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Elite Fitness Training

THE CLUB  
AT GIG HARBOR

2nd Quarter 2021

Club Hours: Monday - Thursday 5am - 4pm, Friday 5am - 12pm, Saturday 9am - 11am, Sunday 9am - 11am

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**WORKING THROUGH FAILURE by Laura Coray**

**failure:** (noun) the omission of expected or required action.

Often times, from a coach or trainer, we may hear, “I want you to work to failure” or “push to failure”. Why? When we exercise a muscle or group of muscles to the point where pushing or pulling can no longer function we increase strength, endurance and ability and find ourselves reaching new levels of fitness that we hadn’t achieved before. Working through failure in training and exercise can lead to enhanced success, but can this also be true in the rest of life?

A man quite familiar with perceived failures and much struggle, Winston Churchill, once said, “success is not final, failure is not fatal: it is the courage to continue that counts.” In life, if we never pushed to failure and beyond we would never see the summit, never cross the finish line and never become more tomorrow than we were today. So, how do we work through failure and become stronger mentally, emotionally, socially, and physically? There are many things we can do to turn tragedy into triumph, but here are 3 simple things we can do to begin turning failure into success:

**Focus on the process, not the outcome** – When failure hits we may just want to throw our hands up and say, “I just wasted all of that time for nothing. What’s the point!” But Melissa Burkley PhD from Psychology Today has stated, “‘failure’ is just another word for ‘learning’.” Even though the outcome wasn’t what we may want, we can still benefit from the process. Always ask the questions, “what can I learn from this?”

**Realize that nothing worthwhile will come easy** - We are such an instant gratification society. We want things and we want them now. We are so used to getting what we want and getting it quickly that we don’t realize just how much work and effort it’s going to take to achieve something notable. All good things takes time. But during that time, as we make the journey towards our goal, we build character and reach new understandings, possibly even discover a deeper meaning to our lives.

**Don’t make it personal** – Susan Tardanico, of Forbes Magazine, stated, “Separate the failure from your identity. Just because you haven’t found a successful way of doing something (yet) doesn’t mean *you are a failure*.” Making mistakes means we are trying. We can take responsibility for where we are and move forward and try again.

Failure is a stepping stone in life to the achievement of bigger and better things. A quote by anonymous states it well, “Failure doesn’t mean you lost, it means you need a lesson before you can succeed.” May we have the courage to continue. Good luck succeeding!

Having the ability to manage your time effectively is important even without a child but has recently become very important. I became a mother in December 2020 and managing my time has been difficult. I needed to find a new system as everyone does when they bring home their first child. So far for the first three months, before I could utilize childcare, taking care of a tiny human, two Vizsla's, and getting in shape after the baby has been exhausting but manageable with these tricks that have helped me stay on track.

As a new parent, these are the tricks that have helped me stay on track:

**Making sure my home is well organized:** Having the home organized helps start my day by first making the bed every morning. If you know where you keep your stuff, then you'll know where to find it. Precious time is saved if things are in place, tables and workspaces are decluttered, and important items are easily accessible. Imagine wasting 15 minutes searching for something that you use almost every day. Make sure that your children learn to be responsible as well. Teach them that everything has a place and everyone needs to be organized. That way, you do not have to spend the extra time cleaning up after your children.

**Figure out what task is most important for the day:** Prioritizing what tasks really matter and what is important in your life. Know what you must finish immediately, what you can plan for over a period of time, and what you need to eliminate from your life because it is wasteful.

**Learning to say "No":** Never over-commit to friends and family. Know that if you say yes to every invite and every request from family and friends, you are getting yourself into trouble. It is impossible to be everywhere and certainly impossible to keep everyone happy.

**No one is perfect:** There is no such thing as being perfect. You do not have to have the perfect kitchen counter, wardrobe, or the perfect infant or child. What you can do is to make sure that everything you do is done with the best of your abilities.

**Know you don't have to do everything:** There are many tasks in our life that may require urgent attention but are not necessarily things that have to be done only by you.

**Stick to a routine and make time for additional tasks:** I have heard children adapt well to routines, they are easily trainable. We have a routine during the evening that we loosely keep with an infant and eventually will have when older. But expecting the unexpected at all times and if there isn't any occurrence, there is some time to relax on your own.

**Have a Will-Do and a To-Do list:** Everyone makes a to-do list and those list can get long and daunting. Having a Will-do list, by the end of the day can give you a positive feeling at the end of the day.

**Trying not to multitask, too much:** Every task deserves your full focus and attention. That way, you will have better results and fewer chances of having to repeat the work.

**Have an End-time for any chore/task/activity:** Time your tasks so that you can calibrate at half-time whether you are on track or need to re-evaluate what you are doing. This way, you know if you achieve everything that you had listed for the day.

**Planning your menu just as you plan out your week:** It is better to have a schedule for your meals. That way, you will have the shopping for ingredients out of the way at the start of the week thereby saving time each day.

**Family time:** Schedule to be together and spend time as a family every day.

Even without children the ability to manage your time effectively is important. Good time management can lead to improved efficiency and productivity, less stress, and more success in life.

## THE PLANK by Jesse Boelk

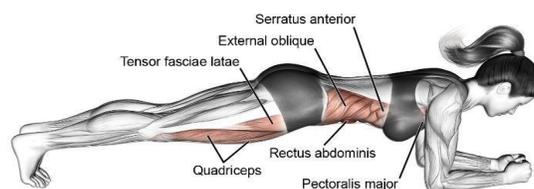
What is your core and what does it do? Your core should be looked at from a functional point of view, not a physique point of view. Your core allows your spine to be stable through synergistic stabilization in trunk flexion, extension lateral flexion, lateral extension, spinal rotation and combination of them all. Most core exercises focus on spinal flexion only i.e. sit ups, crunches leg raises, etc. If you think about your day probably the only time you go through spinal flexion during your day is when you get out of bed. For most of the day and through a workout session your core is just isometrically stabilizing your spine.

With that being the case from an exercise selection stand point we should think about choosing exercises that increase endurance in stabilization. I will suggest the plank and overview some of the common mistakes how to identify and correct them.

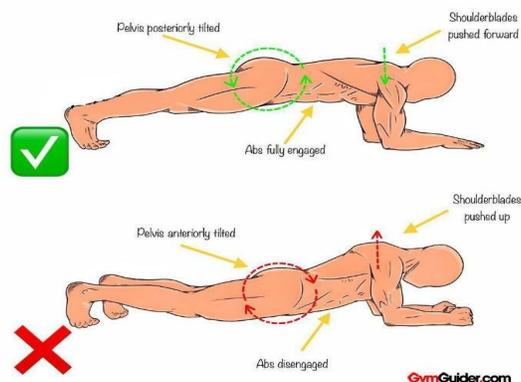
### Common Mistakes:

- **Poor hip alignment:** We are addressing an anterior tilted lumbo pelvic hip complex (lphc) this includes your lower back and hip girdle, identified by an excess curve in the lower back. To fix this flex and extend your back prior to starting your plank also tilt your hips forward and back through a full range of motion. Next find the neutral position and use your abs to hold this position during your plank if you lose this position stop and restart.
- **Incorrect elbow placement:** If you don't align your elbows directly under your shoulder you will be creating extra force through your shoulder girdle and neck and your core will not be able to function properly. To avoid this do your plank in front of a mirror so you can assure that you are in a stacked shoulder position
- **Poor head and shoulder position:** Many times people will look up or drop their head during a plank. The problem is this changes the orientation of your spinal erectors thus taking your core out of alignment. Try to look down but pull your chin in towards the back of your neck. Directly associated with this is shoulder blade position. Many people push their shoulder blades out in an attempt to get their body up this however causes your shoulders to protract shortening other muscles in the front of the shoulder. This is counter productive to good posture the goal is to set your shoulders before entering the plank position by pulling your shoulder blades together and downwards then lift into the plank hold this position for the duration of the plank if you lose it stop and restart.

There are many ways to progress and modify a plank to target specific parts of your core, including shoulder rotation and hip strength. If you are not incorporating plank into your current program, start with a few sets of 20-30 seconds, and then build from there in duration, sets, and variety of different types of plank. You may also consider other forms of isometric exercises to compliment the plank and keep your program balanced and avoid overuse injuries.



## HOW TO PLANK



## MANAGING AND OVERCOMING EMOTIONAL EATING by Zack McVey

Over my years as a trainer I have discovered so many reasons people are unable to put their fork down that I've almost lost count. Each person typically has a unique reason for over eating and some can be much more frustrating to manage than others. Emotional eating is one of the most frustrating to pin down and put an end to. There's no rhythm or reason and it can lead to years of yoyo weight loss/gain. Defined as overeating in response to negative emotions, emotional eating usually happens during periods of high stress, anxiety, depression, sadness, or anger. The act of eating emotionally involves using food in an effort to numb uncomfortable feelings, despite not actually being hungry. A very broad array of factors leads to this issue which makes it very difficult to stomp out.

Often times emotional eating can be a coping mechanism that has been forming for years and as such they lose touch with their true fullness cues. It's particularly important to avoid blaming or shaming people who experience emotional eating, or to expect them to simply have "more willpower" or stick to a stricter diet, as this increased guilt can worsen the problem and potentially lead to more food and harm.

Experiencing negative emotions such as frustration, anger and sadness are all part of normal life. Rather than finding alternative ways to ignore or distract from the stress caused by these negative emotions, it's important to find a "toolbox" of resources and healthy strategies to acknowledge, cope with and practice managing stress in healthy ways other than overeating.

Here are some possible tools to utilize:

- **Meditation:** simply taking a moment to think through your actions is a good start!
- **Journaling:** Whether food, emotion, or exercise, keeping a journal can maintain focus and routine
- **Calling a friend:** an accountability partner is invaluable when trying to meet a goal
- **Going outside for fresh air:** even a 15 minute walk can do wonders for clarity and stress
- **Music:** A go to playlist of favorite songs will almost always cut through a bad mindset
- **Daily exercise:** A habit of exercise is second to none in managing emotions and stress
- **Balanced nutrition habits:** obviously the end goal, but when reached is very rewarding.

Allowing people time to adopt a habit of shifting their attention with mindful techniques, versus avoiding or numbing emotions can help them learn and deal with their stressors and curb their emotional eating habits just as healthy nutrition and exercise should be used so manage health on a daily basis. Finding the right technique and using it regularly can help the feeling of a need for out of control eating. Always remember just because it doesn't work the first time, doesn't mean give up, just refocus and get back after it!



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