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Elite Fitness Training

THE CLUB
AT GIG HARBOR

2nd Qtr. 2019

Club Hours: Monday – Friday 5 a.m. – 8 p.m. Saturday 7 a.m. – 2 p.m. Sunday 9 a.m. – 11:00 a.m.

STAFF

Gabe Merritt
Principal/Trainer

Ryan Haug
Fitness Trainer

Zack McVey
Fitness Trainer

Steven Saner
Fitness Trainer

Jesse Boelk
Fitness Trainer

Hap Brecht
Fitness Trainer

Jillian Petterson
Fitness Trainer

Laura Coray
Fitness Trainer

Nick Powell
Fitness Trainer



The Club
at Gig Harbor

3201 Jahn Ave.
Suite 200
Gig Harbor, WA
98335

(253) 853-4434

DO YOU SKIP BREAKFAST?—By Jillian Petersen

We have always been told breakfast is the most important meal of the day. Then why do so many people skip breakfast? Breakfast is considered an important meal because it breaks the overnight fasting period, and replenishes your body’s glucose needs to keep your energy level up throughout the day.

Glucose is the primary source of energy for every cell in the body. Especially your brain functions such as thinking, memory, and learning are closely linked to your glucose levels. Because the brain is so rich in nerve cells it is the most energy demanding organ, using as much as one-half of all the sugar (glucose) energy in the body. Glucose comes from the carbohydrate that you eat which is then broken down into glycogen and absorbed by your muscle tissue and liver.

Carbohydrates = Glucose (sugar) = **Glycogen** (stored muscle tissue & liver)

Your glycogen stores are at their lowest when you wake up and have gone without food for as long as 12 hours. They are low, because glycogen is slowly released throughout the night to help maintain the body’s blood sugar levels and keep them stable.

So when your instructor / personal trainer asks you to perform an exercise in those early morning workouts and you feel foggy and want to blame it on the coffee that has yet to taken into effect, it is more likely that it is your brain wanting a little substance in the form of glucose. It’s better to have carbohydrates in the morning to help replenish those glycogen stores.

A great question to ask yourself is “would you let your kids skip breakfast?” No, of course you wouldn’t want them to skip breakfast. So why would you want to skip breakfast.

Reasons We Skip Breakfast

- Too tired
- Hit the snooze button one too many times
- Don’t allow ourselves enough time
- Not having enough breakfast items available in the house.

Breakfast Ideas

- Allowing 5-10 extra minutes in the morning
- Having some easy to prepare breakfast foods
 - High-fiber Cereal w/ fruit
 - Protein Shake w/ fruit
 - High Fiber Toast w/ PB
 - Protein Bar and Yogurt

If you continue to skip breakfast you’re telling your body that it needs to conserve rather than burn any incoming calories. This means it stores the calories the next time you eat (instead of burning them) because your body doesn’t know when you are going to feed it again. When you eat breakfast you’re telling your body that there will be plenty of calories to be had for the day, so your body will burn calories and not store them.

I asked a few of the trainers at The Club “What they eat for breakfast?”

- Ryan: Protein Shake and Egg Bites
- Hap: Cereal (early mornings) or Hash n’ Eggs (when he sleeps in till 7am)
- Gabe: Protein Bar w/ Apple and H2O
- Laura: Berries n’ Granola or Protein Shake w/ Spinach
- Jillian: ½ cup Steal Cut (quick oats) w/ PB, Honey, Raisins and Cinnamon
- Nick: Eggs w/ Avocado or Bacon w/ Eggs)
- Zack: Protein Shake, Yogurt, PB on English muffin w/ banana
- Jesse: Green smoothie and Bob’s Red mill high fiber breakfast cereal

Some great breakfast ideas: <https://greatist.com/health/healthy-fast-breakfast-recipes>

IMPORTANCE OF SLEEP—By Laura Coray

Many of us work hard to eat well, do our cardio, attend classes, stretch, meet with our trainers and try to make good choices to get an A on our health report cards, or at least a B-. In all of our doing we may be overlooking one important component of our health regiment: SLEEP.

The duration and quality of our sleep can have a lasting effect on our overall health. Many have experienced the fatigue, decreased energy, foggy mind, and cranky demeanor due to lack of sleep, however; the effects of poor sleep are far more reaching in regards to weight management. Below are 4 ways that sleep can negatively impact health and weight loss or maintenance.

Poor sleep can lead to weight gain and obesity. One study published by the National Institute of Health recorded that short sleep duration increased the likelihood of obesity by 89% in children and 55% in adults.

Poor sleep increases your appetite by affecting hormones related to hunger. Ghrelin, a hormone released by the stomach that tells the brain its hungry, and Leptin, a hormone released by fat cells signaling satiation, are both affected by lack of sleep. When you do not get adequate sleep, over a period of time the body produces more Ghrelin and less Leptin causing you to feel more hungry and increase your appetite. Also, sleep deprivation increases the hormone Cortisol, the stress hormone, which may also increase appetite.

Poor sleep may lead to bad food choices. Sleep deprivation dulls the frontal lobe, the control center for decision making and self control, which make it harder to make good food choices and fight cravings.

Poor sleep negatively impacts physical activity. Lack of sleep causes daytime sleepiness and fatigue, leaving us less motivated to exercise. Studies have also shown that when we are fatigued due to lack of sleep we are more likely to get tired during physical activity.

So how can we improve our sleep duration and quality? Included below are a few helps that aide our sleeping patterns:

Manage your bedroom environment. This includes temperature (optimal is about 70 degrees), ambient noise (decrease it), external lights, and furniture arrangement. Making sure you have comfortable pillows and mattress are also important.

Create a regular routine before bed. Taking a bath or meditating before bed are helpful in ensuring a good nights sleep.

Create regular waking and sleeping patterns. Irregular sleeping patterns can alter your circadian rhythms (the internal clock that tells us when to sleep and wake). Try to get into a consistent sleep/wake schedule.

Manage your exposure to light.

Increase light during the day (at least 2 hours of bright sunlight) can significantly improve sleep and helps keep your circadian rhythms healthy. If this isn't practical, you can invest in artificial bright light devices or bulbs.

Turn away from blue light in the evening. It is equally important to stay away from blue light from smart phones, tablets, and computers at night. Studies indicate to eliminate blue light exposure 2 hours before bed. There are glasses that you can invest in that block blue light as well as apps that can edit blue light.

Exercise regularly. In a study done with insomnia patients, a consistent exercise routine has been shown to be more effective in increasing duration and quality of sleep then most medications.

Avoid alcohol, caffeine or eating late at night. Alcohol inhibits the production of melatonin, the hormone responsible for calming and relaxing the body for sleep. Caffeine consumed up to 6 hours before bed can worsen sleep quality as it can stay elevated in your blood for up to 6-8 hours. Consuming food late at night may negatively impact the natural release of HGH (Human Growth Hormone) and melatonin.

Reduce long or irregular daytime naps. Power naps are one thing if 30 minutes or less. However, long naps can confuse our internal clocks and mess up circadian rhythms.

The pathway to optimal health and fitness includes many things. Progression along that path may include a closer look at your sleep patterns and how we can improve them.

LOWER BLOOD PRESSURE THROUGH FITNESS—By Zack McVey

They are just two little numbers, but the importance to your health cannot be overemphasized. In terms of fitness and longevity, keeping a healthy blood pressure is among the most important things that you can do for yourself. If left unchecked or even worse unknown high blood pressure can and will lead to hypertension and stroke, the two leading causes of death in the U.S. One in three Americans lives with high blood pressure. Factors like age, gender, and ethnicity are all causes that are out of your control, however there are many exercise and diet related ways to keep your blood pressure down.

First, let's define good blood pressure and what that means. Systolic pressure reflects the force produced by the heart when it pumps blood out to the body (upper number), while diastolic is the pressure in your blood vessels when the heart is at rest. Research over the years has shown that both numbers are important although most doctors are more concerned with your Systolic number as it has shown to be a better indicator of heart disease. If you have blood pressure with systolic below 120 and diastolic below 80, you are in a healthy range.

If you are like millions of American's with elevated blood pressure, don't stress as that will raise your blood pressure, but instead consider some of the simple leading ways to lower it.

Cut Salt intake: Sodium is a big facilitator to elevate BP. Reducing salt in your diet is essential. That means avoiding extra salt on food and cutting processed snacks, prepared sauces and spice mixes. Learn to examine food labels closely to know exactly how much salt, cholesterol and saturated fat that you're actually eating.

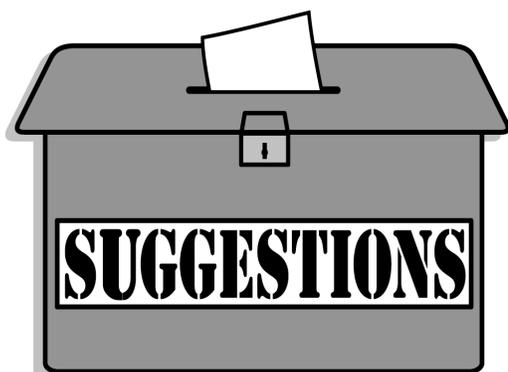
Modify Caffeine: Drinking more than three cups of caffeinated beverages, including soda, coffee, and caffeinated teas, magnifies stress response by causing blood vessels to constrict while pumping more blood and increasing heart rate and blood pressure.

The American Heart Association recommends daily exercise for all hypertensive patients. Daily physical fitness will encourage more efficient heart-oxygen exchange, putting less stress on your heart as it pumps blood.

Besides shedding pounds, you generally should also keep an eye on your waistline. Carrying too much weight around your waist, known as visceral fat, can put you at greater risk of high blood pressure.

Use exercise to destress your life, even a nice jog while listening to music or a relaxing yoga session can be helpful in lowering stress levels from a hectic day. Utilize all of these tips to take your blood pressure down a couple notches through healthy lifestyle choices, your heart will thank you!

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.

DEVELOPING A MINDSET FOR EXERCISE—By JESSE BOELK

Many people have a hard time fitting exercise into the schedule or even following through with a scheduled workout. Let me ask you a question, do you fit in brushing your teeth or is it just something you do because it is good for your health? This has to do with your mindset towards the things you do and make a habit of.

The primary thing that we can do to change our mindset is to change the perspective that we use to address fitness. Try and view your fitness program not as a chore but as something you do for the benefit for yourself. This is especially important if fitness is something that you are always fighting to have to do.

Next, take responsibility for your health through fitness. Once you decide that no one else can take responsibility of your health it will be easier to make exercise a life priority and integrate it into part of your everyday routine. Exercise is the one thing that can be both physically and mentally therapeutic.

I am going to give you a 3 step process to change your exercise mindset:

Step 1 Start Slowly

No matter what stage of life that you are in it is possible to make healthy changes with both eating habits and exercise, but in order to make these changes stick, it takes time. Many people try and create a picture perfect program too fast. Changing your life too much too quickly creates failure and affects your mindset towards your program. Think of this as baby steps which will increase your success and embrace your mindset positively and create a cycle of success.

Step 2 Achieve Balance

I am referring to a whole approach not just exercise and not just diet. As you diet, you are restricting calories in some format or another, and this will affect your muscle mass and your metabolism. As you exercise you are affecting your caloric demand and macronutrient balance. By finding balance between the two, your program will be much more effective and create a positive impact on your mindset. Another aspect is your lifestyle. Try and incorporate fitness into your lifestyle and slowly expand the activities you do. If you have a family or group of friends, try and incorporate fitness into these groups to create balance between your exercise and personal life.

Step 3 Adjust with Age.

As you age everything changes, including the need for sleep, your metabolism, and even body chemistry. Adjusting how you exercise is important especially as you may start to develop arthritis, osteoporosis or complications that can limit what you do for exercise. There are no excuses for not exercising, but there may be some modifications needed, and you may need professional help to get it done and stay on track.

Ultimately, perception is reality and your mindset is in your control only. As well as making positive life changes and looking at the long term impact also consider identifying bad habits. Once you have done that develop a plan and strategically eliminate them, try and replace them with something that will prevent you from going back to them.



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INVITE A FRIEND!**

BASICS ON BURNING VS STORING—By Ryan Haug

Have you ever met a person who seems to be able to eat anything and everything *and* stay slim? You probably wondered what it takes to be so blessed. On the other side, we have the person who walks past a bakery, takes a deep breath, and gains five pounds. Unfortunately, in our society, the latter is becoming more the norm.

We will try to shed some light on this “weighty” subject. Covert Bailey made himself a very wealthy and famous man by writing the book; *Fit or Fat* back in the '70s. The premise of the book is: how you store food depends on whether you are “fit” or “fat”. I prefer using the terms “fit” or “unfit”. I have seen people who would be looked at as fit by the amount of exercise that they can do, but they still appear to be “too fat”.

However, the general concept Bailey detailed is very valid. If you eat a candy bar, where will the calories go? If you're fit, they tend to head more to the muscles to be stored as muscle glycogen, which is simply glucose in muscle storage to be used at a time of need. The more you exercise, and the more muscle you have, the more muscle glycogen you can store. On the other hand, the unfit counterpart will tend to store excess calories in the fat cells.

Certainly, genetics play a role. If your parents are both very lean, you probably won the genetic lottery for staying thin. Those who have obese parents will have a greater potential for being obese themselves, although neither case is absolute. When you overeat, even the genetically thin person can start to add fat, just as the child of obese parents can remain thin through proper lifestyle.

When an overweight and out of shape person goes on a walk with a very trim and fit person, the one who is fit will burn up to five times as much fat as the overweight person. You might be thinking “that's just not fair”. What we have to keep in mind is this: That's why the person is thin and fit, because their body burns fat, instead of storing it.

The more fit you become, the quicker your body will tell the fat cells to release fatty acids. To quote Bailey, “If you want to be a better burner start exercising now. It can be a long battle worth fighting.”

A lot has changed in the past 40 years as it pertains to weight loss. Some concepts still hold true. The bottom line is that if you are genetically fit the results can come faster and more easily than that of the person who doesn't possess genetic gifts. The best thing you can do is start a long term exercise program with a fitness professional today. Stay motivated and be conscious of plateauing and mental hurdles. We're here for you. Good Luck!

HOW TO MANIPULATE TESTOSTERONE—By Hap Brecht

Most people hear “testosterone” and think steroids; which is correct, but so is Cortisol which simply increases blood sugar. Testosterone is a steroid hormone that helps you increase lean mass and bone density while preventing some health issues. Testosterone is naturally produced by both men and women to keep us healthy, strong and slim. Here are some ways we can increase our hormone levels safely via exercise!

As we age, our testosterone levels decrease which affects us in ways you wouldn't have guessed. For both men and women, low levels of testosterone increases the risk of depression, decreases sex drive, and contributes to obesity and osteoporosis, For men it is also a risk factor for heart disease. That's scary stuff, and it gets worse. For most men, testosterone levels drop 1.6% each year, but since 2012 the number of cases in which older men have been diagnosed with low testosterone has increased by 170%. That needs to change!

With specific exercise methods, you can increase your production of testosterone by ramping up the intensity. This hormonal response is revolutionary; when a caveman sprinted he was either chasing food to survive or running for his life. This kind of stress prompts testosterone production. Max effort sprints on the elliptical, bike, rower, treadmill or outside for 6 – 15 seconds is how to help increase hormone production. Performing multi-joint exercises such as deadlifts, squats, bench press and the Olympic lifts with heavy weight (85-95% of 1 rep max) is also proven to help. When you've done all the reps that you can do on your own, having your spotter assist you with “forced reps” is another strategy to healthy hormone levels. Also, don't skip leg day! Your legs have big muscle groups and are capable of moving the most amount of weight, so go heavy. With heavy weights, you can only do a few reps at a time and need to rest between sets. This is an opportunity to work smaller muscle groups that aren't involved with your main lift and maximize your time.

Being healthy and fit is great, but it doesn't guarantee to keep your hormone levels in a healthy range. In a double blind study, researchers found that among weightlifters, un-trained people, and cyclists the cyclists had the lowest levels of testosterone. You don't need to be a body builder to utilize hormone production. Go ahead and pick up something heavy and sprint like your life depends on it!

BECOME A BAND GEEK—By Nick Powell

Whether you've read it in an article, heard it from a trainer, or even felt it for yourself, you have probably been informed in some way that mobility/range of motion is a crucial piece of physical health - especially when a lot of us spend ample time sitting or driving, thus restricting mobility. There are many tools and practices available in order to implement mobility training into your lifestyle and exercise routine such as passive/active stretching, myofascial release (foam rollers, lacrosse balls, etc.), and percussive massage (TheraGun, Hypervolt, etc.). These implements are extremely effective means of correcting mobility restrictions and relieving musculoskeletal pain, and in some way should be a part of every training protocol. I'd like to offer another implement that can provide effective results in the same manner, using one simple piece of equipment: A Band.

We commonly focus on mobilizing and lengthening our skeletal muscle, as we should, to relieve musculoskeletal pain and create greater ranges of motion. Mobility impairments typically are caused by overactive muscle tissues that must be mobilized and re-introduced to the rest of the system in correct movement patterns, so it is obvious that we must start with the muscle tissue themselves. What is less obvious is that our *joints capsules* are ligamentous sacs made up of tissues as well, and these tissues can adapt to become shortened and restricted over time as a result of restricted movement patterns and mobility concerns. This is where the band comes in.

A **Banded Distraction** is a form of mobility training focused on creating space in a joint capsule by pulling/stretching joint tissues by the use of a resistance band. This is typically performed with a "power band," which is a longer, somewhat thick resistance band commonly available in most gyms. While performing a Banded Distraction, space is created within the joint capsule as a gradual pull takes place in the affected limb. The image below illustrates how a Banded Distraction can be used to quite literally "open up" the hip joints. While assuming a kneeling lunge position with the band wrapped around the thigh and pulling to the side, the head of the femur (trochanter) is gradually pulled around the hip socket, and thus space is carefully and gradually created in the tissues of the joint capsule. Once in position, all you have to do is let go and let the band do the work! This can be performed before or after a workout, and even in between sets as desired.



It's best to safely learn a few of these moves from one of your trainers here at The Club to begin your time as a Band Geek. Once you've got it down, a Banded Distraction can be a huge added benefit to your fitness routine and mobility training!



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