



PC Conditioning

Personal Training for all Levels

Newsletter

May 2008

"Keep your mind on the things you want and off the things you don't want."
-Hannah Whitall Smith

Dear readers-

Thank you for your continued positive feedback, as well as your questions and suggestions. As always, I look forward to your fitness and nutrition inquiries. I'll do my best to answer any questions you have. I've had the privilege of working with a couple new clients since my last newsletter, and I'm proud to say they are doing great. One in particular is getting ready for her wedding in July and after a mere 3 weeks of training her so far, I can already tell she's gonna be in the best shape of her life come July. Great job!

Of course I can't go another month without commenting on my beloved Celtics. As I write this, they're prepping for the opening round of the playoffs and I think they'll do well. The Sox have had a recent turnaround and the Bruins seem to giving it all they have.

One additional feature of my monthly newsletter is the Recommended Product section. Each month, I'm going to highlight a product (book, DVD, piece of equipment, etc...) I feel is worth looking into picking up. I hope you enjoy the new section. See you in June!

-Paul J. Connolly, NSCA-CPT
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Exercise of the Month

"Lateral Shuffles"

There are hundreds of movements to execute when warming up. One I like best that engages the inner thighs (adductors) and outer thighs (abductors) is called Lateral Shuffles. They are a must for those preparing for side to side movements which is basically every athletic endeavor except running. They're simply a nice way to strengthen the muscles around the hips (gluteus, adductors, abductors, etc...).

To perform lateral shuffles, use an area where you have a good 15-20 yards. You can be in an athletic stance (squat down, keep chest head up, looking forward, shoulder blades pinched) or standing straight. I typically prefer clients/athletes in an athletic stance as I find more muscles overall are engaged. Extend the lead leg in one

direction and have the trail leg follow. Do not let the back foot drag. Slide to one side and then slide back. Repeat 2 times.

To see lateral shuffles in action, click on the following link to see how they're performed: <http://www.5min.com/Video/How-To-Play-Basketball-Lateral-Slides-6184440>

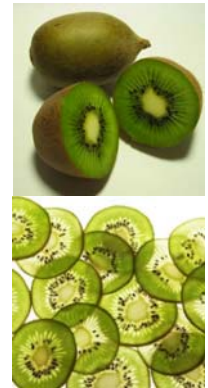
Nutritional Choice of the Month

"Kiwis"

Oranges get all the "Vitamin C hype," but kiwis actually contain more vitamin C per ounce than oranges. Kiwis always contain carotenoids that aid in eye health. Kiwis always help thin the blood, aiding in the prevention of clotting. Personally, I like adding kiwi to fruit salad or sliced on top of whole grain waffles.

Click the following link for a Spicy Fruit Salsa recipe that includes kiwi:

<http://allrecipes.com/Recipe/Spicy-Fruit-Salsa/Detail.aspx>



Blog

I added a few nutrition posts this past month, so please take a few moments to check out my updated blog here: (<http://pcconditioning.blogspot.com>).

Product Recommendation

Airex Foam Mats

(http://www.performbetter.com/detail.aspx_Q_ID_E_3695_A_CategoryID_E_436)-

These are the mats I own and use personally when I do my stretching after my workouts. Airex is the top brand in terms of mats, pads, etc... It is an extremely comfortable mat with great support. Click the link on my home page (<http://pcconditioning.com>) to Perform Better. They service all my strength & conditioning requests and have unbeatable customer service.

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://www.nscs-lift.org/Perform/Issues/0702.pdf>

<http://coreperformance.com/article.php?p=3&s=1&atID=3&id=755>

<http://cheaphealthygood.blogspot.com/2008/03/honey-glazed-roasted-carrots-simon.html>

<http://pcconditioning.blogspot.com/2008/04/women-athletes-win-equal-time-on-injury.html>

Q & A

This month marks the second edition of my newsletter featuring questions I've received recently from clients, newsletter subscribers, friends, etc... Each edition, I'll pick one or two that will hopefully help out with your training & nutrition. Onto this month's question:

Q: Are fresh fruits and vegetables more nutritious than frozen?

-Kate: Watertown, MA

A: Any fruits and vegetables are better than no fruits and vegetables. For peak flavor and good value, fresh produce in season is always a good choice. But frozen or canned fruits and vegetables, without added salt or sugar, are just as good for you as fresh. Here are some easy ways to sneak more fresh and frozen fruits and veggies into your diet:

- Buy many kinds of fruits and vegetables when you shop. Buy frozen and dried, as well as fresh fruits and vegetables
- Experiment with new types of fruits and veggies
- Keep a fruit bowl, raisins or other dried fruit on the kitchen counter and in the office
- Keep a bowl of cut-up vegetables on the top shelf of the refrigerator for snacking
- Add fruit to breakfast by having fruit on cereal
- Choose fruit for dessert and use frozen fruits for smoothies
- Add fruits and vegetables to lunch by adding them in soup, salads, or cut-up raw
- Add extra varieties of frozen vegetables when you prepare soups, sauces, and casseroles

One other note worth mentioning: choose as many different COLORS as possible, as each color represents a specific nutrient that benefits your overall health.

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.pconditioning.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@pconditioning.com

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