



PC Conditioning

Personal Training for all Levels

Newsletter

November 2007

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.' . . . You must do the thing you think you cannot do."

Eleanor Roosevelt

Dear readers-

I hope you're having a wonderful fall season. I'm sure that if you're a sports fan like me, you've appreciated how well our teams have played. Truth be told, while I love the Sox, Pats, and Bruins, I'm a full-time Celtics fanatic. As I put the finishing touches on this edition of my newsletter, I've feverishly awaiting opening day for my Celtics (NOV. 2nd). In addition to following our sports teams closely, I've had the privilege of helping out various towns throughout the state with wellness programs and I'd like to take a moment to thank the folks in Danvers, Newburyport, Athol, and Palmer for their hard work. Keep up the great work.

-Paul J. Connolly, NSCA-CPT

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Exercise of the Month

"Split Squats"

An exercise that helps develop single-leg strength, split squats are often introduced when someone is ready to progress from two-leg to single-leg exercises. Additionally used to improve one's balance, split squats can be performed with 1 set of 6 repetitions with each leg to begin, progressing to 8, 10, 12, in weeks 2, 3, and 4 of a progressive exercise program, respectively.

After mastering body weight as resistance, external resistance via dumbbells, a barbell, or a weighted vest can be introduced. To perform a split squat, begin in a forward lunge position (see fig. 1). Next, concentrate on lowering the back knee toward the ground.

After the back knee slightly taps the ground (see fig. 2), push off the front heel and return the starting position. While pushing off the back toes is allowed, do your best to emphasize the front heel doing the majority of the pushing through the ground to return to the starting position.

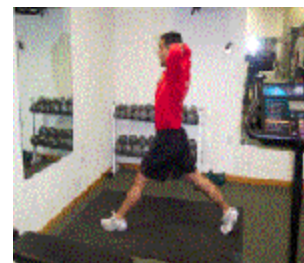


Figure 1



Figure 2

Finally, have a partner/trainer/strength coach assess your shin angle by looking at you from the side (lateral view) to assure your foot and lower leg form a 90-degree angle. Ideally, your upper leg (femur bone) and lower leg/shin bone (tibia) should form a 90-degree angle as well. Lastly, your femur and torso should form a 90-degree angle as well. So count the three (3) 90-degree angles and you've got perfect form. Good luck!

Nutritional Choice of the Month

"Turkey"

Like millions of other Americans, you'll be enjoying turkey at Thanksgiving, in addition to a host of delicious vegetables. The USDA has a wonderful resource I'd like to point you towards that discusses the food safety of turkey. Some highlights include:

- ❖ The name turkey was originally applied to an African bird now known as the guinea fowl, which was believed to have originated in Turkey.
- ❖ What Does the Grade Mean?
Inspection, for wholesomeness, is mandatory but grading, for quality, is voluntary. Grade A is the highest quality and the only grade you are likely to see at the retail level.
- ❖ If dinner is picked up or delivered HOT, the FOOD must be kept at 140 °F or above if eating within 2 hours. It's not a good idea to try and keep the foods hot longer than 2 hours.



The direct link is as follows:

http://www.fsis.usda.gov/Fact_Sheets/turkey_from_farm_to_table/index.asp

That being said, turkey is an excellent source of low-fat protein and selenium, the latter of which is a contributor to thyroid metabolism and immune function. So eat up (in moderation of course) and have a Happy Thanksgiving!



Blog

Several entries have been posted since my last newsletter was released. 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 a particular 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 had an article published in the October 4, 2007 edition of The Watertown Tab. Please click the following to check out the article:

<http://www.wickedlocal.com/watertown/news/lifestyle/columnists/x1998361725>

Best wishes for a happy and healthy continued fall. In addition, Happy Thanksgiving to you and your family. Keep in touch and as always, I look forward to your continued feedback.

-Paul Connolly

Paul Connolly, President and Founder of PC Conditioning,
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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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