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Elite Fitness Training

THE CLUB
AT GIG HARBOR

4th Quarter 2021

Club Hours: Monday – Friday 5 a.m. – 4 p.m. Saturday 9 a.m. – 11 a.m. Sunday 9 a.m. – 11 a.m.

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POST PANDEMIC NUTRITIONAL ISSUES By Zack McVey

One thing is for sure, COVID-19 has taken a toll on everyone in one way or another. As we have been in this environment for about a year and a half now the effects have become more clear. Research is just now showing the increase of obesity in our population. The causes and triggers for these pandemic nutritional issues are relatively easy to identify, and include everything from working from home, gym closures, loss of childcare, loss of employment, personal illness, caring for family members who are ill, to not seeing loved ones for an extended period. Many factors are out of our control, but let's look into some ways to manage and hopefully improve poor food choices that can help overall well-being!

Two of the major problems that come from working at home, having kids home schooled, or simply being out of a normal routine are frequent unhealthy snacking and emotional eating. Daily routines shape our behaviors in a way that is often unconscious. Having to be at a specific location for work at a certain time for a set number of hours per day creates constraints on our eating behaviors. Those constraints were removed once we started staying home more and it just so happens that the kitchen is very convenient!

Here are a few tips to break the snack habit.

- Planning meals and snacks ahead of time
- Having a specific location to eat while at home can make meal and snack times feel independent of the work routine and break the grazing habit.
- If you are really busy taking the work out of cooking is key. Convenience foods such as pre-chopped fruit or vegetables, salad kits, or vegetable and meat trays help a lot.
- If snacking all day is a struggle, eating a nutrient-dense meal in the morning especially one that is high in protein can help your client feel satiated.
- If restaurant delivery for quick meals has become a lifeline set up Instacart or other grocery delivery services that can be beneficial and reduce the barrier of finding time to shop for groceries.
- Unlike someone who grazes on food all day, emotional eating is often prompted by a desire to avoid the discomfort of stress or anxiousness, it can also be celebratory or used as a "reward." Many of the strategies described earlier for overcoming constant snacking can be helpful for curbing emotional eating as well. Some other ideas include.
- Identify issues that cause you to emotionally eat. If you are regularly stressed by the same thing plan on how to react ahead of time. Going for a walk, calling a friend, or even doing chores around the house are options.
- Decide what foods trigger overeating and only eat those on a special occasion and not at your house. For example if you stress eat ice cream, only eat it at a restaurant and don't keep it in your freezer!

With a little planning and a lot of will power, hopefully these tips can help through this difficult time.

IT Band Syndrome

What is the IT Band

Also known as **iliotibial band**, is a multipurpose tendon that runs down the length of the outer thigh from the top of the pelvis (**ilium**) to the shinbone (**tibia**). It connects the **tensor fasciae latae** muscle and **gluteus maximus** to the outside of the **tibia**.

The IT band is responsible for keeping your hips and knees stable, particularly during rapid, explosive moves like running and jumping. When the two muscles—the tensor fasciae latae and gluteus maximus—contract, it adds tension to the IT band, which helps to stabilize your knee-to-hip relationship. But too much use (or underuse) from one of these muscles can overstress your IT band and tug on your outer knee, leading to pain.

Any action where you bend your knee especially have a high-impact or explosive activities will put stress on your IT band.

The anatomy of the IT Band:

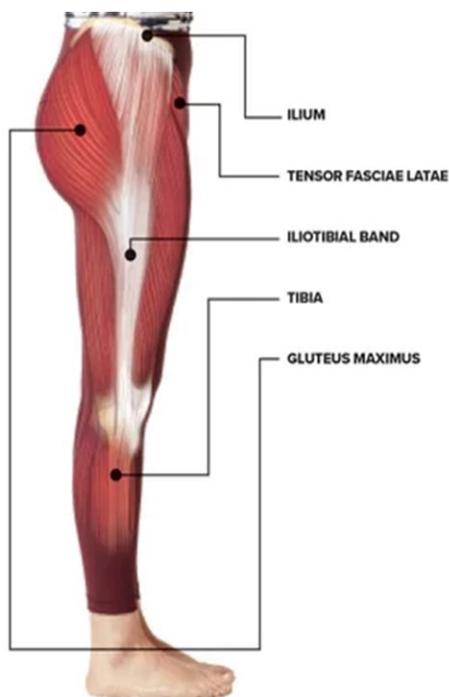
Ilium – top of the pelvis; provides many attachment points for muscles of the hip and trunk.

Tensor Fasciae Latae – hip flexor muscle

Iliotibial Band - It is the outer border of the vastus lateralis muscle (outer quadriceps) and acts as connective tissue (a fascial envelope) for the quadriceps group.

Tibia - Also known as the shinbone.

Gluteus Maximus - the largest butt muscle, a hip extensor, and external rotator. Connection point for the IT band.



Common Causes of IT Band Syndrome

Repetitively bend the knee during physical activities such as running, jumping, cycling, hiking, climbing, or squatting. When your knee and hip alignment is off, IT band's purpose is to keep your knee optimally tracking during movement. If your joints are consistently out of alignment it can irritate your IT band. Example, if your feet pronate when you walk or turn out when you ride your bike.

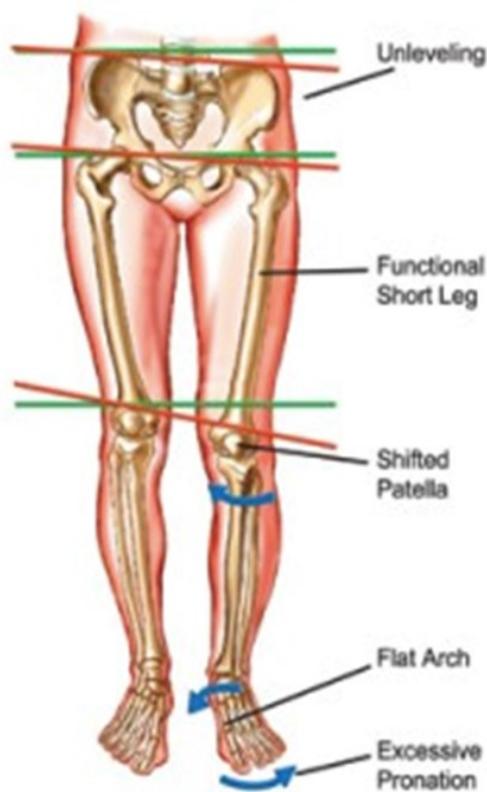
Wearing incorrect or old worn out shoes. It's important to rotate shoes regularly to avoid this factor from causing IT band syndrome.

Excessive sitting, this shortens the tensor faciae latae while overly lengthening the glutes, weakening your hips, hamstrings, and gluteal muscles and aggravating your IT band.

Having one-leg-shorter than the other. This can place more strain on one hip, leading to IT band issues in the longer leg.

Treatments: Check out Instagram and Facebook for videos on how to treat IT Band Syndrome

Foam Rolling
Stretching
Theragun



“I don’t want to get too big”

One of the most common phrases I hear among the general public or new clients is that they don’t want to lift heavy because they don’t want to get too big. Speaking as a professional who has tried for many years to get big, I can realistically and honestly say that it will not happen by accident. It takes lots of food every day to put the body in a caloric surplus and consistent, heavy lifting to add quality muscle. If you are eating in a calorie deficit the body doesn’t have enough energy to store fat or add muscle. For those at a maintenance level of calories or in a deficit, lifting heavy is primarily going to improve the tensile strength of the muscles instead of creating new tissue and adding size. The best example I can give of this are powerlifters who lift in a fixed weight class. If they ate too much food along with lifting as heavy as they do, they would put on weight and not be able to compete in their weight class.

“Don’t eat at night”

The Golden rule of nutrition and weight fluctuation is Calories in Vs Calories out. If an individual is consistently eating a surplus of calories their body will store those excess calories. If the individual is consistently in a calorie deficit, they will lose weight. The “Don’t eat at night” advice is good for those who consume their daily number of calories during the day and early evening. For them, eating at night would only add calories, potentially putting them in a surplus which leads to fat storage. For others, the day may get busy, and they don’t have enough time to eat during the day or they may not get hungry until the afternoon and evening. Their only option is to eat at night. If those people don’t eat in a calorie surplus, they won’t add any unwanted weight.

“I can’t because of my genetics”

Trainers hear it all the time. An individual says they can’t lose weight, get stronger or add muscle because of their genetics. An individual’s genetics do not make it impossible for them to lose weight or add muscle. They may make the process harder, but not impossible. Somebody who is naturally skinny with a high metabolism is going to need to eat much more food than they would probably like if they want to put on muscle. Individuals who tend to store fat easier are going to have to diet harder or do more cardio to shed the weight than somebody with a high metabolism. It’s not impossible for either of them to achieve these goals, but they are going to have to learn what works best for them as an individual. Work ethic isn’t genetic, so with enough effort and consistency anyone can make physical changes to their body. It’s going to take the right coach, the right plan and hard work.



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PHYSIOLOGICAL NEED FOR EXERCISE By Jesse Boelk

Over the last 2 years we have been dealing with the covid-19 pandemic and this has undoubtedly increased the stress of most people across the globe. There are two ways you can deal with stress; you can stack it vertically or horizontally.

Vertical stacking of stress means that your stress builds and builds each day, as your stack becomes more and more even the smallest stressors will seem overwhelming.

Horizontal stacking refers to daily or frequently resetting your mental state or separating each event. This will allow you to deal with things more logically and not let the little things seem so impossible.

Exercise is a great tool to help you focus and separate events. It will promote much better sleep and confidence in your ability. During your exercise sessions take the time to reflect on what is working and what isn't working in all aspects of your life. Focus on things you are doing well as opposed to just things you can improve on. Use your exercise as mental reset tool and bring something positive out of each workout. Every time you do the gym you are building your body and mind into the direction you choose.

FROM COUCH TO 5k By Hap Brecht

Fall is here and that means three things. Football season is in full swing, the weather is changing and it's time to start training for the Thanksgiving Turkey Trot! Starting your training now will make that family run a lot more enjoyable, but first we must prepare. We're going from the couch to a 5K!

Getting started can be daunting, but we have a plan. First, we need to create a habit. Set aside 30 minutes a day to walk without any breaks a full week. That first walk might be tough, but you've gotten started! Each week the walk will progress:

- Week 1: Walk for 30 minutes
- Week 2: Walk x 5 minutes, jog x 1 minute for 30 minutes total
- Week 3: Walk x 4 minutes, jog x 2 minutes for 30 minutes total
- Week 4: Walk x 3 ½ minutes, jog x 2 ½ minutes for 30 minutes total
- Week 5: Walk x 3 minutes, jog x 3 minutes for 30 minutes total
- Week 6: Walk x 2 ½ minutes, jog x 3 ½ minutes for 30 minutes total
- Week 7: Walk x 2 minutes, jog x 4 minutes for 30 minutes total
- Week 8: Walk x 1 ½ minutes, jog x 4 ½ minutes for 30 minutes
- Week 8 Walk x 1 minute, jog x 5 minutes for 30 minutes

Go Run a 5K at a 10 minute mile pace and be proud of the progress you have made!

This time of year we begin to sing “Rain, rain go away...”. Studies routinely show that the weather can have a very real affect on our mood, well being and health – even with children. With the approaching gray clouds bring decreased light exposure, decreased physical activity and decreased social interaction. All 3 of these have been found to adversely affect mood. So what to do and how do we help the little people in our lives to thrive during these coming gray months?

- **LIGHT EXPOSURE** – and lots of it. The simplest source is to be outside as much as possible. An alternative is to invest in a blue light lamp. Coloring, drawing, reading, playing with “Play Doh” in front of a blue light may be helpful.
- **PHYSICAL ACTIVITY** - on a rainy day is about being creative or just dressing for outdoor adventures. Pull on a rain coat and go on a scavenger hunt (can also be done inside), search for worms or other insects enjoying the wetness, or go on an umbrella walk. There are also many inside activity options as well. These activities include building a fort, organizing an obstacle course, or having a dance party.
- **SOCIAL INTERACTIONS** - Often when the rain and cold come we head indoors and away from these, but its important to make them a priority. Social isolation is shown to cause depression and increase anxieties. To combat this we can invite friends for a play date, cook/bake together as a family, plan a movie night inside a fort with friends, have a family game night, do a science experiment or play hide and seek.

These activities plus many others can help us and the children in our lives to have a wonderful rainy season and truly thrive in the coming months. So let’s pull on our rain boots and go puddle jumping with a friend.

Here are some ideas:

- Coloring, Drawing, Reading a good book
- Make a movie on your smart phone
- Playing with Play Doh
- Create an exercise cube (like a dice with a different exercises) take turns rolling it and having fun
- Scavenger hunts (inside or outside)
- Puddle jumping
- Hide a favorite stuffed animal that they have to find – take turns
- Umbrella walks
- Build a fort/obstacle course
- Build a lazer beam maze down a hall way with painters tape
- Have a dance party
- Organize play dates
- Make a hop scotch out of tape on your living room floor
- Cook/bake together
- Family game/movie night
- Play hide n seek
- Do a science experiment (dry ice is really fun)



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