

“Move With Purpose, Move to Be Fit”

BY RYAN J. STILLS, WELLNESS DIRECTOR, CLUBSPORT OREGON

Many people underestimate the importance of movement in daily life. When I say movement, I'm not talking about throwing your arms in the air or wiggling around in your chair – as fun as that can be – but rather movement with the purpose of being fit.



According to the National Health and Nutrition Examination Survey from 2009-2010, about 35.7 percent of adults in the U.S. are considered to be obese, nearly double that of the early 1960s. By 2030, the President's Council on Fitness, Sports & Nutrition estimates that the number will rise to 50 percent. It's a worrisome trend, but the good news is that you can do something to prevent from becoming a part of that statistic.

Weight gain and weight loss sound simple. Our bodies require a certain amount of calories from food to sustain basic functions. Body weight remains the same when the number of calories you eat equals the number of calories your body uses, and weight

increases when you eat more calories than what you use. Therefore, to lose weight, you must burn more calories than you eat. You do that by moving and being active, a process some people fail at even before they start.

As a personal trainer and wellness director at ClubSport Oregon, I often encounter

people who jump to the conclusion that they don't have the time or dedication to eat healthier and work out daily. I simply tell them that shouldn't be their expectation. Instead, the first step is to identify a realistic and attainable goal that will increase longevity and quality of life. Fitness should be fun, so the second step is to partake in activities that you do, not

ones you feel you have to do.

One of the first suggestions I make to people who lack the motivation to exercise is to incorporate others. Recruit co-workers, friends, or your spouse to join you in a morning boot camp class. Not only will that kick start your metabolism, you'll also have someone to share in your accomplishments. If you're not naturally around others who want to be more active, search for them. There are many group fitness enthusiasts that encourage beginners to join in on fun classes like Zumba, spin, martial arts, and total body fitness classes on The EDGE. If you're new to working out and feel intimidated, don't. As a trainer, I prefer working with newbies

because it helps me make sure that you're both being safe and having a good time.

If the group environment just isn't for you, then find simple ways to challenge yourself. For example, you could head to Portland State University three times per week to climb up and down four flights of stairs for three rounds. Once that gets easier, add another flight or another round.

Fitness apps and devices are also a great way to get motivated, stay on track, and see your progress. Some even let you take part in or issue fitness challenges. At ClubSport, we use an activity tracking belt called MYZONE, which displays users' key physical activity information (such as heart rate and calories burned) on monitors along our walls. The handy MYZONE app lets you track your workouts on the days you exercise outside of the club. Additionally, we run fun contests throughout the year to incentivize members to push a little harder to create the best version of themselves.

As you can see, it's not too difficult to start moving. There isn't a right way or one that's better than another. Whether your goal is to lose a few pounds, improve your golf game, or just keep up with the kids, make sure you invest time into your body. After all, it's the only one you get.

Any day is the perfect day to start your journey to a healthier you. Start your journey with a free guest pass by visiting us at www.clubsports.com or call us at (503) 616-5205.



Ryan Stills is the Wellness Director at Club Sport in Tualatin. He has lived in the area with his family for the past 13 years. You can reach Ryan at 503-968-4500 or ryan.stills@clubsports.com.