”

Whoa...Whoa...Whoa, let’s take a step back and re-evaluate how we got here. In multiple moments of weakness YOU decided a little bit more wouldn’t hurt. When you add a lot of little bit mores together, they add up to one big problem. Did you think this wasn’t going to be hard? Did your Grandpa never tell you that anything worth having is hard? Then let me be the first to tell you, “It’s HARD!”

When you start down this slippery slope, it doesn’t end well for anyone. You can’t out-train a bad diet. What you put in your body matters as much, if not more than, how you train it.

Revamp your diet, concentrating on carbohydrates. Carbohydrates — particularly sugar, soft drinks and starches like potatoes, rice, pasta, bread, cereals and crackers — drive levels of insulin, your “fat storage” hormone, through the roof, which makes it brutally hard to lose body fat. Eat more protein and fat, get your carbs from vegetables and fruits, and eat less of everything.

Exercise regularly, but exercise smart. Increase the intensity and shorten the time. Circuit and interval training are the reasons that have trainers and exercise physiologists the most excited these days when it comes to both health benefits and fat burning. Pay attention — they’re right!

Recognize that fitness and six-pack abs aren’t the same thing. Exercise for fitness and for health, and to maintain your gains. But don’t expect your morning walk to transform your body, especially if you don’t take serious aim at your diet.

The bottom line is no matter how hard you train in the gym, your diet must be revamped as well. If you’re consistent with your workouts, you have to match that consistency with your diet. Talk to your trainer about the adjustments that can be made to your diet using a food journal and some accountability. You’ll be happier with your results!

Be total health happy!



Join us for these NEW CLASSES:

**Tuesday; 6am—Core and Stretch Class
9am—HIIT Class**

Wednesday: 5pm—HIIT Class

**Thursday 6am—HIIT Class
9am—Core and Stretch Class**

OUR CLASSES ARE FOR BOTH MEMBERS AND NON-MEMBERS, SO HELP US SPREAD THE WORD AND INVITE A FRIEND!

HOME WORKOUT SUCCESS by Zack McVey

Let's face it, you won't always be able to make it into The Club to train. Kids, work, appointments, and life in general have a way of crowding out the daily schedule. It's always best and most beneficial to get away from the stresses of life for an hour and go to the gym, but in a pinch it's nice to have options for a home workout. Even if it's only 30 minutes, it'll make the difference between a lost workout day and time you were able to make gains.

The key to success for home training will be to carve out a consistent time and hold yourself accountable. Early in the morning is often the best answer, that way your workout is done before kids get up or you have to go to work. A home workout can be difficult in the evenings due to fatigue from your day and wanting to get things done around the house. However, with a little self-discipline it can be done. You just need to make time and stick with it!

The mental focus for a beneficial home workout is also going to be different than when you go to train at The Club. Staying on task, organized, and efficient can take some planning ahead. Be sure to get familiar with the space and equipment that you have available, simply milling about your workout area without a game plan will be un-motivating and ultimately a waste of your time. The best way to get started is to meet with your trainer, talk about the equipment you have available and allow them to work their magic by supplying you with effective workout routines. This will save you time and give you the most valuable use of your facility. The Club online is a great tool to utilize in this situation, we can help you personalize your home workout no sweat!

Body weight exercises are perfectly fine, but five 30-minute sessions of burpees, push-ups, squats and crunches a week will soon get boring. Incorporate small apparatus equipment to give some variety. Things like workout bands, medicine balls, hand weights, and a yoga mat can go a long way. Extras such as a T.V. and stereo are also nice to have for entertainment purposes. Don't forget to incorporate the great outdoors, if you have a hill to run on, a set of stairs to jump up or a body of water to swim in, all the better! Here is a sample of a home workout.

- Warmup: Jump rope for 5 mins
- Circuit 1 x3: Body weight squat jumps x 25/ v ups x25/ Bicep curl with a shoulder press x20
- Jumping Jacks for 1 min/ jump lunge 1 min/ jumping jacks 1 min
- Circuit 2 x3: Bosu ball pushup x20/ exercise ball crunches x30/ burpees x10
- Jump Rope for 5 mins/ Stretch out



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!

BENEFITS OF LIFTING HEAVY WEIGHTS by Hap Brecht

People often hear the words “lets lift heavy”, and their imagination runs in all directions. The truth is that lifting heavy is relative and should be thought of as energy exerted rather than weight on the bar. For the purpose of this article, we will define “heavy” as the most weight you can possibly use for ten or fewer repetitions. With heavy weight, we can burn an accelerated number of calories, protect joints and improve the health of some of our other physiological systems.

By lifting heavy, we will build muscle and get stronger faster. Muscle increases metabolism and eats away at fat resulting in a leaner you! We burn twice as many calories for the hour after lifting heavy in comparison to doing cardio for that same training session. If we admit that many of us workout to look better and not just to improve our health, then it’s nice to know that by lifting heavy we improve the shape of our muscle, decrease body fat and speed up metabolism. Look good, feel good!

By building a stronger, leaner body we have reduced the likeliness of injury. When our muscles are stimulated, we also stimulate the connective tissue, which needs to be strong to keep our joints stable. Of course fluke injuries happen, but the muscle around an injury can also decrease recovery time. This is why physical therapists often prescribe strengthening exercises for the surrounding muscles as part of rehabilitation.

In The stimulation of our nervous system in response to lifting heavy weights reaches beyond physical strength, it also triggers hormone production such as IGF – 1. IGF – 1 improves connections in the brain and enhances function. A powerful brain is more equipped to stand up against negative effects of aging on cognitive function. We can lower anxiety and give ourselves another shield to protect ourselves from depression because lifting heavy improves insulin sensitivity and positively affects the brain.

Hopefully the idea of heavy lifting is something to look forwards to, not scene as being scary. Heavy will vary from person to person, but all of us are capable of attacking our workouts with maximum effort. Approaching each session with a purpose maximizes your time, results, and health in ways that are often overlooked.



We're on Facebook!

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Just search “*The Club at Gig Harbor*” in the Facebook search bar, look for the logo and click “like”.