



PC Conditioning

Personal Training for all Levels

Newsletter

October 2007

"The great breakthrough in your life comes when you realize that you can learn anything you need to learn to accomplish any goal that you set for yourself. This means there are no limits on what you can be, have or do."

Brian Tracy

Dear readers-

As we settle into the fall season, many things change. Students and teachers return to school, the sun sets earlier, and for the most part, people seem to return to more of a set routine. I'd like to start out this edition by wishing my student athletes good luck at their respective schools. I've had the privilege of working with some great young adults this summer from various local schools including Brandeis, Bentley, Babson, and Boston University. In addition, I have a few clients entering their first year of college. Good luck to all of you. I know you'll do well! That being said, let's get into the newsletter...

-Paul J. Connolly, NSCA-CPT

Founder: PC Conditioning

<http://www.pcconditioning.com>

paul@pcconditioning.com

Autism Fundraiser

Earlier this summer, I launched a fundraising campaign to raise money for Autism research. With your help, I was able to make a donation of \$285 to Autism Speaks (<http://www.autismspeaks.org>). In 2006, Autism Speaks and the National Alliance for Autism Research (NAAR) merged, creating the world's largest autism advocacy organization. I've been honored to receive incredible support from clients, family, and friends. I'd now like to take a moment to thank those individuals who graciously contributed to my fundraiser:

Janice Connolly

Paul & Rosemary Connolly

Tom & Laura Connolly

Nicoletta De Vincentis

Steve & Terry Fowler

Dave Jones

Tom Kane

Jen Madden

Carol Romboli

Lynn Romboli

Judy Wolberg

Thanks to your generosity, people with autism like my nephew (see pic below), will continue to receive ever-improving care for their disability. Hopefully, his smile will continue to shine even brighter with continued support like yours.



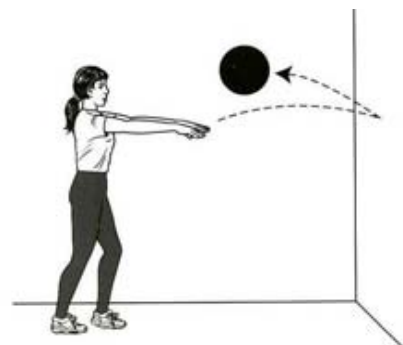
Exercise of the Month

"Medicine ball chest pass"

Upper body power is something many people, athletes included, severely lack. While many exercise enthusiasts flock to the bench press, dumbbell incline press, and push-ups in an effort to improve their upper body power, they are clearly missing the boat. While the aforementioned exercises certainly develop upper body strength and endurance, they don't do nearly as much to improve upper body power. Enter- medicine ball training. Medicine balls have been used for many years with athletes and laypersons as well to improve upper body power. I actually wrote an article in November, 2006 where I featured medicine ball chest passes (http://www.pcconditioning.com/articles/Nov2006_basketball.pdf). Clearly in many sports, upper body power is necessary. However, I'll sometimes use the medicine ball chest pass with non-athlete clients simply because fast twitch muscle fiber recruitment reduces as a person ages.



The medicine ball chest pass can either be performed against a wall or with a partner (see pictures). Start with the ball slightly in front of the chest and pass the ball against a wall or to a partner. This exercise should be done 1-3 sets for 6-10 repetitions as part of the "power" portion of your workout, typically performed during the earlier part of your workout since it is neurologically demanding. Power Systems, Inc. recommends the following in terms of size selection for medicine ball exercises:



Sizing information for medicine balls:

| Ball sizes (weight in lbs.) | Recommended Use |
|-----------------------------|--|
| 2-6 lbs. | Beginner athletes, fitness classes, one-handed exercises |
| 8-12 lbs. | Intermediate athletes, advanced fitness classes, passing exercises |
| 12-18 lbs. | Advanced athletes, two-handed throws |

Nutritional Choice of the Month

"Avocados"

Current dietary guidelines recommend Americans eat plenty of fruits and vegetables- news flash, right? One macronutrient that still doesn't get enough attention is fat. As you may or may not know, there are 2 main types of fat- saturated (derived from foods such as red meat) and unsaturated (derived from foods such as salmon). The latter of the two types of fat are healthier, particularly to the cardiovascular system. While people typically think of healthy oils such as olive oil, canola oil, and flaxseed oil when they think about good fats, one food (fruit) often forgotten about is the avocado.



According to Yahoo Health, one serving- about one-fifth of an avocado- contains around 55 calories. While avocados can be a source of fat, they only provide one gram of saturated fat per serving, are trans-fat free, and offer mostly mono- and polyunsaturated fats. In addition, avocados are a rich source of at least 25 essential nutrients, including fiber, potassium, vitamin E, the B vitamins, and folic acid. The avocado's creamy texture can often be used as a substitute for mayo in sandwiches or as a delicious dip, rather than some of the high calorie/high saturated fat dips available in most grocery stores.



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. Let me know what you think.

Testimonials

A testimonial has been added to this section so be sure to check it out here (<http://www.pcconditioning.com/testimonials.php>).

Articles

An article I recently wrote is about to be published in the Waverley Oaks Athletic Club newsletter. I'll be emailing the link when it's available online.

I hope you had a wonderful summer. Best wishes for a health and happy fall season. Keep in touch and as always, I look forward to your continued feedback.

-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.

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