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**HIP FLEXOR COMPLEX—By Jesse Boelk**

Many Americans suffer from chronic pain. Whether it is hip pain, back pain, or knee pain, most of it is due to our tight hip flexors. We tend to sit too much and not exercise enough. The hip flexor complex includes the Iliacus, Psoas, and Rectus Femoris. These muscles also have friends or synergists that help flex the hip, these include: the Adductor Longus, Adductor Magnus, Adductor Brevis, Tensor Fascia Late (TFL), Sartorius, and Pectinius. A shortened overactive hip flexor complex doesn't happen overnight, and it cannot be fixed overnight either. As these muscles begin to get shortened, and it affects how your hip moves or doesn't move, it causes other symptoms to become prevalent including back and knee pain. Most of the associated back pain is actually guarding by the Quadratus Lumborum (QL), actually protecting your spine from being pulled further out of alignment.

The problem grows as the opposing muscles that have become tight do not allow the opposing muscles to function properly, this is called reciprocal inhibition. Simply put, the lights have been shut off to these muscles. As this happens, the muscles of the posterior chain including glute complex, hamstring, and core get weak and atrophy (deteriorate). Your pelvis begins to rotate anteriorly increasing the compensation and causing a hyperlordotic curve in your lumbar spine (excess lower back curve). This malalignment makes your hip flexors and synergist more dominate. The muscles of the hip that control knee alignment are now at a disadvantage and cannot control proper knee movement. This affects ankle alignment, and now your foot pronates causing the muscle of the lower leg to function improperly. In short, you are about to create a series of overuse injuries ranging from the knee, ankle and lower back.

How do you fix this problem that has been created over many years? It isn't as simple as just working out! You must take a comprehensive approach that goes beyond addressing the current symptoms you have. Logically you would go to you general practitioner and get a referral to a physical therapist who will give some stretches and exercises that have been conveniently pre-established and photocopied for you to take home. This will end up somewhere on the counter, and you might even do them a few times. This simply won't fix your issues most of the time. The correct answer is to address the root cause of your symptoms. After you have identified the muscles that are causing your issues, let's take a comprehensive approach to permanently fixing your neglected body.

Inhibiting your overactive muscles is sometimes counterintuitive because it hurts. Self-myofascial release (SMR) is the act of using pressure to release scar tissue and increase blood flow to the affected areas. Using a foam roller, lacrosse ball, Hpyervolt, or a Theragun, apply pressure to the area ideally holding on the areas with the greatest discomfort until it reduces by 10%. Do this at least twice daily for optimal results.

The next step is to actively stretch the muscles that have become shortened. Active flexibility involves moving into a controlled range of motion targeting the muscle or group of muscles while contracting the opposing muscle to increase the range of motion each repetition. Some examples include walking lunges with rotation, scorpion, cat-cow, and warrior pose. This form of mobility is much more effective than traditional static stretching where stretches are held for 30 to 60 seconds.

Lastly, you have to activate the opposing muscles preferably in an unstable controlled movement to maximize neuromuscular control. This will begin to correct the imbalance in the joint. Many of these exercises are found in yoga and pilates. Some examples include bridges, planks, and side planks. The TRX, BOSU, and exercise ball are great ways to challenge the stability of the exercise, but keep in mind the exercise needs to be done under control or the overactive muscle will engage, and you will not be using the muscles that we need to strengthen during this phase of training. The tempo of the exercise should also be taken into consideration; I would recommend using a 2 -1-2 tempo to maximize time under tension and control.

If you or anyone you know is suffering from back pain, start with mobilizing the hip flexor. Before you go and waste months trying to figure out your chronic issue, start with what I have outlined here. You can reference getbodysmart.com to visually identify where the muscles I have indicated are located. Another reference to the active flexibility portion is core performance by Mark Verstegen and Pete Williams.

Your kid enjoys playing baseball. You start to notice that they're good at it. Then you realize that they're really good — like Bryce Harper and Ken Griffey Jr. had a baby, and they gave it to you. Maybe not that talented (or graphic), but still, there's no doubt your little ballplayer is gifted. The best move is to find some camps and coaches to nurture the crap out of it right? Well, it's not that simple. Even if you think your kid could go pro tomorrow, wearing multiple uniforms is still key to good athletic development. Ben Olivia, Mental Performance Coach at SportStrata who has worked with everyone from major college athletes to Boston Red Sox players, says all kids — not just phenoms — need to diversify their sports portfolio. First, playing a single sport will likely turn their favorite past-time into their least favorite after a few years. Second, and more importantly, playing multiple sports is essential to transforming their awkward little bodies into slightly less awkward bodies. Here's why cross-training for kids is essential.

### **One Sport Affects Another**

Sports have a synergy effect — they enhance one another when consumed together. That's why kids need to develop a ton of different skills in a variety of different activities in order to reach their potential in a given sport. It bolsters spatial location, object control, and stability, “fundamental motor skills that if you don't develop before 12 or 15, you'll never reach the level you need to in specialized motor skills,” says Oliva. What's more, the younger you are the more likely overuse injuries will occur.

### **Recovery Is Where You Get Better and Stronger**

Think of how your parenting improves when you drop your kid off at Grandma's for a couple days. You're much better after some time off, right? Like overworked parents, athletes need rest too. Even child athletes. “When kids are developing, the need for recovery is crucial,” says America College of Sports Medicine (ACSM). “Their ligaments and joint connections are not prepared to take the stress that a grown body or a professional athlete is able to take.”

### **Make Them Do Things They Struggle With**

Being a star during your childhood leads to adult onset Weird Child Actor disease. It can be a similar deal for kids who specialize too much in the sport in which they excel. The skills you develop playing sports are life skills. These are things like work ethic, focusing on the process, and communication. If you just focus on the sport where you're the best player, you're not going to gain the social and emotional skills that are important for life. Partaking in several sports gives your kid the opportunity to see how different coaches coach, how different teammates interact and how to be a part of a team, regardless if they're the star or a bench-warmer. Remember: Weird Child Actor disease.

### **The Sports Development Pipeline Is A Myth**

“There's a lot of pressure to have the perfect tennis serve by age 12 so that you're in the pipeline to get noticed by coaches.” Problem is, it's not true. In an interview with three prominent college football coaches, (Urban Meyer -Ohio State Univ., Nick Saban-Univ. Alabama, and Chris Peterson-U. Washington) they are looking for well-rounded athletes with good social skills who are passionate about the sport that they choose to pursue in college. Not even a cannon for an arm and a childhood of practice will ensure your kid always keeps progressing. “What you need to get to the next level is a lot of drive and determination once you're in a fully developed body,” Meyer says.

### **Be The Best ... Later**

Even if you push your kid to specialize in a sport, because in the end they'll be more successful, what message does that send? You're saying that what matters is that you win the game, that you're the best player. By sending that message, you're hurting your child's ability and the likelihood that they'll believe that if they practice hard in college so that they can move on to the next level. Yes, being the proud father at the league championship is cool. But, being the proud father at the World Series 10 years from now? Definitely cooler.

## **PLANTAR FASCIITIS—By Jillian Petersen**

**Definition of *plantar fasciitis*:** inflammation of the dense fibrous band of tissue of the sole of the foot that is marked especially by heel or arch pain

**Definition of *fasciitis*:** inflammation of the fascia

**Definition of *fascia*:** a sheet of connective tissue covering or binding together body structures (such as muscles)

**Plantar Fasciitis** can happen to anyone from an athlete to a worker who is on their feet all day. P.F is a band of tissue called fascia that stretches from heel to toes and provides support to the muscles and arch of the foot. It is designed to stretch, retract, and widen through a stride motion.

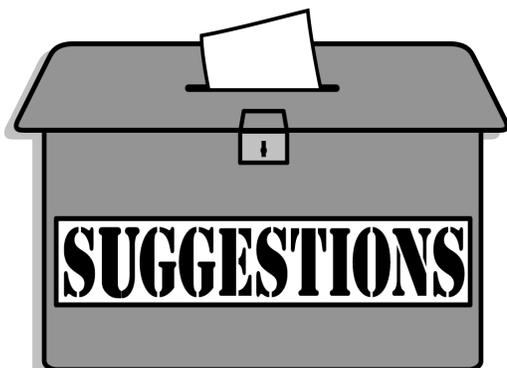
**Cause:** Flat Feet, high arches, wearing high heels, anything that you are high up on toes, tight calves, over use stress, tight Achilles Tendon, stone bruising tight shoes, oversized shoes, short shoes, rigid toe-box shoes (minimum toe-box flexing) and or to soft midsole compounds (over flexing)

### **Treatment**

- Icing
- Foot massage (vibrating massage), scraping, tennis ball, golf ball or spiky ball.
- Stretch calves and feet
- Proper fitting shoes
- Prevent bare foot walking on firm/hard surfaces
- Learn about your biomechanics
- Compression socks or other compression accessories

Other treatments that you will see as options are steroid injections, but this is just going to be a band-aid. It's not going to be a permanent fix to make plantar fasciitis go away, it will come back. Surgery is another common treatment for plantar fasciitis, however, studies have shown about 95 of 100 people who live with plantar fasciitis reduce pain without surgical intervention. Visit your local shoe specialist to learn more about your biomechanics.

### **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.

## **FIND SUCCESS—By Laura Coray**

John Wooden, head coach of UCLA Basketball from 1948 to 1977, winner of 10 national championships, and an inspiration to players, coaches and sports enthusiasts everywhere, once said:

*“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming”*

We seek success in many aspects of our lives – mentally, physically, emotionally, socially, professionally, and so forth. The object of this article is to focus on finding success physically with our health and fitness, and how to make time spent in the gym most worthwhile and most successful. How do we give our best to become our best? Here are 3 ideas to help accomplish fitness success:

1. **Make a plan & commit to that plan** – Decide what you will do each month, each week, each day to accomplish your fitness goals. Allow these decisions to take precedence and commit to them. Some things to help make you a priority are:

**Ask for help.** Share your ideas, goals, and schedule with a family member, a friend, or a trainer. Ask for their help in making you accountable and staying on schedule.

**Track your progress.** Write down what you want to accomplish and each step of how you will accomplish those goals. Consistently, daily or weekly, check back and journal how you are doing, and how you need to move forward.

**Sign up for a race or competition.** Races or fitness events help externally motivate us to work a little harder and push a little more on those days when it's a bit more difficult.

2. **Make each moment matter.** When in the gym or working out, give it your full attention. Leave everything else at the door and focus completely on the task before you.

**Use good form.** Be thoughtful and intentional with your workout using proper lifting technique and mechanics.

**Try new things.** Don't get in a rut with your workout. Meet with a trainer. Try a yoga or spin class. Attend Bootcamp. Go a little further, do a little more, lift a little heavier than you thought that you could. Break some boundaries. Reach new potentials.

**Fuel your body.** Support work done by making good choices with food and drink. Be intentional about what you put into your body and care for it by choosing good things.

3. **Don't compare yourself to others.** Comparison is the thief of joy. As we assess who we are and who we wish to become, we can compare to who we were yesterday, but that is the only comparison that matters.

Striving to be better today than we were yesterday and working to be better tomorrow is where we find success in life. **May we each achieve success in 2019!**



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**We are up to 24 classes a week!!**

**Spin, Yin, Vinyasa, Bootcamp,  
TRX, and Women and Weights  
classes are now offered through out the week**

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

## **PERCUSSIVE MASSAGE THERAPY—by Zack McVey**

By now I'm sure everyone has seen, heard, and probably been able to use either the Theragun or Hypervolt. They look like a power drill, sound like a jack hammer, and for some reason miraculously help out with nagging injuries and muscle soreness. Why do they work so well? Do they just jiggle all your worries away? Not exactly, let's check out the magic behind Percussive Therapy, and why it's able to be so successful.

Most people are guilty of skimping on or altogether skipping the recovery phase of fitness. This is where we allow our bodies to cool down, work on stretching, maybe even use some ice, and overall allow the healing process to begin post workout. The recovery phase is the perfect time for Theragun or Hypervolt to be utilized. They use Percussion Therapy which relaxes thickened connective tissue, helps to break down internal scar tissue, provides improved circulation in the veins and enhances flexibility through gentle stretching to increase range of motion. By rapidly pulsing the muscle fibers with a gentle wave of pressure, they are able to get rid of a lot of pain and stiffness by improving blood flow. A few minutes spent with the Theragun can essentially replace a much longer period of time with other approaches meant for the same purpose, here's why.

With other methods such as traditional massage or foam rolling, you can't always get to the problem areas as effectively. By not being able to penetrate hard enough to reach areas, you can't get to the root of the problem. Often times just trying to get to deep areas with massage becomes too painful to even bear. With Percussion Therapy, the vibration (Theragun is 2,000 rpm and the ball hits at 33-40 times per second) is so fast that you don't have nearly as much pain, and the muscle relaxes allowing to get deeper into tissue! It isn't really a massage; it's tricking your nervous system to relax and allow for deeper layers to heal. Less pain and less time is always a plus with everyone's busy schedule. This allows many folks who would otherwise skip crucial steps in the recovery phase to still capitalize on those benefits.

Who is percussion therapy for? Really anyone and everyone is fair game. No matter if you train like an NFL player, or you are just a regular at The Club, you will have stiffness and soreness pre and post workout. Just like with foam rolling or any kind of stretching, there is a learning curve, so feel free to ask one of your friendly trainers at The Club to assist you if you are interested. As a new layer to your recovery phase in fitness, using the Theragun or Hypervolt will leave you feeling refreshed and recovered with much less pain!

## **EFFECTIVE GOAL SETTING AND FOLLOW THROUGH—by Hap Brecht**

It's that time of year again! Many people are making New Year's resolutions and envisioning grand progress for themselves. For those that are unsuccessful, the problem is that they lack a plan to support their goal or set goals that don't truly motivate them. An action plan that is designed to guide your progress is absolutely essential. The plan should start with making a S.M.A.R.T. goal.

Smart goals are goals that are **S**pecific and have objective markers. The ability to **M**easure both your progress and success helps keep you motivated throughout your journey. "I want to look better," or "I want to eat out less," are both goals that are tough to quantify. If you can apply objectivity to your goals, they are easier to stay focused on such as, "I want to work down to 17% body fat," or "I will consistently only eat out twice a week." Another key to good goals is setting **A**chievable and **R**ealistic goals. If you currently have 29% body fat, then getting down to 17% by April is not realistic. Talking to your trainer and getting some feedback may help you. Give yourself a **T**imeline by starting today and not waiting till tomorrow. Or give yourself until a specific time to hit that realistic goal.

Now that you've set your goal, you need a plan that includes reminders, short term goals along the way and a support network. Writing your goals on sticky notes and putting them places that you will see every day like your computer, calendar, or bathroom mirror goes a long way. Short term goals help you stay motivated as you reach milestones towards your long term goals. Meeting these milestones is motivating, and it pushes you to stick to the plan. At each milestone, give yourself a reward that doesn't conflict with your goals. If your goal is weight loss, your reward shouldn't be a chocolate cake. Buy yourself those sunglasses that you want instead. Tell people about your goals! They can help keep you on track and give encouragement along the way. You may have some setbacks, and they can help you recover.

Once you have a specific goal that can be measured, a plan, and support, now it's up to you to follow through and achieve the success you set out for! If you still have issues getting your goals set and accomplished, talk to your trainer about how we can help, and how others have been able to overcome these obstacles. Ready Go!

## **START EM YOUNG—By Nick Powell**

The world in which children grow up in is constantly changing, whether it be culturally, economically, technologically, or otherwise. Each generation experiences vastly different trends in their development than that of those before or after them, shaping their growth from childhood to adulthood. However, among these changes lies a detail that remains constant across all generations of children; the essential need and benefit of physical activity. Unfortunately, trends in the United States toward cutting physical education programs in schools and related community programs have resulted in an overall decrease in the amount of physical activity in today's youth. The research from the Lancet Physical Activity Series Working Group and its colleagues have classified this trend as a *pandemic*. This, among other reasons, addresses the need for increased attention to the implementation of physical education and exercise programs for youth.

Children and Adolescents alike benefit from daily moderate to vigorous physical activity in a variety of ways:

- Health and Physical Fitness Benefits
- Cognitive/Social Benefits

### **Health and Physical Fitness Benefits**

Children and adolescents who regularly participate in physical activity or exercise can experience a variety of positive effects on their health. Among these are significant increases in motor development/control, reduced risk of musculoskeletal injury, reduction in body fat, strengthening of skeletal tissue, strengthening of muscle tissue, blood lipid improvement measures, and increases in aerobic fitness (National Strength and Conditioning Association: CSPS). Exercise in youth can also drastically reduce risk of future disease, especially those comorbid or intensified by obesity. Establishing healthy exercise habits in the lifestyle choice of children and adolescents can be a vital step in the right direction for their future health.

### **Cognitive Benefits**

A variety of research findings have indicated that physical activity and exercise in youth can yield positive outcomes in cognitive performance in both academic measures and self-efficacy measures. Such research has also found that children and adolescents who regularly participate in moderate to vigorous physical activity are at a reduced risk for anxiety/depression disorders later in life. Furthermore, children and adolescents who engage in recreational physical activity, whether it be organized sports or community programs, develop valuable interpersonal skills and social exposure that otherwise can be missed through a sedentary lifestyle.

### **Implementing Exercise/Physical Activity Programs**

Since children and adolescents differ from adults both physically and psychologically, exercise and physical activity programs should be implemented and supervised carefully by a qualified professional for the most optimal outcomes. A standard implementation of physical activity can call for at least one hour per day of general activity, and the addition of foundational resistance training and mobility training for ~30-60 minutes 2-3 times per week. These exercise regimens should be geared toward developing healthy movement patterns, integrating dynamic movements, increasing range of motion and flexibility, increasing endurance, and gradually strengthening the musculoskeletal system through resistance training. A professional can implement this type of exercise program in a progression that ensures gradual gains in competency and skill as the individual matures and advances.

Exercise and physical activity in children and adolescents can, and should, play a vital role in their lifestyles, and can provide immense benefits both physically and cognitively now and in their future. Start Them Young!



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