



PC Conditioning

Personal Training for all Levels

Newsletter

December 2007

"Leadership is getting someone to do what they don't want to do, to achieve what they want to achieve."

Tom Landry

Dear readers-

I hope you all had a wonderful Thanksgiving. I was fortunate to have another wonderful meal with my family, even though I was sick. While I'm certainly thankful for my health, I know I speak for many Bostonians when I say I'm ecstatic at how well our local sports teams are doing. We're privileged to be entertained by the best Celtics team in over 20 years, arguably the best football team in NFL history, and I know I'm still settling down from another World Series title from the Sox. Ok, enough sports rambling for me.

This is the time of the year when people start losing focus in my opinion. Too much thought is put into preparing for the Christmas rush, holiday work parties, etc... It's tough to stay on track, but there's no reason to fall off course. Nutritionist Lonnie Lowery put it best in a recent article of his I just read where he said "Thanksgiving, Christmas, and New Year's ...are not singular, isolated events but rather an amalgamated, eight week, drawn-out "season" in which our usual tight routine goes out the window." Surrounding yourself with positive influences (motivating training partners, an intense workout environment, and great music are the three factors that help me most) is the name of the game with respect to dedication.

Here's wishing you and yours a healthy and happy holiday season. See you in 2008!

-Paul J. Connolly, NSCA-CPT

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Exercise of the Month

"Push Ups"

As I continue to tell my clients and those I speak to in my travels, bodyweight exercises are extremely underrated and underappreciated. Exercise enthusiasts are far too quick to grab a pair of dumbbells or plant their butts on a machine to get the job done. Instead, they should begin by utilizing their own body as resistance before placing "external loads" on their joints. For example, instead of getting under a bar to bang out a set of squats, begin by using your own body weight and perfecting your form. If your range of motion [think thighs parallel to the ground with

chest up and torso extended] stinks, you should be doing mobility drills such as leg swings (http://www.pcconditioning.com/archive_exercise/exercises_jan07.php) amongst others featured here:

(<http://youtube.com/watch?v=mArbJbKKCQw&feature=related>).

A classic example of an upper-body *pushing* exercise is the bench press. While the bench press is a decent choice to improve upper body strength and endurance, consider push-ups as an alternative, particularly if getting to the gym is not an option. Push-ups help strengthen the serratus anterior, pecs, anterior delts, triceps, and core musculature.

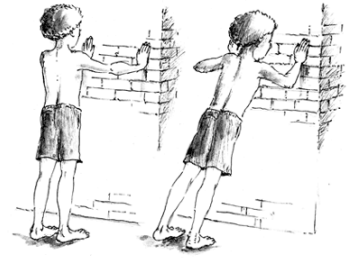


Figure 1

Push-ups are incredibly diverse because they can be performed anywhere and have multiple progressions from simple to advanced.

For absolute beginners, consider wall push-ups (Fig. 1). When they become too easy, advance to either modified or traditional push-ups (Fig. 2). The next progression would be push-ups with feet elevated (Fig. 3). Other advanced progressions include adding external weight by using a weighted vest (Fig. 4) or introducing upper body instability by way of a BOSU ball. With respect to exercise prescription, 1-3 sets of 8-12 push-ups are a fine starting point. Gradually increase repetitions until moving onto the respective progressions.

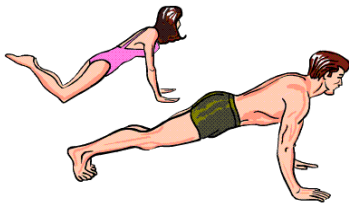


Figure 2



Figure 3



Figure 4



Nutritional Choice of the Month

"Chicken Breast"

It's often been written that chicken is one of the most versatile meats. Roasted, broiled, grilled or poached, and combined with a wide range of herbs and spices, chicken makes a delicious, flavorful and nutritious meal. According to *The World's Healthiest Foods*, chicken is the world's primary source of animal protein. A mere 4 ounces provides ~67% of the daily protein requirement for most people.



Delicious recipes for chicken can be found at the following sites:

<http://busycooks.about.com/od/chickenrecipes/a/quickchicken.htm>

<http://allrecipes.com/Recipes/Meat-and-Poultry/Chicken/Chicken-Breasts/Main.aspx>



Blog

Several entries have been posted since my last newsletter was released, including one on my recent venture into basketball officiating. Check out my updated blog here (<http://pcconditioning.blogspot.com>). I've added the option to post feedback to any posts. I'd like to point out another post for you to check out in addition to all the others ("The Last Lecture:" posted 10/26/07). Let me know what you think about this, and all other entries.



Articles

I took some time these last couple weeks to review some articles I've saved over the years and wanted to share a few with you. I find this to be a critical time of the year to review nutrition basics so you'll note the nutrition themes throughout the articles. Please click the following links to check out the articles and let me know what you think:

http://www.johnberardi.com/articles/nutrition/7habits_pr.htm

http://www.johnberardi.com/articles/nutrition/first_stop_pr.htm



New for 2008

I'm currently working on a Q&A section to add to my newsletter to help answer reader questions and share practical information with everyone. Feel free to submit (via email) any questions you may have that may also help others out.

-Paul Connolly

Paul Connolly, President and Founder of PC Conditioning,
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(NSCA-CPT) based in Watertown, MA



About the Author

Certified through the National Strength and Conditioning Association as a personal trainer (NSCA-CPT), Paul possesses a degree in Exercise Science with a background in anatomy & physiology, human performance, and nutrition. He has been involved in the fitness industry since 2003 and has contributed to local and national media publications as a featured health and wellness columnist. The founder of suburban Boston-based personal training consulting service PC Conditioning (<http://www.pcconditioning.com>), Paul is an advocate of strength training for all ages and enjoys working with fitness enthusiasts of all levels. His diverse clientele includes high school and collegiate athletes, stay-at-home Moms, corporate 9-5ers, brides-to be, and seniors. Paul's passion for fitness has led him to engage his clients in all major components of fitness including cardiovascular conditioning, nutrition, strength training, and flexibility. Adult AED and CPR-certified, Paul is available by appointment only. He can be reached via e-mail at paul@pcconditioning.com or telephone at 617-834-1502.

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