



PC Conditioning

Personal Training for all Levels

Newsletter

November 2008

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort."

-Herm Albright

Dear readers-

Welcome to the **November** edition of my newsletter. Thank you to those who responded with great feedback from my **October** newsletter. If you haven't had a chance to read it yet, you can check it out here: <http://pcconditioning.com/newsletters/2008Oct.pdf>. There was some great content, including an interview with a mentor of mine from Boston University.

For those who are reading this newsletter for the first time, I welcome you to search the archives for past editions to get "caught up." The direct link is located here: <http://pcconditioning.com/newsletters.php>.

We've had some chilly mornings recently, and I'm starting to notice more and more people switching to indoor workouts. While I like the transition, I hate how it gets dark so early now ☹. I hope you have a great November. I'll check in just after Thanksgiving in early December. As always, keep me posted with your exercise and nutrition questions.

Of course I couldn't close without *some* sort of Celtics reference. How 'bout them rings?!?!



To your health,

-PC

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Personal Training • Watertown, MA and the Greater Boston Area

Exercise Tip of the Month

“Getting in Shape to get in Shape”

No, the above is not a typo. It’s what people need to do more of. What I mean specifically is this: too many people attempt activities/exercises that their bodies are not ready for. One that stands out is running, arguably the most overrated form of cardiovascular exercise there is. Sure, running has the potential to burn a lot of calories, but it can also be excessively stressful on your joints (i.e. hips, knees, and ankles).

What people need to be doing more of is gradually working their way up to more challenging movements like running. We all crawled before we walked and walked before we ran so take the program design aspect of your workouts in progressions. For example, if you haven’t worked out in a while—there’s a chance that could be you—then start *slow*. You have plenty of time to gradually work to more challenging levels whether it is cycling, swimming, running, or whatever activity you choose. Heck, even Lance Armstrong had to start somewhere!



Nutritional Tip of the Month

“Tomato Tip”

While it’s often more beneficial to eat raw versus cooked when it comes to vegetables, tomatoes are an exception to the rule. Heating tomatoes alters the antioxidant lycopene, making it significantly (2-3 times) more absorbable in the body. While cooking slightly reduces the vitamin C content, it’s still worth cooking your tomatoes.

As a means of increasing your lycopene content, click the link for a recipe for home-made pizza (make sure to use extra virgin olive oil as cooking with a healthy/unsaturated oil helps absorb the lycopene from the tomatoes):



http://healthycooking.suite101.com/article.cfm/homemade_pizza_recipe

Source: Idea Fitness Journal: October, 2008

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 "Men's Health Power Training." I often use it as a reference tool. No, it isn't only for men. All the principles can be applied for women too. Check it out and let me know what you think:

<http://www.amazon.com/gp/product/1594865841?ie=UTF8&tag=pccon-20&linkCode=xm2&camp=1789&creativeASIN=1594865841>

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.boston.com/news/health/articles/2008/10/27/who_heart_infectious_diseases_cancer_kill_most/

Associated Report article reveals the world's top 3 killers.

<http://glennsgym.blogspot.com/2008/09/importance-of-specificity.html>

One of my biggest mentors- and new Dad (congrats Coach Harris!)- writes about the importance of training specificity

Q&A

Topic: "Pedometers"

Q: My girlfriend suggested I purchase a pedometer when I do my walking for she read something about them in a magazine last month. I'm embarrassed to ask, but what is a pedometer and how would it benefit me?

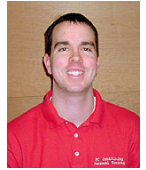
-Sandra, Boston, MA



A: Pedometers (pictured) are small devices that you clip to your pants/shorts that track how many steps you take. A standard estimate often used is 2,000 steps= 1 mile. That's where the whole "10,000 steps a day" came from (walking 5 miles/day). I'd recommend them for people who need a push or if you're someone who likes gadgets and working with numbers as a motivational tool. Admittedly, I'm kind of a numbers guy and like them for most people. I hope that helps Sandra!

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.