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Elite Fitness Training

THE CLUB
AT GIG HARBOR

1st Quarter 2022

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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The Club
at Gig Harbor

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DIETING TRENDS By Jesse Boelk

Fast

The main benefit of fasting is to allow your digestive system to rest and recover. There are different forms of fasting, and they will all have a different impact on your body. Intermittent fasting has become very popular. I have done some testing of the impact of intermittent fasting. The main benefit of this is to limit the time during the day that you consume calories therefore decreasing your total caloric intake. However, I did a 4 week trial maintaining my total caloric intake and fasting for 12 hours a day. I noticed a decrease in overall energy and strength. My body weight did not fluctuate but my lean muscle mass decreased by a few pounds. In conclusion, I found that a healthy balanced diet was much more affective and my energy levels and strength were much better with a balanced diet.

Cleanse

The main benefit of a cleanse is to flush the body of toxins that are absorbed by our bodies on a daily basis. I have done multiple cleanses over the years and find them to be a great reset tool. There are many different cleanses on the market, most of which I find to be tremendously overpriced and lacking in quality. The best cleanse I have tried is the master cleanse, and the best part is that it isn't prepackaged and doesn't cost an arm and a leg. Much of the food we consume contains heavy metals and other harmful preservatives. I would strongly recommend doing a cleanse annually. The mental and physical benefits are tremendous, and it's a great way to back on track with your fitness routine.

Diet

The difference between a diet and the fasts / cleanses is that a diet is continual and is not a temporary state of caloric deficit. My definition of dieting is whatever you put in your mouth. You need to have a plan. I would suggest starting with hydration, every chemical reaction in your body requires water, so your target should be your body weight in ounces every day. Once you are dehydrated, it takes approximately three days to get rehydrated. Secondly, aim to get 80% of your lean mass in clean complete grams of protein daily. For example if you are 200 pounds and 20% body fat your lean mass would be 160 pounds of lean mass, so you would be focusing on getting 128 grams of protein. Complete protein in simple terms means animal protein or combining a grain and a legume to complete an essential amino acid profile for the meal. Thirdly, monitor your total fat intake and what types of fats you are consuming. Try and slowly modify your fat intake to healthy unsaturated fats from food sources that contain other essential nutrients. Lastly, carbohydrates are what fuel your exercise program. Try and modify the time of day you are getting starchy carbs to pre workout. Also focus on fiber, both soluble and insoluble fiber which you can find on the nutrition label on foods or by using various apps that can help you with your overall diet. Try and limit carbs consumed by liquids as these will not help you feel satiated and can cause you to consume extra empty calories.

Additionally, as you begin to track your nutrition through many of the available resources you may see deficiencies in areas. The supplement industry is very vast and quality control varies between supplement lines. While supplementation is very beneficial to help with performance and adherence, be sure to consult with you doctor and a fitness professional before starting a supplement regiment.

Finding Balance in Childhood Nutrition

When contemplating what to make your family for dinner we strive to find “balance” in the food we place before the beloved little people in our lives. But what is a balanced diet for children? According to the United States Food and Drug Administration below are listed some of the essential nutrients for a child’s balanced diet:

1. Protein (3-5oz/day for 2-8yr olds; 5-8oz/day for 10-14 yr olds)

Protein helps a child's body build cells and recover, break down food into energy, boost immunity, and carry oxygen.

Foods that contain high levels of protein include:

- Meat, Chicken, Turkey, Fish
- Eggs
- Nuts, Beans
- Dairy products (milk, cheese, yogurt)

2. Carbohydrates (45-65% of total daily calories)

Carbohydrates are ENERGY. They help a child's body to use fat and protein for building and repairing tissue.

Carbohydrates come in several different forms (sugars, starches, and fiber), but kids should be eating more of the starches and fibers which helps with bowel regularity and less of the sugar. Carbohydrate rich foods are:

- Whole wheat breads
- Oatmeal
- Wild or Brown Rice
- Quinoa
- Potatoes

3. Fats (up to 30% of overall daily diet)

Fats often get a bad rap. Healthy fats are essential for brain and nerve growth from birth to 2 yrs old. After toddlerhood, fats help in vitamin absorption, metabolism and blood clotting. It is also a great source of energy. Good fats are found in:

- Whole-milk dairy products
- Cooking oils – olive, safflower, corn
- Meat, Fish
- Nuts

4. Calcium (1,000mg/day for 4-8 yr olds; 1,300mg/day for 9-13 yr olds or 2 c. of milk per day)

Calcium is essential in helping to build a child's healthy bones and teeth. It's also important for blood clotting and for nerve, muscle, and heart function. Avoid Phosphoric acid found in dark sodas as it makes absorbing calcium difficult.

Calcium rich foods include:

- Dairy products: Milk, cheese, yogurt, ice cream)
- Egg yolks
- Broccoli, Spinach or dark green vegetables

5. Iron (10mg/day for 4-8 yr olds; 8mg/day for 9+yr olds)

Iron is necessary for a child to make red blood cells and carries oxygen to cells all over the body. Foods that contain high levels of iron include:

- Red meats, Liver, Poultry, Shellfish, Tuna
- Whole grains, Beans, Nuts
- Green Leafy vegetables
- Eggs
- Iron-fortified cereals

6. Vitamin C (25mg/day for 4-8 yr old; 45 mg/day for 9-13yr olds)

Vitamin C is a bolster for our bodies. It builds brain and immune systems, promotes healing from cuts and scrapes and helps the body absorb iron. It also holds the body's cells together, strengthens the walls of blood vessels, and is important for building strong bones and teeth. Foods that contain high levels of Vitamin C include:

- Citrus fruits (such as oranges)
- Strawberries
- Tomatoes, Peppers
- Potatoes
- Melons, Papayas, Mangos, Kiwi

7. Folate

As one of the B vitamins, folate is necessary for healthy [growth and development](#) of a child's cells. Lack of this vitamin can cause anemia. Foods that contain high levels of folate include:

- Whole-grain cereals
- Lentils
- Chickpeas
- Asparagus, Spinach, Brussels sprouts
- Black or kidney beans

8. Vitamin A

Vitamin A serves a variety of purposes in children and adults. It helps growth, build strong eyes, keeps skin healthy, and works to prevent infection. Good sources of Vitamin A include:

- Carrots
- Sweet potatoes, Squash
- Apricots
- Spinach, Broccoli, Cabbage
- Fish oils
- Egg yolks

Along with including the right things in a child's diet, it is also important to limit added sugars (brown sugar, corn syrup, corn sweetener, and other) , saturated fats (fats mostly from animal products), and processed foods. Have fun creating healthy meals together!

GOODBYE From Hap Brecht

Working at The Club these last four and a half years has been great, but it's time for the next chapter of my life. December 31st will be my last day as a personal trainer here at The Club at Gig Harbor, where I have learned so much. Y'all have been fun to get to know and work with and I doubt this is the last time we see each other. I am going to start a new career as a teacher at the beginning of January.

Teaching was always part of my long-term plan, but my timeline has changed. I hope to be teaching Physical Education, but don't know which level will be the most fun. Imagining herding twenty elementary schoolers as I try to teach them to play volleyball sounds amazing! Working with middle schoolers as they try to figure out who they are and where they fit sounds like a great opportunity to help kids develop through an awkward time in their lives. Working with high school students is fun, and I've gotten to do a lot of that here at The Club. Working with people like Seth and Caroline throughout their high school careers as been so rewarding that it feels like a calling.

Teaching also fits what my family life needs. I will be off during summers, holidays and both days on the weekend which means more time for camping, traveling and making sure Charlie has the best squat at daycare. I'm excited about being on the same schedule as Charlie when he's in school which will open up the opportunity to coach some of his sports teams.

This will be the first time in my adult life that I am not working in a gym, so here comes the "Dad Bod!" My New Year's resolution is to gain less than 20 lbs in 2022, we'll see... I might have to come back to have the guys put me through some workouts. Thank you all for letting me work with you, get to know you and learn from you.

C. Hap Brecht



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HOW OLD SHOULD YOUR CHILD BE TO TRAIN By Jill Elliott

Many myths surround when you should start your child in strength training from toddlers, to pre-teens and young athletes. Parents are usually afraid their child will become too muscular or that it may stunt their growth. Kids aged 9-12 do not produce enough testosterone or other growth hormones to increase muscle size. Majority of the strength gains made in young athlete happen on the neural level, this is called neural adaptation. Neural adaptations refer to the brain's ability to recruit muscles to contract and produce a particular movement, this increase will happen to motor unit activation, recruitment and firing. Exercises like jump squats, medicine ball throws, or short distance sprints will help increase neural adaptations.

In toddlers aged 2-5, the gym can help improve their motor skills, through activities such as running and throwing. These classes should emphasize fun over structure, and creativity over strict form. Some of the best sports for toddlers are:

- Gymnastics – Can help provide them with the foundation they need for other sports. They will become more flexible, more agile, more balanced and stronger.
- Soccer – Team sport that will help develop their balance, foot-eye coordination and lower body dexterity. Lots of running to improve cardiovascular fitness. Valuable team skills.
- Swimming – Start swim lessons as soon as you can. Swim teams will allow them to benefit from one-on-one while also getting experience of team participation.
- Basketball, Baseball, Golf and Tennis – Help develop hand-eye-coordination, gross and fine motor skills as well as a team sport environment

In pre-teens ages 6-12, these children start to make their own decisions about how they want to exercise. They may like to do three different activities at the same time when they are seven, and by time they are 10 years old they may want to focus on just one. This is when most organized gym sports meet up to three times a week. Gym classes can be extended beyond the basics during these years to help develop their own style. Activities can include more advanced classes as well as group activities.

Children or young adult athlete may want to try out for a select team, a specific sport you have to try out for that is not at the High School or Middle school. Those practices could be six days a week to everyday. This is when strength training will help keep your child or young adult from getting injured. Strength training can be introduced to improve their movement patterns. Increased strength with proper movement will prevent muscle imbalance and prevent possible injury. This will enhance their health, fitness and sports performance.

A study performed in 2009, conducted over a fourteen-year span took a large group of 9 – 12-year-old athletes. The first group was exposed to sport-specific training and the other group was provided a well-rounded program. By the end of the study, participants who were given the well-rounded program had better sports performance compared to the sport-specific training group.

Basic movements such as: squats, pushups, pull-ups, crawling, lateral shuffles and forward/backward running all produce better movement and better strength in young athletes. Once the young athlete perfects these movements, you can begin to load them with light resistance using medicine balls or resistance bands. Understanding and performing a comprehensive training program for young athletes will allow for better movement, better success in their respective sports, while also promoting lifelong healthy habits and limiting injury. As long as you have the right well rounded program, your child could start as young as 9 at the gym.

RESULTS ORIENTED VS PROCESS ORIENTED By Alex Bowman

Both types of goals play a large role in any fitness journey. Without a goal, it can seem like we are just going through the motions of our routine. Narrowing down the type of goal that suits you and your lifestyle the best is vital to achieve progress.

The majority of us have some sort of goal that revolves around a number. That number can be a weight on the scale or pounds on the bar. These are result driven goals. Once you achieve the result of your new weight or personal best, you have accomplished what you set out to do. After that, a new goal must be set to maintain progress. Result oriented goals are great for some people and will continue to work really well. For others, it can be easy to get discouraged when results aren't being achieved often enough. A good example of result oriented goals is those "office weight loss challenges". The entire office is tasked with losing as much collective weight as possible. Some folks take the route of slow methodical weight loss. Others, more often than not, end up starving themselves or hopping on some rapid weight loss fad just for the sake of winning. Once the challenge is over, the job is done so the conscious effort to stay on track usually fades. Most people put the weight they lost back on, sometimes more. As I said before, result oriented goals are great for some folks. For the rest of us, we need another tactic to stay motivated and on track.

When we focus on the process of achieving a goal, it is more likely the results will last. Creating new processes in our lifestyle will help create the habits and discipline that it takes to achieve those lasting results. Instead of having the goal of losing 15lbs, we would shift the focus to the daily tasks and set goals like, being the type of person who goes to the gym 4 times a week. By becoming the type of person who goes to the gym 4 days a week, you are creating a larger calorie deficit by being more active from week to week. Consistently putting ourselves in a calorie deficit through activity will ultimately lead to results like losing the 15lbs or fitting in those jeans you haven't worn for years. Through our process oriented goals, we are not only building better habits that will last, we are also achieving the results we desire. Win Win!

If you are one of the individuals that is frustrated with your goals or lack of success, the answer could be as simple as shifting your focus from achieving results to optimizing your day to day process.



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