



PC Conditioning

Personal Training for all Levels

Newsletter

May 2007

"If you focus on results, you will never change. If you focus on change, you will get results."
-Jack Dixon

Hello Everyone -

With only a couple weeks to go until I fulfill my goal in completing my Exercise Science degree, I'd like to start by taking a moment to thank everyone (family, clients, professors, other various mentors, etc...) who have helped me along the way. Your support is greatly appreciated!

I also want to extend a thank you to those who attended my fitness seminar at Waverley Oaks Athletic Club in Waltham on Tuesday, April 10th. Pictures and a summary synopsis are available on my Blog (<http://pcconditioning.blogspot.com>).

With commitments ranging from my UMASS-Boston classes, Internship commitments at Boston University, personal training in Waltham and Watertown, and a couple side projects, I've been pretty busy and am looking forward to a slightly lighter schedule this summer.

Onto the links for this month...

Noteworthy Articles

<http://alwyncosgrove.blogspot.com/2007/04/lift-strong.html> (Inspirational strength coach Alwyn Cosgrove put together a CD-ROM project entitled "Lift Strong"; it is the best purchase I've made in 2007. For your copy click here: <http://www.liftstrong.com>)

<http://www.sciencedaily.com/releases/2007/03/070326181611.htm> (Healthy pizza?)

<http://www.webmd.com/sleep-disorders/guide/10-tips-to-get-better-sleep> (10 Tips to Get Better Sleep- Most of you know how big I am into sleep/rest & recovery for it's far too overlooked in terms of improving overall health & wellness. Great article here with very easy tips to follow).

<http://www.webmd.com/diet/features/tricks-to-lose-those-last-5-pounds?page=1> (Losing those last 5 pounds)

<http://www.townonline.com/watertown/sports/x1390136927> (Self-authored Watertown Tab Article: 4/13/07 edition)

<http://www.t-nation.com/readTopic.do?id=1526539> (The Hierarchy of Fat Loss; Alwyn Cosgrove, one of my top 10 favorite strength coaches, breaks down fat loss)

http://www.alnyethelawyer.com/al_nye_the_lawyer_guy/2007/03/so_what_really_.html
(What's Really in a Chicken McNugget?- scored this from www.thefitcast.com)

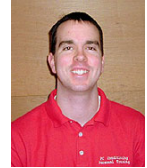
Please keep in touch and let me know what you think of the above links.

Until next month...

-Paul Connolly

**BONUS LINK:* <http://www.youtube.com/watch?v=gyCQu29Vutw>

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.