



PC Conditioning

Personal Training for all Levels

Newsletter

September 2008

"Money will buy you a bed, but not a good night's sleep, a house but not a home, a companion but not a friend."

-Zig Ziglar

Dear readers-

Welcome to the September edition of my newsletter. It's back to school time for many of you so I'll start with saying best wishes for a successful academic year. Also, congratulations to the USA Olympic teams for their wonderful success. I'm sure many of you watched the various events. Michael Phelps' historic accomplishments stood out for me the most- as did his notorious nutrition plan (see the following:

<http://pcconditioning.blogspot.com/2008/08/interesting-diet-for-mr-phelps.html>).



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Personal Training • Watertown, MA and the Greater Boston Area

Exercise Tip of the Month

“Cross training”

We all exercise for different reasons and we all have different goals we work hard to accomplish. Some people want to lose weight, while others want to improve flexibility. Some wish to enhance their bone mineral density, while others wish to improve their cholesterol profile. In the end, it's all about optimizing our health while minimizing our risk of injury during exercise. One fantastic way to improve fitness levels is a method known as cross training.

I like to refer to cross training as simply performing a variety of activities each week. For example, I like to split my week up amongst the following activities: basketball, strength training, yoga, and cycling. Depending upon the time of year, I'll do a little each week. This process of performing a variety of activities is referred to as cross training. I cross-train to reduce risk of injuries and engage all major muscle groups.

When exercise enthusiasts perform the exact same activities all the time (i.e. running on the treadmill every day and doing no other forms of exercise), they put themselves at risk for overuse injuries. If you do the same thing all the time, you're only working specific muscles and putting repetitive stress on the same areas all the time. If someone cycles all the time, they engage the quadriceps (muscles in the front of the upper thigh). If that person does not perform exercises to engage the posterior chain (muscles in the back of the body) such as hip extensions and dead-lifts, they are putting themselves at risk for overuse injuries. Cross-training could help prevent any possible injuries.

Simply put, a program that engages muscular balance throughout the body is the one that yields optimum results and prevents injuries. Your homework assignment is to try varying your exercise program from workout to workout by engaging in different types of activities, or simply add a new form of exercise (e.g., resistance training, Pilates) to your existing workout routine.



Nutritional Tip of the Month

“Kashi Original Crust Pizzas”

Yes, even trainers eat pizza! I've chatted about pizza previously (http://pcconditioning.com/archive_nutrition/nutrition_sept06.php) as it's admittedly my favorite food. The key is having a treat and making it healthy. Long story short: stay away from the thick crust, meat-lovers, etc... from Uno Chicago Grill! You can have a treat and it doesn't have to be loaded with calories and saturated fat.



If you know me by now, you know I love Kashi products. That being said, give their

original crust pizza a try. Pair it with a salad to make sure you get your intake of veggies and fiber.

The ingredients for the pizza are as follows:

Crust (wheat flour, crust mix [wheat gluten, oat flour, oat fiber, oat syrup solids, barley malt extract, triticale flour, brown rice flour, red wheat flour, rye flour, salt, barley flour, buckwheat flour, sesame seed], water, yeast, ground flaxseed, extra virgin olive oil), cheese blend (mozzarella cheese [pasteurized part-skim cow's milk, cheese cultures, salt, enzymes], white cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes, calcium chloride], yellow cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes, calcium chloride, annatto color], asiago cheese [pasteurized part-skim cow's milk, cheese cultures, salt, microbial rennet]), sauce (water, diced tomatoes in juice [diced tomatoes, tomato juice, salt, calcium chloride, citric acid], tomato paste [tomatoes], sauce mix [cane juice solids, maltodextrin, dehydrated garlic, cornstarch, salt, spices and spice extractives, xanthan gum, citric acid], extra virgin olive oil), diced tomatoes (tomato, calcium chloride), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), basil, oregano.

Try a slice and send me your feedback. I'd love to hear what you think of them!

Source: http://www.kashi.com/products/kashi_frozen_pizzas_five_cheese_tomato

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 the piece of equipment I do the majority of my conditioning ("cardio") work on. The Airdyne® Exercise Bike is simply smart. Wind resistance is exponential, so the harder you pedal, the higher the resistance becomes. This naturally provides the right workout for both a novice exerciser and an elite athlete. Check it out and let me know what you think:
http://www.performbetter.com/detail.aspx_Q_ID_E_4937_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://www.figureathlete.com/article/diet_and_nutrition/the_art_of_the_protein_shake
The art of the protein shake by Leigh Peele.

<http://www.consumerreports.org/cro/money/personal-investing/saving-money/overview/saving-money-ov.htm>- Nothing to do with fitness, I know, but interesting nonetheless.

Q&A

Topic: "Cross Training"

Q: Is it OK if I perform the same cardio workout every day? I only run for my cardio and I do it 5 days/week.

-Katelyn: Watertown, MA

A: Ironically, the piece I just wrote for this month's exercise section discusses this exact scenario. Check that section out for more info. I think you'll find some helpful tips.

*If you've got a question, feel free to email me at the following:
paul@pcconditioning.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.