



PC Conditioning

Personal Training for all Levels

Newsletter

January 2007

Happy New Year! Hopefully your holiday season is going well- and healthy of course. I'd like to welcome you to the official launch of the PC Conditioning Newsletter. My plan is for each monthly newsletter to contain noteworthy articles (and in some cases a comment of mine on each) and any other useful information I've compiled.

Plans are currently in the works for future editions to contain interviews with athletes, strength coaches, and fitness enthusiasts. I look forward to your feedback, comments, questions, etc...

Wishing you a health, happy, and successful 2007...

-Paul J. Connolly, NSCA-CPT

Founder: PC Conditioning

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Announcements

Beginning in the middle of this month, I'll be completing the final semester of my Exercise Science degree program @ UMASS-Boston. A final degree requirement for my curriculum is to complete an Internship in an area of interest- in my case, strength and conditioning. I've been lucky enough to be accepted at Boston University. While at BU, I'll be assisting in the strength and conditioning of their 24 Division 1 Varsity sports teams. A portion of my time will be spent working with world-renowned strength coach Mike Boyle (<http://www.bu.edu/athletics/inside/bios/boyle-mike.html>).

Mike (<http://www.michaelboyle.biz/joomla/content/view/67/47/>) has been someone I've looked up to since I entered the fitness industry in 2003. In addition, I'll be working primarily for head strength and conditioning coach Glenn Harris (<http://www.bu.edu/athletics/inside/bios/harris-glenn.html>). Glenn is an incredible strength coach and a great teacher to his athletes, interns, etc...

Noteworthy Articles

<http://coreperformance.com/article.php?p=3&s=1&atID=3&id=255> (To Crunch or not to Crunch- that is the question)

<http://coreperformance.com/article.php?p=3&s=1&id=244> (Advocating Spinning- I've tried it and enjoy it. If you like to sweat you're a\$\$ off, this is certainly the class for you)

<http://www.coreperformance.com/article.php?p=3&s=1&id=189> (One of my all-time favorite articles- my current clients can confirm how much I focus on training the

glutes)

<http://health.msn.com/dietfitness/articlepage.aspx?cp-documentid=100147987>
(Healthy Eating Secrets for Special Occasions- timely article for this time of year)

<http://kescott45.wordpress.com/2006/12/08/get-ready-for-summer-now/#more-100>
(Now is the time to prep for summer beach season)

<http://www.t-nation.com/readTopic.do?id=810548&pageNo=0> (10 Uses for a Smith Machine- Strength Coach Eric Cressey explains)

<http://coreperformance.com/article.php?p=2&s=1&atID=2&id=260> (Metabolism Article)

<http://www.precisionnutrition.com/Gourmet%20Nutrition%20Desserts.pdf> (Dr. John Berardi's healthy dessert recipes)

<http://www.michaelboyle.biz/joomla/dmdocuments/Deloading%20Your%20Way%20to%2010%20Chinups.pdf> (Deloading Your Way to 10 Chinups- another one of my favorites)

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.