



# PC Conditioning

Personal Training for all Levels

Newsletter

June/July 2007

"Don't waste life in doubts and fears; spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours or ages that follow it."

-Ralph Waldo Emerson

Hello there-

As you may have noticed in the heading, this edition is a 2-month jam-packed one with a lot of news/updates to share with you. After reviewing all the updates and links, I'd greatly appreciate any feedback you have. I've appreciated all the comments to date and look forward to your continued support.

-Paul J. Connolly, NSCA-CPT

Founder: PC Conditioning

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## Education

In January, 2004 I decided to go back to school to pursue a B.S. program at UMASS-Boston in Exercise Science. Three years later, I'm proud to announce I've completed the program, graduating Magna Cum Laude.

A final obligation to complete my degree program at UMASS was to carry out an Internship. As most of you know, I served as a Strength & Conditioning Intern at Boston University. It was a wonderful experience and I know I'll keep in contact with all the coaches there as I continue in this field. Check out my experience at BU by clicking on the "Fitness Blog" tab on the PC Conditioning home page.

## Suggested Web Links:

<http://www.t-nation.com/readTopic.do?id=1543621> (As I glance around the gym, I don't see people, particularly athletes, performing enough single-limb training. Strength Coach Mike Boyle discusses this in detail in a fantastic *T-Nation* article).

<http://coreperformance.com/article.php?p=2&s=1&id=477> (Nutrition for the Rushed Lifestyle)

Bonus Clip: <http://www.youtube.com/watch?v=1xXNoB3t8vM> (You know by now I'm a *You Tube* addict; here's a hilarious iPhone skit courtesy of the Conan O'Brian Show)

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Personal Training • Watertown, MA and the Greater Boston Area

## PC Conditioning Monthly Updates

\*\*\*BLOG UPDATES: My biggest update on the whole site is undoubtedly my blog. Since last edition of the newsletter, I've added quite a few entries. Please let me know what you think. I included comments on a nutrition seminar I recently attended as well as my time @ Boston University. Click here to check out the blog: (<http://pcconditioning.blogspot.com>).

June Exercise of the Month: "Mini Band Walks"  
(<http://www.pcconditioning.com/exercises.php>)

June Nutritional Choice of the Month: "Raspberries" - I liked writing about them in November, 2006 so much I had to put them in again!  
(<http://www.pcconditioning.com/nutrition.php>)

This month marks the debut of a quarterly wellness quiz I've added to the site. You can access the quiz by clicking the "Test Your Knowledge" link from the left side navigation of the website. Try answering the 5 multiple choice questions and let me know how you did!

## PC Conditioning Fundraising Campaign

In addition to all of the preceding updates, I've been working on a fundraising campaign for Autism research. I'm very excited to announce the summer-long Autism Speaks fundraiser. Please click on the following link to learn more: <http://www.pcconditioning.com/autism.php>

As you can see, it's been a VERY busy Spring for me. I look forward to hearing from all of you real soon. Have a happy and healthy summer and make sure to check the blog regularly as the summer progresses.

To your health,

-PC

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](mailto: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.