



PC Conditioning

Personal Training for all Levels

Newsletter

February 2007

Hello readers-

We've been lucky this winter to have nice weather overall. I hope you're all enjoying what 2007 has become so far. My schedule has changed quite a bit in that I am only training at Waverley Oaks a couple days/week. A lot of my time is taken up @ BU where I am discovering what an NCAA Division I strength and conditioning facility has to offer.

Enjoy the articles/links for this month and keep in touch.

-Paul J. Connolly, NSCA-CPT

Founder: PC Conditioning

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Noteworthy Articles

<http://coreperformance.com/article.php?p=3&s=1&id=273>

(Should Women Run? Part I)

<http://coreperformance.com/article.php?p=3&s=1&id=279>

(Should Women Run? Part II)

<http://www.t-nation.com/readTopic.do?id=1406720>

(My favorites are numbers 1 and 6; let me know which numbers you like best and why)

<http://www.latimes.com/features/health/la-he-interval15jan15,1,5158048.column?coll=la-headlines-health&ctrack=1&cset=true>

(“Interval Training,” a type of conditioning I have my clients perform, is discussed in the L.A. Times. Note: to read the article, you’ll have to register on the L.A. Times website)

<http://coreperformance.com/article.php?p=2&s=1&atID=2&id=294>

(Hydration article- good stuff)

I figured we could all use a little comedy relief. Enjoy the following bonus clips this month:

"Clips of the month"

<http://youtube.com/watch?v=v0DMp0ENwPo>

(Brian Regan discusses Pop Tarts)

<http://youtube.com/watch?v=1gjxnxKmaVQ&mode=related&search>

(Costanza tribute)

<http://youtube.com/watch?v=Ntx8Z7Ek4wE>

(Swiss Ball workout courtesy of "The Office")

Until next month...

-Paul Connolly

Paul Connolly, President and Founder of PC Conditioning, is a National Strength and Conditioning Association Certified Personal Trainer (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.

"Understanding the fundamental concepts of exercise and optimizing daily function are key concepts in the training programs I outline for my clients. Injury prevention, improving self-confidence, and heightening one's knowledge of physical fitness through consistent hard work and dedication are all integral components of the approach I take with my clients. I see many people making similar mistakes in their conditioning programs and I make it a point to correct these areas. I demand 100% effort from my clients and make it a point to consistently educate them about the necessary lifestyle modifications required to achieve their respective goals."

Important Disclaimer: The information contained within this document is not intended or implied to be a substitute for professional medical advice and is not intended for medical diagnosis or treatment. The intention of this article is for the sole purpose of disseminating fitness information. We recommend that you always request the advice of your physician or other qualified health care provider before starting any new fitness program or with any questions you may have regarding your health or any medical condition.