



PC Conditioning

Personal Training for all Levels

Newsletter

December 2008

"I have yet to find the man, however exalted his station, who did not do better work and put forth greater effort under a spirit of approval than under a spirit of criticism."

-Charles Schwab

Dear readers-

Welcome to the December edition of my newsletter. By now, you've probably already started all your holiday shopping. Heck, some of you may have already finished! Wildly enough, I know several people who have done all their shopping. Thank God for online retail. As I write this edition of the newsletter, I am watching some of the coverage of all the crazies who ventured out at 4 AM to start their Christmas shopping. I did that one year and have vowed never to do it again.

We're officially in the middle of a dangerous time of year. Whether it be a family gathering, office party, or simply a night out on the town to work off some stress, this is the time of year when people consume the most calories. Some eat more to cope with stress while others drink more alcohol to celebrate the holidays. Either way, they're setting themselves up for quite a challenge and there's no reason you have to be just like them. Don't use the month of December to binge and start all over in the New Year. The best time to start making changes is now. Of course it takes a lot of self-discipline, but engaging a co-worker, family member, or friend is a great way to help you achieve your goals (i.e. weight loss, energy improvements, etc...)

One way I relieve stress beyond exercising is spending time with family. Check out the picture below of my niece and I at her birthday party a few weeks ago enjoying a cup of tea.



To your health,

-PC

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Personal Training • Watertown, MA and the Greater Boston Area

Exercise Tip of the Month

“Unilateral Exercises for Improved Function”

One question I get asked quite often is the following: “How can I change up my routine to make it more interesting?” My first response is typically “Well that depends on what you are trying to accomplish.” I’ll follow that up with a suggestion to perform more single-leg (“unilateral”) exercises. One functional, unilateral exercise is the step-up. I like it because it mimics the action of going up and down stairs, something most of us do on a daily basis. The key with exercises is to perform them regularly so the activities of daily living (ADL’s) become easier and less of a chore.



Step-ups are also a basic exercise and not that difficult to learn or teach. Choose a box/step/bench at a comfortable starting height (anywhere from 4-12 inches should suffice). Step one foot up to the box and push off that leg to bring your trailing leg on the box as well. Now step one foot down and have the other leg follow. Start with 1-2 sets of 8-12 reps and progress from there. Down the road if balance isn’t an issue, you may add external weights (holding dumbbells) or don a weighted vest to make the exercise more challenging.

Nutritional Tip of the Month

“Trader Joe’s Pineapple Salsa”

With this being a popular time of the year to indulge in calorically dense foods, I thought it’d be a good idea to recommend a delicious, low-calorie snack. This month, I am *highly* recommending Trader Joe’s Pineapple Salsa. I love it on any kind of baked chip, but lately I’ve been having it with Organic Blue Corn Chips. Due to the last couple days being higher in calories than normal with my diet, I’ll choose this. During a day when my fat intake is low, I’ll opt for guacamole or fresh avocado with the chips as a snack. What you choose all depends on how your day’s nutrition is going.



At only 10 calories/serving, I think you’ll be OK in terms of “points” for those of you counting! ☺

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. I post entries quite often so **make sure to bookmark the blog under your “favorites” section of your web browser!** The direct link for my updated blog is found here: <http://pcconditioning.blogspot.com>.

Product Recommendation of the Month

This month, I am recommending a book called "Eat, Drink, and Be Healthy." I often use it as a reference tool. It's easily one of the best nutrition books on the market. At a measly \$10, I think it's worth it. It'd make a perfect holiday gift. Check it out and let me know what you think:

<https://www.amazon.com/dp/0743266420?tag=pccon-20&camp=0&creative=0&linkCode=as1&creativeASIN=0743266420&adid=0Z7Q6G061K6PW7VAS2ZW&>

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://emuss.blogspot.com/2008/11/surrounding-yourself-with-those-who.html>

Former NBA head Coach Eric Musselman has, in my opinion, the best blog on the Net. Yes, it's even better than mine. OK fine, it's a tie.

<http://video.google.com/videoplay?docid=-9054095945791320534>

I had to show off my niece with her latest video celebrating her 3rd year.

<http://www.break.com/index/laugh-away-your-abs.html>

I've been told by clients that making them laugh helps get through their workouts, but this takes it to a whole new level!

http://www.coreperformance.com/nutrition/video/Choosing_The_Right_Fish_Oil.html

Excellent video on how to choose fish oils.

Q&A

Topic: "Giving Thanks"

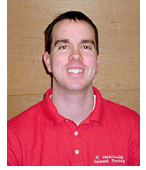
This month instead of answering a reader question, I just wanted to post a brief, yet meaningful thank you to my clients for pushing themselves so hard. You all make me enjoy my job so much. I surely don't miss the suit-and-tie days sitting behind a desk pushing papers. Keep up the great work.

In addition, Happy Holidays to everyone who reads my newsletter faithfully each month. I genuinely appreciate your time and feedback.



*If you've got a question, feel free to email me at the following: paulconnolly123@gmail.com.
Who knows- you may see your question published in a future newsletter!*

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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 from UMASS-Boston where he graduated Magna Cum Laude. Holding 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.