



STAFF

Gabe Merritt  
Owner/Trainer

Ryan Haug  
Fitness Trainer

Zack McVey  
Fitness Trainer

Steven Saner  
Fitness Trainer

Jesse Boelk  
Fitness Trainer

Hap Brecht  
Fitness Trainer

Jillian Pettersen  
Fitness Trainer

Laura Coray  
Fitness Trainer

Nick Powell  
Fitness Trainer



The Club  
at Gig Harbor

3201 Jahn Ave.  
NW, Suite 200  
Gig Harbor, WA  
98335

(253) 853-4434

**WE COULD ALL USE MORE SLEEP by Nick Powell**

Sleep is one of the foundational pillars to a healthy lifestyle, both physically and cognitively. There are a myriad of benefits obtained from quality sleep, and a host of detriments from losing it. The purpose of this article is to provide an idea of what sleep is doing for you, how to practice better sleeping, and how it may improve your training life.

**Recovery:** Optimal sleep promotes the body’s recovery processes. Anabolic processes that repair and rebuild muscle are effectively carried out during a deep and meaningful sleep, which is crucial to the progression of a training regimen. Among these processes is the balancing and release of hormones such as growth hormone, which is extremely effective in driving the recovery process. Conversely, a lack of sleep can disrupt recovery and drive the body into an overtraining situation. Without optimal sleep, muscle recovery becomes stunted, along with an increase in stress hormones such as cortisol - a hormone of which can cause a myriad of metabolic issues if it is present in large amounts in the bloodstream. This hormone imbalance leads to a decrease in glycogen synthesis, which is a key component of maintaining an optimal metabolism.

**Cognitive Effects:** This may go without saying, but optimal sleep patterns promote increased cognitive performance. Sleep deprivation, however, can have significantly negative effects on one’s cognitive and psychological well-being. Variables such as mood, long and short-term memory, reaction time, and general decision-making have all been cited to be negatively affected due to sleep deprivation. These declines in cognitive performance can negatively affect fitness training results. For example, when pairing decreased decision-making ability to the previously-mentioned increase in cortisol (which may cause more frequent instances of hunger), one may experience making poorer nutritional decisions than if sleep patterns were optimal.

**Ways To Improve Sleep:** There are a variety of ways to improve your sleeping patterns and effectiveness:

- Aim for 7-9 hours of sleep per night.
- Avoid blue light in the evenings (i.e. TV, Computer screen, Cell phone screen).
- Black-out your bedroom.
- Avoid caffeine or other stimulants for the 4-6 hours before bed.
- Go to bed early to increase your chances of REM sleep
- If possible, line up your sleeping patterns to sundown and sunrise, thus supporting your brain’s natural circadian rhythm.

It’s quite common for many people, that sleep is the limiting factor in a training program. Nutrition and training will get you far, but they will only get you as far as you can recover. Now, get some sleep!

**DISCLAIMER:** This is an article about the importance of sleep written by someone who struggles with it and has subsequently developed a degenerate caffeine habit. Take it from me, sleep is important!

## Pregnancy

### Weight gain during pregnancy

Where does the extra weight go during pregnancy and how to gain the right amount of weight? The average pregnant women needs only about 300 healthy calories more a day than she did before she was pregnant. This will help her gain the right amount of weight during pregnancy.

### How much weight should you gain?

- BMI less than 18.5 - you should gain 28-40lbs
- BMI between 18.5-24.9 - you should gain 25-30lbs
- BMI between 25-29.9 - you should gain 15-25lbs
- BMI greater than 30.0 - you should gain 11-20lbs

### Where does the extra weight go during pregnancy?

- Baby: 8 pounds
- Placenta: 2-3 pounds
- Amniotic fluid: 2-3 pounds
- Breast tissue: 2-3 pounds
- Blood supply: 4 pounds
- Stored fat for delivery and breastfeeding: 5-9 pounds
- Larger uterus: 2-5 pounds
- **TOTAL: 25-35 pounds**

### Exercises to AVOID during pregnancy

- Sports that carry a high risk of falling or abdominal injury, like downhill skiing, snowboarding, ice-skating, horseback riding, outdoor cycling, contact sports.
- Sports involving high altitude changes. Unless you're living in high altitude, avoid going up more than 6,000 feet. No scuba diving.
- Exercises lying flat on your back for long periods of time are off-limits after 4mo.
- Advanced abdominal moves, like full sit-ups or double leg lifts can pull on the abdomen. *\*Pregnancy-safe ab exercise Below.*
- Hot yoga
- Back bends
- Jumping and bouncing
- Excessive or bouncy stretching. Since your ligaments are already looser.
- Holding your breath.
- Caution on exercises involving balance, can be more difficult as your pregnancy progresses.
- Toe Pointing during pregnancy can lead to cramping in the calves.

### What causes leg cramps during pregnancy?

Legs cramps are painful involuntary muscle contractions that typically affect the calf, foot or both. They are common during pregnancy, often striking at night during the 2nd and 3rd trimesters. You can take these steps to prevent them.

- Stretch your calf muscles
- Stay active
- Take a magnesium supplement
- Stay hydrated
- Get adequate calcium
- Choose proper footwear

## **(PREGNANCY CONTINUED) by Jill Elliott (Petersen)**

### **How much exercise should you get during pregnancy?**

If you're new at exercising, now's not the time to start training for a marathon - but you can start working out slowly, aiming to reach at least 30 min a day. It is recommended that throughout pregnancy you get about 150 min of exercise a week, 30 min 5 times a week.

If you're really ambitious (or just really fit) and you've been green-lighted by your practitioner based on your fitness level, it's safe to work out for an hour or even more **as long as you listen to your body**. Remember that while pregnancy is a great time to maintain your fitness level, it's not a time to increase it or to train for an athletic competition.

**Experts recommend using what's known as a rate of perceived exertion (RPE).**

| BORG RPE | Modified RPE | BREATHING   | % MAX HR   |
|----------|--------------|---|------------|
| 6        | 0            | No exertion   | 50% - 60%  |
| 7        |              |   |            |
| 8        | 1            | Very Light  | 60% - 70%  |
| 9        |              |   |            |
| 10       | 2            | Notice breathing deeper, but still comfortable. Conversations possible. | 70% - 80%  |
| 11       |              |   |            |
| 12       | 3            | Aware of breathing harder; more difficult to hold a conversation        | 80% - 90%  |
| 13       |              |   |            |
| 14       | 4            | Starting to breathe hard and get uncomfortable                          | 90% - 100% |
| 15       |              |   |            |
| 16       | 5            | Deep and forceful breathing, uncomfortable, don't want to talk          | 90% - 100% |
| 17       |              |   |            |
| 18       | 6            | Extremely hard  | 90% - 100% |
| 19       |              |   |            |
| 20       | 10           | Maximum exertion  | 90% - 100% |

On a scale of 1-20, were at 7 you're walking slowly and 20 is maximum effort. Your goal is to keep your exertion rate between 13-14 on this scale, somewhat hard rate.

### **Abdominal Separation: Diastasis Recti**

A condition in which the large abdominal muscles separate. Diastasis recti is common in women who are over 35, deliver a high birth weight baby, or have a multiple pregnancy. If the separation between the two halves are greater than 1.5 centimeters, its diagnosed as diastasis recti. It's usually most noticeable right after delivery. Do be careful with exercises. Some routine fitness moves, including crutches, sit-up, push-ups, press-ups, and front planks, make abdominal separation worse (\*below is a link with how to do the core exercise that will help engage and strength your core the right way).

### **Safe Core Exercises to Perform During Pregnancy**

- Sitting knee lifts
- Side-lying crunch
- Core breathing
- Seating ball stability hold
- Side plank
- The standing crunch
- The standing bicycle
- Kegel's
- Squat
- Cat cow pose
- Side-lying leg lifts
- Bird dog crunches
- Standing pelvic tilt
- Hip hiker
- Heel slides
- Engaging your TA

<https://www.sweatyasamother.com/blog/safe-core-exercises-to-perform-during-pregnancy>

## VITAMINS AND MINERALS by Laura Coray

**Vitamins:** any group of organic compounds which are essential for normal growth and nutrition and are required in small quantities because they cannot be synthesized by the body.

| Essential Vitamin/Mineral: | Functions:   | Source:   |
|----------------------------|--|---|
| A (retinol)                | Aids in healthy eye function and increased immunity. Benefits general growth and development of hair, skin, bones & teeth by supporting healthy cell function. | Carrots, cantaloupe, sweet potatoes (other orange foods), eggs, broccoli, enriched cereals and whole milk |
| B Complex (9 total)        | Helps in energy production, immune function and iron absorption. They are also needed to make red blood cells and DNA and RNA.                                 | Whole grains, potatoes, bananas, lentils, chili peppers, beans, yeast, molasses and red meat              |
| C (ascorbic acid)          | Strengthens blood vessels and gives skin its elasticity. Helps to heal wounds and burns. Aids in antioxidant function and iron absorption.                     | Oranges, red and green peppers, tomatoes, broccoli, berries, kiwi, grapefruit and Brussel sprouts         |
| D                          | Helps the body absorb calcium which helps strengthen bones and teeth.  | Made by the body when exposed to the sun. Eggs (especially the yoke), fish, milk and mushrooms            |
| E                          | Helps maintain healthy red blood cells and muscle tissue   | Almonds, other nuts, sunflower seeds, tomatoes, avocados, green leafy vegetables                          |
| K                          | Aids blood clotting  | Half of the vitamin comes from leafy greens, Brussel sprouts, broccoli                                    |

**Minerals:** an inorganic substance of natural occurrence needed by the human body for good health

|                    |   |  |
|--------------------|---|--|
| Calcium            | Healthy teeth and bones   | Dairy products like yogurt, cheese, milk, tofu and black molasses  |
| Sodium / Potassium | Proper fluid balance, nerve transmission, muscle contraction  | Table salt / meat, milk, fresh fruits & veg, whole grains  |
| Iron               | Carries oxygen in the body, maintains healthy blood, needed for energy metabolism, and building muscles | Clams are best followed by oysters and organ meats like liver, soy beans, cereal, pumpkin seeds, beans, lentils, and spinach |
| Magnesium          | Needed to make protein and helps with muscle contracting, nerve transmission, and immune system health  | Nuts, seeds, leafy greens, seafood chocolate   |

Vitamins and minerals are essential (absolutely necessary; extremely important) for our health and well being. Deficiencies in the amount of vitamins and minerals we take can lead to tooth decay, hair loss, inability to fight disease, soft or bent bones, poor vision or loss of vision completely, scurvy, bleeding gums, anemia and the list goes on. In most cases, eating a balanced, whole, real food diet can provide all the vitamins and minerals we need. However, we often have weaknesses or holes in our diets. In which case, supplements in the form of pills or drinks is recommended.

As we shift from summer to fall and then to the holiday season, it may be a great time to really look at what we eat and why we are eating it. Am I getting enough fruits and vegetables and are they varied? Do I eat the colors of the rainbow everyday? Is the protein I eat lean and from a variety of sources? Are my portion sizes consistent with my daily caloric expense and my fitness goals? Am I getting all my vitamins and minerals? Taking a moment to really analyze our diet can help us achieve fitness goals and obtain more optimal health. Below are a few things to help as we try to navigate through our dietary choices:

- Use a nutrition journal. Write down everything you eat and drink for a full week or more to see patterns of eating and assess if choices are balance and varied. This can help you ascertain where weakness may lie and where changes need to be made.
- Drink more water.
- Do your grocery shopping with a list. Try to do all of your shopping on the periphery of the store where whole foods are sold. Stay away from processed goods.
- Make sure you have multi-colored meals. Stay away from white colorless choices. Natural foods, full of color, are also full of vitamins and minerals.
- Be picky about your treats

As we strive to make small steps toward progression each day we will find that those small steps add up to big results. Remember the words of Hippocrates, "Let food be thy medicine and medicine be thy food."