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THANK YOU by Ryan Haug

This year has been rough to say the least. We have been divided by a pandemic, politics, and social injustice issues. Through all of it, we still have so much to be thankful for. While I will in not be getting into the aforementioned topics, I will tell stories of gratitude and optimism.

Personally, like many, this year started in a panic of uncertainty. Would we be able to work? Provide for our families? Would the kids get the education that they so desperately need, or would they become zombies to the video game apocalypse (jury is still out on this one). Thankfully I was overwhelmed by the strength and determination of all of YOU. Not once did any one of my clients waiver in their belief that we would all get through this if we just stuck together. Whether it be on Zoom, a house visit, or training at The Club, every single client found a way to continue.

In a conversation with a client, after telling them how grateful I was that they were continuing, they told me, “This may be a job for you (which it rarely is), but what you guys do at The Club is what holds my life together. It improves me mentally, physically and emotionally. I’ve worked out all over and there is nothing like the attention and support I get from everyone at The Club.”

This client continued to say, “It’s not just you Ryan (that stings). It’s the other trainers and clients that I see and converse with during my workouts. It’s important for all of us to have stability during this time and everyone, trainers and clients alike, provide that for me. Although I can’t see them right now (during Zoom workout), returning to the culture you all have created, drives me to get back as soon as possible. You guys are like my second family and I’m thankful for that.”

This time has given us all the opportunity to spend more time with the people that quite frankly that we should be spending more time with. We all have the choice as to whom we spend our time with and I am thankful that we have such an incredible bubble to share our time with this year. Be safe. Be mindful. Most of all be grateful for The Club community we get to share together.

Happy New Year!

BENEFITS OF WALKING by Jill Petersen

Most physicians favor walking for exercise over running due to the fact that it is a low-impact exercise thus making it far less punishing on the joints and heart. Especially if you're suffering from obesity, depression, stress, heart problems, or joint pain, you should try walking more as it may be the solution to all your health issues.

- 1. Improves Heart Health:** They reported that walking will significantly reduce the odds of developing cardiovascular diseases, especially true for those who are sedentary. Over 65 years would be at lower risk for cardiovascular disease if they walk 4 hours each week. To ward off any heart diseases and even the possibility of a stroke, be sure to get more than 4 hours in any given week.
- 2. Aids Weight Loss:** Walking can help you lose weight and is overall a great exercise for your whole body.
- 3. Regulates Blood Pressure:** Research has shown that walking a minimum of 10,000 steps a day showed a significantly reduced blood pressure levels as well as an increase in stamina. To build up to 10,000 steps a day, start with 1 hour a day of walk and gradually increase.
- 4. Fights Cancer:** Sedentary lifestyles can be a major risk factor for developing cancer. Walking aids in weight loss and losing weight is an effective way to lower the odds of developing cancer. Walking can also help people undergoing treatment for cancer by alleviating some of the side effects caused by chemotherapy and lowering the odds of developing breast cancer.
- 5. Improves Circulation:** Aiding in lowering LDL levels (LDL's clog arteries). Through the reduction of these LDL levels, walking improves the blood circulation in your body which in turn helps your cells and brain function properly — making you smarter.
- 6. Reduces Risk Of Diabetes:** Walking daily regulates the glucose levels in your blood which can help you lower the odds of developing Type 2 diabetes throughout the course of your life.
- 7. Strengthens Bones:** The low-impact exercise that you get when you walk will ensure that your bones retain their healthy density even as you age, hence lowering the odds of developing osteoporosis.
- 8. Boosts Immune Function:** Walking can strengthen your immune cells and increase the numbers and health of these cells (T-cells, B-cells, and natural killer cells are all important parts of your immune system). It can also help your body heal quicker due to the fact that it hastens the release of WBCs. Walking can strengthen your defensive capabilities against pathogenic invaders, speed up the healing of wounds, and prevent potentially life-ending diseases.
- 9. Build Muscle Strength:** If you spend all day sitting, you might take a walk on your lunch break. Sitting for prolonged periods results in shortening of the tendons in the hips, resulting in hip and posture issues. Sedentary lifestyle leads to "muscle atrophy", strength declines due to lack of activity. This is why you feel very stiff and sore the next day. Walking uses glutes, back, core and upper body.
- 10. Aids Digestion:** After eating, our natural inclination is to sit down and rest after satisfying our hunger. However, you'll get better digestive benefits if you decide to take a walk instead.
- 11. Prevent Cognitive Disorders:** Studies show that eating a nutritious diet and exercising every day postpones the onset and development of Alzheimer's disease. Walking can significantly improve the quality of life for people who are living with cognitive disorders.
- 12. Increase Cardiovascular Capacity:** Most people will get some benefit from taking a walk, but if you want to change your health, then you'll need to make it a daily activity. You'll notice your fitness increasing every week. After a week you'll be able to extend your route seeing the improvement in your cardiovascular capacity
- 13. Slow the Aging Process:** Studies suggest that physical activity activates the telomerase enzyme, that is responsible for slowing the aging process in adults and seniors that exercise regularly. The telomerase enzyme is partially responsible for maintaining the integrity of DNA as well. Therefore, everything you can do to increase the activity of this enzyme will benefit you in the aging process.
- 14. Reduce Stress Levels:** Natural stressor may build up in our bodies know as cortisol. As a result of the overproduction of cortisol, the affected individual feels exhausted, but can't get to sleep – spending their evening tossing and turning in bed. Going for a walk relieves tension and stress built up during the day.
- 15. Enhance and Improve Mood:** Walking reduces stress and anxiety, relieving mental and physical tension. When we walk, our brain releases dopamine and norepinephrine, two potent neurotransmitters responsible for giving us that feel-good feeling after we workout.
- 16. Enhance Memory:** Research suggests that exercise has links to cognitive health. People who choose to live a sedentary lifestyle can experience a reduction in the size of the hippocampus. This region of the brain is responsible for memory. People who exercise regularly have a larger hippocampus.
- 17. Save on Medical Costs:** Going for a walk improves your health, reducing your chances of developing chronic disease while saving you thousands on medical bills and medications throughout your life.
- 18. Improve Your Sleep:** Exercising increases energy expenditure, burning calories, vitamins and minerals as we walk around the block. Walking relieves tension and stress associated with the development of sleep disorders like insomnia as well.
- 19. Improve Productivity:** Exercise can improve your performance at work as well. Taking a walk every day increases your energy levels, allowing you to work harder for longer. Exercising clears our brain of accumulated toxins that build up throughout the day.
- 20. Meet New People:** To start walking by yourself is a challenge that many people fail to maintain. Find other people that will hold you accountable by adding motivation to help stick to a commitment.

Due to the Covid19 restrictions, studies have found that people are sitting down for an average of 4 extra hours a day more than before. Coupled with gyms and recreational activities being closed or restricted, people are bound to be deconditioned. This trend will have a long term impact on the health of our country. Your body will begin to atrophy after 48 hours, costing you all the hard work that you have put in to your fitness routine.

Understanding the effect of sedentary behavior is important. After just 48 hours your muscle tissue will start to decrease and your cardiovascular system will begin to decrease in efficiency. Cardiovascular decline is possibly the biggest concern, due to the way the Covid-19 virus has seemed to be more of a issue in people with underlying problems. Taking care of your cardiovascular system should be a priority for everyone. Even 20 minutes of cardiovascular conditioning is beneficial. If you can walk for just 20 minutes of the 4 hours extra sitting every day, will increase your capillary beds and increase your cardiac output.

Sitting is also directly related to postural problems, especially in your lower back and neck. These negative postural alignment problems associated with sitting can be very difficult to correct, and often take twice as long to fix as it did to cause them. So before and after your brisk walk, peloton session or training session, get on the foam roller and stretch out those tight muscles. Also be sure to incorporate exercises in your program to strengthen muscles that will help you stay in good posture and keep you healthy.



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Not a friend on Facebook yet? "Like" us today and look for new recipes and tips to stay lean, healthy and fit, as well as schedule updates and *Club* news!

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There are many people out there who would like to lose some weight. The need fluctuates from the extra 10 pounds that you put on over the holidays, to a complete transformation out of an obese lifestyle into one of health and fitness. The majority of people are able to find various levels of success; typically falling into a yoyo like pattern of gain a few lose a few pounds while never fully reaching their goal. The individuals who truly commit and are able to overcome a weight loss makeover have several keys to success in common, and in this article we will examine what a few of these habits are.

Lose weight with intention – is a random approach typically doesn't work successfully. Most people who are able to keep off the weight don't do it by haphazardly trying to eat better one week and then falling off the wagon the next week. They pick a method that works for them and see it through. A systematic approach allows you to make your new healthy ways into a way of life; this in turn becomes something that you aren't just doing for a month or a year, but for the rest of your life!

Self-control – is a huge attribute for success in weight loss, putting off instant gratification for a more long term goal down the road seems like common sense, but it is much more difficult than it sounds. Successful weight losers are better able to resist temptation, control themselves, and push back against short term satisfaction. They restrict certain foods , weigh themselves regularly and use digital health technology to their benefit.

Successful weight losers control calories – in several ways, including limiting how often they eat out at restaurants, rarely eating fast food and limiting how many calories they drink. They are also more likely to have plans to be extremely strict in maintaining their caloric intake, even during times of the year when it's easy to consume calories, like during holidays.

Work out a lot! – A consistent, high level of exercise is one of the most important predictors of whether or not someone will be able to keep the weight off. Burning extra calories and maintaining muscle is a very important part of keeping weight off! An inability to stay consistent in the gym will mean a major setback or an overall disaster when it comes to staying healthy. Putting together a plan to be active every day is very important to your long term health goals.

The habits and success of people that have been able to reach and maintain a healthy lifestyle is something to use to teach and motivate others. It's never too late to learn and taking cues from people who are successful is a great place to start!