

3rd 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.

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DEFINING "THE CORE" by Nick Powell

It's no doubt that the world of health and fitness can be riddled with confusing concepts and vast differences in opinions, especially today. The emergence of online fitness outlets and social media trainers has diametrically created both a wealth of attainable, quality information and a whole host of garbage aimed and targeted toward common public insecurities. The latter is gravely concerning; as many people turn to genuinely follow health and fitness information that may not be fully understood by the source. One could write at length at the concepts that are marred by this misrepresentation (the ketogenic diet, HIIT, etc.), but this article will focus on a term that seems to have become a buzzword that may not be properly defined to many: the core.

There seems to be a wide array of opinions and views about what constitutes what the core really is in the human body. Common use of the word would indicate that the core is defined as one's abdominal muscles, as others may even say that there's no such thing as the core, refuting the term as a buzzword. Although everyone is entitled to their opinions, this article is not concerned with opinions or training ideologies - only facts. The anatomical "core" is scientifically defined as the **bones, cartilage/ligaments, nerves, and active muscles that cause, control, and prevent motion in the trunk and spinal column.** It is somewhat correct that abdominal musculature is a key component of the core, but *many* muscle groups are just as (if not more) important in this definition. By this standard, the core is not just your mid-section. Rather, it extends from the trapezius muscles all the way down to the Glutes - approximately 23 muscles/muscle groupings. All muscles within this region play a role in the cause, control, and prevention of motion in the spine.

Perhaps just as misrepresented as the definition of the core, are **core exercises.** There are really two ways to look at a core exercise:

The basis of a training program: These are fundamental exercises that are integral to the success of a properly programmed training regimen. Variations of squats, cleans, deadlifts are among these, and they all involve multi-joint, full-body movements in their execution.

Assistance exercises aimed at strengthening abdominal musculature: These are exercises geared toward chiseling out the abs and/or specifically strengthening any sort of local musculature around the lumbar/lower thoracic spine. planks, sit-ups, and twists are a few examples.

Although there is definitely a time and place for definition #2, one should note that option #1 actually holds the most benefits for utilization of the core. Loaded multi-joint movements such as the Squat provide a greater training stimulus for the performance of the core as an entire system, and is far more effective at integrating the strength and function of its parts.

One may ask, "Why does it matter what I call the core?" or, "it's all the same, right?" The importance of understanding these concepts can be the difference between experiencing significantly positive results, or getting seriously injured if they are not effectively demonstrated - or worse - not understood by a fitness professional either in person or online. Failure to train the entirety of the core as a system is all too common, and usually caused by a disconnect in the understanding of how the human body behaves kinetically. A common example of this would be an individual experiencing lower back pain due to lack of glute activation. This is a core issue, yet performing all the planks in the world (although a great exercise) will not fix the problem. Strengthening the Glutes and hip complex and thus integrating their actions with the rest of the core muscles will serve to alleviate their back pain. This is true of even the pectorals and trapezius muscles in the upper body, which have a great influence on the function of the core but are not usually referred to by many as part of the core musculature.

In conclusion, the core is much more than your stomach, and training it effectively involves far more than the hope for a 6-pack. It is integral to every part of motion in your daily life, and shouldn't be taken for granted. Training the entirety of the system with properly programmed multi-joint movements and trunk-specific assistance exercises is essential in effectively developing the core.

Congratulations, you now know something that most internet trainers don't - so use it wisely!



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WHO IS ON THE FRONT? by Jillian Petersen

If you don't already know the answer to "who's on the front?" it is my hope that by the end of this article you will be able to answer this question for yourself.

I'm a Guide for a Visually Impaired (VI) Triathlete on the USAT Para National Team. Elizabeth Baker is the first athlete that I have guided for in a triathlon and our second competition ever was at the ITU Paralympic Games in Rio on September 11th, 2016. There are a few different distances for triathlons and the Olympic and Paralympic race distances differ as well:

- Ironman: 2.4-mile swim / 112-mile bike / 26.2-mile run
- 70.3 Half-Ironman: 1.2-mile swim / 56-mile bike / 13.1-mile run
- Olympic: 1500-meter swim / 40-km bike (24.8 miles) / 10-km run
- Sprint/Paralympic: 750-meter swim / 20-km bike (12.4 miles) / 5-km run

The Paralympic Triathlon competes in the Sprint Distance, and for the past 3 years I have had the privilege of traveling the world with this extraordinary woman and competing right along side of her every stroke, every pedal, and every step.

Elizabeth Baker, born 1974, lives in Chattanooga, TN with her husband and two amazing children. She got her Physical Therapy Degree at the Medical College of Georgia and has what is called Stargardt Disease, an inherited disorder of the retina. It's a macular degeneration that causes progressive damage of the macula, which is a small area in the center of the retina that is responsible for sharp, straight-head vision. She can't see things directly in front of her but has some peripheral vision and its better out of her right eye, so when we swim together, I'm on her right side. Normal vision is 20/20 and currently Liz's vision is 20/400, which means what normal vision sees at 400 feet away Liz sees at 20 feet.

Internationally, in 2017, we went to Gold Coast Australia and Edmonton Canada, in 2018 we went to Yokohama Japan, Edmonton Canada and Gold Coast Australia. Our most recent international Para competition was in Yokohama Japan on May 18th, 2019, and still to come this year Montreal Canada, Lausanne Switzerland and Tokyo Japan. The reason for all of these international Para triathlon races is to qualify for the Paralympic Games in Tokyo 2020. The Paralympic Games start 3 weeks after the Olympic Games and compete at the same venues as the able-body Olympic Athletes.

Liz is classified as a PTVI-B3. The Para-Triathlon-Visually-Impaired (PTVI) have two different classifications; Totally Blind (B1) and Partially Blind (B2/B3). Since totally blind is more impaired they start 3min 48sec in front of the partially blind. That means that we watch our race start with the PTVI-B1 (totally blind) and then 3min 48sec later we chase them over the Sprint Distance Triathlon.

SWIM: There are three different ways that you can be tethered together in the swim; waist, thigh and calve. We are tethered together for the swim with an elastic band, also known as a shoe lace (31 in length), that attach together 2 puppy-quick-release-dog-collars that fasten above our calf and below our knee. I swim on her right, and if the water is clearer, she is able to make out the faint color of my arm, I swim into her to push her left and poke her to move closer to me and tap her back to turn right. When we get out of the water, we have to unclip the quick release collars, otherwise it's hard to run.

Transition 1: After we get to the bike, we put our cap, goggles, tether and wetsuit in a bin. If we don't get a 10sec penalty; simultaneously we are putting our glasses and helmets on. When we both have said that we are ready, we both have to be touching the bike to get out of transition. We run to the mount line and cross it then we get on at the same time and have to push the left pedal down (our cycling shoes are on the bike) together.

BIKE: Once on the bike we will put our shoes on. I say "Right foot up" both have to say "In" and then pedal to get more speed and then I say "Left foot up" again both have to say "In" before pedaling starts. The same is done when we take our feet out of our shoes at the end of the bike.

Transition 2: Dismount line we come to complete stop and get off and run to our transition area, we rack the bike, put our helmets in the bin and put our shoes on simultaneously while grabbing our shoe lace run tether that is 50cm (18in) in length and attaching them to us with carabineers and waits band.

RUN: When running, I have to stay one step behind her unless we are in a "Lead-Free-Zone". That is where there is water or when we are turning then I can grab her arm or she can grab mine.

Currently Liz is ranking 4th in the World for ITU Para Triathlon and we are trying to keep her ranked in the top 6 for the remainder of this year and into 2020, then she can reach her goal of competing in her 2nd Paralympic Games in Tokyo next year. Her kids really want to go to Japan]

Vote for "who you think is on front?" on the Facebook Club Page. Elizabeth or Jillian?

FINDING SUCCESS IN THE DAY TO DAY by Laura Coray

Life is often fast paced, crowded, and frantic. Throughout the day we may hear “I am too busy” especially when talking about exercising and eating well. Laura Vanderkam, time management guru and writer of the best-selling book “What The Most Successful People Do Before Breakfast”, has stated, “Instead of saying ‘I don’t have time’ try saying ‘it’s not a priority’ and see how it feels”. The truth is we all have the same amount of hours in a day, and those who are more successful, choose to use their time more effectively.

If we boil it all down, the only things we actually have any control over is our time, and our ability to choose how to use that time. Time management defined is “the way we decide to utilize our time in order to maximize our productivity in achieving certain long term goals”. If we wish to be successful and achieve goals, fitness and otherwise, then we need to manage our time and choose those things that will aide in accomplishing our goals and establishing priorities.

A brief study of time management will lead us to multiple checklists of what we should and shouldn’t do. These checklists have been narrowed down to 5 things that will help us live with increased meaning, purpose and success.

Spend Time Planning and Goal Setting – If we fail to plan, then we plan to fail. Find a time each week to develop a plan/schedule for what you want to accomplish and then each night review the plan for the following day. Our optimum goals are those which cause us to stretch but not break as we strive for achievement. These goals should be specific, measurable, realistic and achievable.

Prioritize -Mark Twain once said, "If it's your job to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first." His point? Tackle your biggest tasks in the morning. If you didn't have time to prepare a healthy lunch because you were checking out your Instagram account for 2 hours, then social media was a higher priority than your health. Tackle your highest priority first.

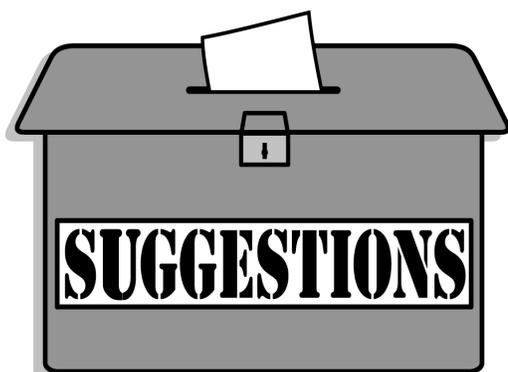
Be Flexible – Time management experts suggest planning for just 50% or less of one’s time. This allows for the flexibility to handle interruptions and the unplanned emergency.

Develop Good Habits and Eliminate Bad Ones – Developing our habits to reflect our priorities will ultimately help us manage our time better.

Reward Self – Ann McGee-Cooper, writer of best-selling business and time management books, has said, “If we learn to balance excellence in work with excellence in play, fun, and relaxation, our lives become happier, healthier, and a great deal more creative.”

To be successful with health and fitness, we need to develop a plan that fits our life, set exercise and healthy eating as a priority, and be consistent until it becomes a habit. Easier said then done? Yes. However, repeating this over and over will eventually lead us to success. As always the staff at The Club is here to help. Good luck!

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.

SYSTEMATIC SUCCESS by Ryan Haug

Alarm goes off! Cup of coffee; throw breakfast at your family, and hopefully take a few bites yourself. Get the kids off to school, and then you are off to work. Everyone gets to where they need to be on time. That's two days in a row! Sounds like a streak! Meetings till 10am, workout at 11am, back to work for a couple of hours and pick up the kids at 2:30pm. Take the kids to activities, arrive home around 7pm. Dinner with the family, 6 minutes on the couch watching Game of Thrones reruns yelling at anyone who will listen how to you about how disappointed you were with ending before you fall asleep....Sound somewhat familiar?

This also sounds somewhat chaotic, but in fact, most of us can find similarities between this and our own lives. We are much more organized than we give our self credit for, but where was this organization in a healthy diet? We often fail in our diets for no other reason than we weren't prepared and organized.

Here are 4 tips to help you be prepared and organized when starting a new food program.

- Start by using a schedule, either on your phone or written down where it will be easily accessible. Write down the times in which you will commit to eating or exercising. If you only have 5 minutes to eat, that's fine. Put it in the schedule. Manage to eat at least 4 small meals from the time you wake up to the time you eat dinner. Schedule all of your workouts. Not just the time with your trainer, but also your cardio on your off (trainer) days.
- So how do you get organized with your food? Consolidate! Its mind boggling how much time that we waste looking for junk to eat. Pick one cupboard and one drawer in the fridge that is just for you. After searching the aisles of Trader Joe's for things that you can actually eat, the last thing you want to do is search around the kitchen and pantry for those same things! This way everything that you can eat is in one or two convenient spaces.
- Pre-plan and pre-cook to be PREpared. When starting a new food program, it's important to be proactive and not reactive. Organizing your food for the next day is key. Not only knowing WHEN, but WHAT you are eating at every meal keeps the grazing and extra calories out of your diet. Use small snack bags to break up a larger bag of snacks like carrot sticks. This will help with portion control and provide easy grab and go snacks for the week. Russel Wilson got one thing right. The separation IS in the preparation...and a \$140 million contract... wait that's two things.
- Sleep! We write countless articles on the importance of sleep. The research is definitive on the positive impact sleep has on our metabolism and the body's ability to recover during sleep. No matter how long we watch, The Game of Thrones, the ending isn't going to change. Do yourself a favor, turn off the TV, put down the remote, and get to bed.

Winston Churchill once said, "Success is not final, failure is not fatal: it is the courage to continue that counts."

We've all tried and failed. Often times we get better, more intelligent information, apply it to a plan, stick to the plan, and we will find great successes. Food programs for one reason or another tend to be extremely difficult and full of folly. Put these four tips into action and you will find yourself closer to the ultimate goal. Through organization and planning, you WILL turn your chaotic food habits into one of your lives great systematic successes.



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I'VE REACHED MY GOAL, NOW WHAT? By Zack McVey

Typically when people venture into the world of fitness, they have a goal or goals in mind for themselves. It may be as simple as losing 10lbs of weight gained around the holidays, or as complex as working toward competing in an Ironman competition. Depending on your hard work and commitment, hopefully you are able to achieve the goal that you set out to accomplish. No matter if it takes you 3 months or 3 years, once you complete your goal, often times there is a feeling of what do I do now? This can lead to complacency and a lack of motivation to continue on your trajectory towards greatness. Let's explore some ways that you can continue to push yourself onto the next level, even if you feel like you have already reached the top.

First of all, take time to appreciate and be proud of your hard work. It is human nature to be right on to the next thing. Be sure to check in with yourself once you have reached a milestone. Are you content with what you did or do you feel the need to push on? Often times making sure to treat yourself as a reward is helpful, whether it's a new pair of shoes or a nice "cheat" dinner out, a pat on the back goes a long way.

Switch gears, it can be refreshing to push in a different direction. For example if you trained to run your first half marathon, it takes a lot of hard work and puts a lot of miles on your legs. You may even feel a little burned out on running. Rather than making your next goal a full marathon maybe consider a triathlon or focus on cycling. If you challenge your body and muscles in a different way, not only do you avoid hitting a training plateau, you will also have a more well-rounded approach to fitness. By staying on a one track mindset for too long, you can risk over training or even injury.

Identify parts of hitting your initial goal that you found to be your weaknesses. For example, if you are training for long distance biking, you will undoubtedly become less flexible especially in your shoulders, back, and legs. Consider focusing on flexibility and strength training in those areas to become even more successful in your next bike race. Working on other areas to improve times, distance, or overall ability can be very helpful when focusing on your next goal.

The take home message is when you have had success, realize it's a great accomplishment. Many people don't have the mental toughness or work ethic to do it, so be proud of yourself. Depending on how you feel when moving on to your next fitness journey always listen to your body. Do you need some rest? Can you improve in certain areas? Do you need a change of scenery? Then most importantly put your head back down and keep working your butt off, we can always improve upon our physical abilities!

NEURAL FLOSSING by Jesse Boelk

Nerve flossing is a gentle type of exercise focusing on stretching irritated nerves. Similar to active flexibility this technique focuses on dynamically moving through a full range of motion, but instead of focusing on soft tissue, it targets the neural pathway. This improves their range of motion, and it is intended to reduce pain. It is also called nerve gliding. It generally works best when combined with other modes of treatment. The goal is to free compressed nerves and to soothe the nerve pain. The basic guidelines are as follows:

- Nerve flossing shouldn't be painful. If you feel pain stop!
- While doing nerve flossing exercises, try and keep your muscles relaxed.
- Make sure you keep breathing while doing the exercise, focus on long deep breaths.
- Start slowly and only do a few repetitions at a time until your body adjusts.

A few of the common problems that neural flossing is used for and found to be very affected are:

Sciatica- https://youtu.be/OMbKv94Bu_U

Carpal Tunnel Syndrome- <https://www.youtube.com/watch?v=0AjN3b9gxf4>

Thoracic Outlet Syndrome- <https://www.youtube.com/watch?v=SmU7xvSI0Ko>

In conclusion, pain is not always diagnosed or treated correctly. Make sure you get a good diagnosis and don't hesitate to get a second opinion. Once you have identified the problem, try to use techniques such as neural flossing in conjunction with other modes of corrective exercise to maximize your therapy.

CBD OIL's BENEFITS AND SIDE EFFECTS by Hap Brecht

Just about everything you've heard about cannabidiol (CBD) oil is considered speculation because there haven't been enough human studies to definitively declare benefits or side effects of CBD. CBD has only been approved by the FDA to treat two rare forms of epilepsy that typically don't respond to other medications. CBD is one of the 113 chemical compounds known as cannabinoids found in the cannabis plant. The oil is made by extracting CBD from the cannabis plant and then diluting it with a carrier oil such as coconut oil or hemp seed oil. Yes, it comes from a cannabis plant; no, it doesn't get you "high." When CBD is introduced to your body, it will bind with receptors of the endocannabinoid system (ECS), which is involved in regulating sleep, appetite, pain, immune responses and mediating the pharmacological effects of cannabis.

The interaction between CBD and the endocannabinoid system MAY help treat many common issues that we deal with. Some possible benefits of CBD oil are increased appetite, relief of chronic pain for everything from arthritis to tight muscles, treat insomnia and reduce acne by binding to ECS receptors. CBD has also shown to have anti-inflammatory and neuroprotective properties which help support your immune system. One of the big neurotransmitters that it may be interacting with is serotonin, which regulates mood and social interaction. This interaction has been shown, but not proven, to reduce anxiety and depression. That's an impressive list of pros for CBD oil, but like anything else, it comes with some possible side effects as well.

There might also be side effects, which will also require more human research studies to confirm, that might de-tour you. First and foremost, CBD interacts with several medications and you should talk to your doctor before utilizing CBD oil. Currently CBD is being treated like a supplement, meaning that companies can put it on the shelf with no real regulations. This is an issue because there is a wide variety of quality from one brand to the next. 43% contained less CBD than advertised and 26% contained more than advertised. That means that only 31% of CBD products on the shelf contain the advertised dosage! For some people an increased appetite and fatigue is a benefit that helps sick people eat and insomniacs sleep, but for those with a healthy appetite and regular sleep patterns this can be an issue. Lastly, like alcohol, CBD might stress the liver as shown by an increase in liver enzymes.

There isn't a "one size fits all" product of any kind on the market and CBD oil is another one of those products that you have to make an individual choice about. The majority of claims have an insufficient amount of human trials before they can responsibly declare anything.



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