



# PC Conditioning

Personal Training for all Levels

Newsletter

September 2007

*"Always look at what you have left. Never look at what you have lost."*

*Robert H. Schuller*

Dear readers-

September marks the 1-year anniversary of **PC Conditioning** and I'd like to first take a minute to thank those who've been so supportive this past year. From professors, fellow strength coaches and personal trainers, family, and friends, I wouldn't be here without your supports and guidance. Thank you very much for always being there to answer my questions along the way. It's been a great ride this past year and I look forward to continued success for many years to come.

Onto this month's edition...

-Paul J. Connolly, NSCA-CPT

Founder: PC Conditioning

<http://www.pcconditioning.com>

[paul@pcconditioning.com](mailto:paul@pcconditioning.com)

## Autism Fundraiser

In June I launched a fundraising campaign to raise money for Autism research (<http://www.pcconditioning.com/autism.php>). To date, I've been honored to receive incredible support from clients, family, and friends. I am wrapping up the fundraiser in a few weeks so ACT NOW to support the cause. Thank you.

## Noteworthy Articles

I've come across several articles worth reading that I'd like to share with you this month. Let me know what you think:

<http://coreperformance.com/article.php?p=7&s=1&atID=7&id=509> (NSCA Squats Position Statement)

<http://www.youtube.com/watch?v=iar0EdJrBko&url=> (CSPI video on supplements that claim to improve memory performance)

<http://www.foxnews.com/story/0,2933,149807,00.html> (Flawed BMI Charts)

[http://eatright.org/ada/files/Popular\\_Diets\\_Reviewed\\_2007.pdf](http://eatright.org/ada/files/Popular_Diets_Reviewed_2007.pdf) (ADA review popular diets)

© 2006 PC Conditioning.com All Rights Reserved.

Personal Training • Watertown, MA and the Greater Boston Area

## Blog

Several entries have been posted since my summer newsletter was released. Check out my updated blog here (<http://pcconditioning.blogspot.com>).

## Testimonials

New testimonials have been added to this section so be sure to check them out here (<http://www.pcconditioning.com/testimonials.php>).

## Nutritional Choice of the Month

One of my all time favorite foods- salmon- gets the nod this month. Check out the delicious treat here (<http://www.pcconditioning.com/nutrition.php>).

## Exercise of the Month

Warm up the lower leg muscles (i.e. hamstrings) with this month's exercise, "heel kicks." Check it out here (<http://www.pcconditioning.com/exercises.php>).

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](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.