



# PC Conditioning

Personal Training for all Levels

Newsletter

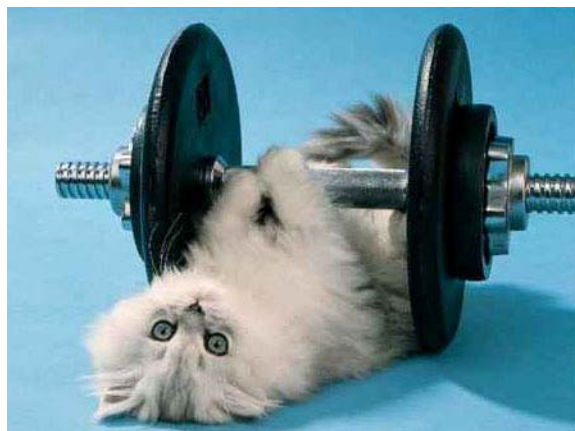
August 2008

"The man who does not take pride in his own performance performs nothing in which to take pride."

-Thomas J. Watson

Dear readers-

Welcome to the August edition of my newsletter. We've got a subscription base of over 500 readers and I love your feedback with each edition. I felt this newsletter has grown in quantity, but more important quality, since its inception. Thanks to your continued feedback, I work hard each month to provide the highest quality of content. Keep the feedback coming!



-Paul J. Connolly, NSCA-CPT  
Founder: PC Conditioning  
<http://www.pcconditioning.com>  
[paul@pcconditioning.com](mailto:paul@pcconditioning.com)

## Exercise Tip of the Month

### "Rating of Perceived Exertion (RPE)"

Rating of Perceived Exertion (RPE) is a term that defines how hard you feel you are working during exercise. It is a scale that was developed by a man named Borg in 1970 with a ranking of 6-20. Dr Borg is an Emeritus Professor at Stockholm University. The scale is often used in exercise settings (i.e. group exercise classes and during various

cardiovascular exercise sessions) to determine how challenging an exercise feels overall. Practitioners generally agree that one's RPE should be between 12 to 14 on the Borg Scale. This suggests that the physical activity is being performed at a moderate level of intensity.

Here is what the RPE scale looks like:

Rating of Perceived Exertion (RPE)	
6	No exertion at all
7	
8	Extremely light
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion



## Nutritional Tip of the Month

### “Morningstar Breakfast patties”

If you're like me, you like to vary what you have for breakfast every now and then. Some days I like eggs and toast with turkey bacon. Other days I enjoy cottage cheese and fruit. A good source of protein that can be included as part of a nutritious breakfast is Morningstar Breakfast Patties. Truth be told, they taste incredible and pair well with egg whites and a cold glass of cranberry or orange juice.

The ingredients for the patties are as follows:



TEXTURED VEGETABLE PROTEIN (WHEAT GLUTEN, SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, WATER FOR HYDRATION), EGG WHITES, CORN OIL, SODIUM

CASEINATE, MODIFIED TAPIOCA STARCH, CONTAINS TWO PERCENT OR LESS OF LACTOSE, SOYBEAN OIL, HYDROLYZED VEGETABLE PROTEIN (WHEAT GLUTEN, CORN GLUTEN, SOY PROTEIN), AUTOLYZED YEAST EXTRACT, SPICES, NATURAL AND ARTIFICIAL FLAVORS, SODIUM PHOSPHATES (TRIPOLYPHOSPHATE, TETRAPYROPHOSPHATE, HEXAMETAPHOSPHATE, MONOPHOSPHATE), SALT, DISODIUM INOSINATE, CARAMEL COLOR, CELLULOSE GUM, WHEY POWDER, MODIFIED CORN STARCH, MALTODEXTRIN, POTASSIUM CHLORIDE, DEXTROSE, ONION POWDER, DISODIUM GUANYLATE, VITAMINS AND MINERALS (NIACINAMIDE, IRON [FERROUS SULFATE], THIAMIN MONONITRATE [VITAMIN B1], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], RIBOFLAVIN [VITAMIN B2], VITAMIN B12), SUCCINIC ACID, ASCORBIC ACID, LACTIC ACID, BREWERS YEAST, TORULA YEAST, SOY LECITHIN.

The nutritional highlights for this month's recommendation (per serving: 1 pattie) are as follows:

- Only 0.5 grams of saturated fat
- 10 grams of protein

Try one with breakfast and send me your feedback. I'd love to hear what you think of them!

## Blog

My blog contains a wide array of information, mainly on health and fitness topics. Truth be told, I tend to post random articles and links that having nothing to do with fitness on there, but people seem to find this the most enjoyable part of my web site. The direct link for my updated blog is found here:  
<http://pcconditioning.blogspot.com>.

## Product Recommendation of the Month

This month, I am recommending the exercise mat I do all my stretching on to conclude my workouts. It is the most comfortable mat I've ever used and works well in 1:1 or small group settings. Check it out and let me know what you think:  
([http://www.performbetter.com/detail.aspx\\_Q\\_ID\\_E\\_3695\\_A\\_CategoryID\\_E\\_436](http://www.performbetter.com/detail.aspx_Q_ID_E_3695_A_CategoryID_E_436))

## Articles

Please click the following links to check out the interesting articles I've come across these last few weeks and let me know what you think:

<http://runningmap.com/> - Sure, this is more of a web site recommendation rather than a specific article, but I thought it was worth sharing. All you runners and cyclists out there will love this one!

<http://coreperformance.com/article.php?p=1&s=1&atID=1&id=855> - "8 New Truths of Training" by Strength & Conditioning coach Mike Boyle.

## Q & A

### Topic: "Fasted Cardio"

This month's question comes from an individual who is unsure if it's safe to push herself when doing her cardio.

Q: I read in a magazine recently that I should do my cardio first thing in the morning on an empty stomach to burn the most fat. Is this true?

-Mike: Waltham, MA

A: If you enjoy feeling nauseous and light-headed, then yes, this is the best thing to do. All kidding aside, I couldn't disagree more with what the magazine suggested. You should always have something in your system to fuel your workouts. In this case when you are working out early in the morning, probably before work, I'd advise a small snack to ensure you have enough energy for your workout. Examples include any of the following: cottage cheese and fruit, oatmeal, or a protein smoothie.

\*If you've got a question, feel free to email me at [paul@pcconditioning.com](mailto:paul@pcconditioning.com). Who knows- you may see your question published in a future newsletter!\*

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 Connolly possesses a degree in Exercise Science with a background in anatomy & physiology, human performance, and nutrition. Founder of suburban Boston-based personal training consulting service PC Conditioning (<http://www.pcconditioning.com>), he has contributed to local and national media publications as a featured health and wellness columnist. 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 is available by appointment only and can be reached via e-mail at [paul@pcconditioning.com](mailto:paul@pcconditioning.com)

**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.

*\*You have received this newsletter as you are currently part of an opt-in email subscription. Please click "Reply" and type "Unsubscribe" in the body of your reply email message if you no longer wish to continue receiving monthly updates from PC Conditioning. Thank you\**