



# PC Conditioning

Personal Training for all Levels

Newsletter

April 2009

"Nobody cares how much you know until they know how much you care."  
- William Purkey

Thanks for checking out the April edition of my newsletter. Something that's been on my mind I'd like to share with you is the principle of focusing on the "precious present." When you think about it, it's all you truly have control over. The past is gone. It must be recognized and honored, but not dwelled upon. The future is essentially out of your control and is never promised. Therefore, you should be channeling your energy on the present.

I've been going over this with several clients lately who seem to look too far down the road in their training. Specifically with a few, they try to skip ahead and focus on the future and are hopeful their weight will be where they want it.



I keep instilling them that their focus should be on "the now." Make every repetition your best. Practice perfect form and push yourself throughout the workout, taking it one rep, one set, and one exercise at a time.

The greatest part of a workout is when it's over. I won't lie. We're all alike. It's completely human nature to relish the end of the workout. Remember, though, it's enjoyable because you can look back at how hard you worked. Don't spend every minute of the workout wishing you were somewhere else or complaining. Instead, concentrate on how great you'll feel when the workout is over—both mentally and physically.

It's been proven through research that the harder you work (i.e. your intensity), the better you feel mentally after a workout. Now re-read that last sentence a couple times. Try it if you don't believe me. You'll *always* feel more accomplished if you push yourself, as opposed to taking it easy. It's rewarding looking back on a workout and holding your head up high saying "I truly pushed myself today."

It always comes back to the precious present.

To your health,

-PC

## Exercise Tip of the Month

### “Quantitative Feedback via Pedometers”

There are a plethora of fitness gadgets available for exercise enthusiasts to track their results. One gadget I like using with some of the groups I train are pedometers. A pedometer is a step counter that records the number of steps you take by the motion at your hips. They come in various models, but you can get a decent one for ~\$30. Personally, the feedback from the machine makes you want to increase your daily step count to achieve a proper weight and enhance your cardiovascular system.



A ballpark number to use is 2,000 steps = 1 mile. A national initiative has been to walk 10,000 steps every day. If you really focus on it, it's definitely doable. Simple tips to increase your daily step count include the following:

- walk your dog more often
- park farther away at the mall/grocery store
- take a morning walk before breakfast every day
- take the stairs at work instead of the elevator
- make use of your gym membership as opposed to paying for it and never going

## Nutritional Tip of the Month

### “Nutrition Tips for Weight Loss”

Weight loss is typically one of the top reasons people seek out my services. This month, I thought I'd simply provide a simple list of useful weight loss tips to implement as we drive through the spring. Don't look at the list and try everything. Simply undertaking one or two suggestions will make a difference.



### PC Conditioning Weight Loss Tips

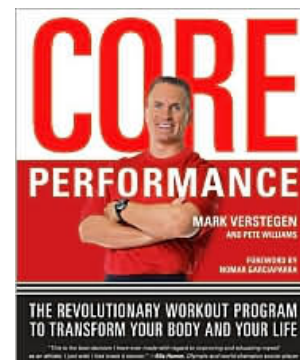
- Reduce your intake of solid fats (i.e. butter and margarine)
- Reduce your intake of alcohol (sure, alcohol increases HDL [good cholesterol], but it contains far too many calories.)
- Increase consumption of vegetables and fruits (this will increase your fiber intake)
- Use smaller plates (I know this may sound silly, but it has been proven to work)
- Look for the words “grilled, baked, and broiled,” as opposed to fried selections.
- Increase daily physical activity with a combination of strength and cardiovascular exercise (you know I had to mention this!)

## 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 "Core performance." Authored by the founder of Athletes Performance (AP) Mark Verstegen, this is a must-read for those who want develop total body fitness. In case you're not aware, AP is where countless professional athletes do their off-season training (local notables include Dustin Pedroia and Kevin Millar). I've gone through the complete program in the past and feel it did wonders for my strength and flexibility. While Verstegen does have other versions of Core Performance available, this is the one you want to start with. The direct link to order "Core Performance" can be found at the following:



<https://www.amazon.com/dp/1594861684?tag=pccon-20&camp=0&creative=0&linkCode=as1&creativeASIN=1594861684&adid=0V9ZXFMBH16GH7FZYEWZ&>

## 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://figureathlete.tmuscle.com/img/photos/2008/08-FIG079-training/Self-Myofascial.pdf>

Strength and conditioning coach Mike Robertson outlines foam rolling in what I feel is one of the best pieces I've ever read.

<http://www.bankrate.com/brm/news/FinancialForecast/20081229-100-tips-for-2009-a1.asp>  
100 tips to help you save in 2009.

<http://online.wsj.com/article/SB123542399126252443.html>  
Diet Dispatch: A Carnivore's Resolve to Eat No Meat

<http://www.nscs-lift.org/Perform/article.asp?ArticleID=104>  
Protein Proportioned Properly- Finally!

<http://www.youtube.com/watch?v=42E2fAWM6rA>  
Incredible video. Thanks to Coach Glenn Harris (<http://gamefitperformance.com/>) for sharing.

## Q&A

Topic: "Breathing During Exercise"

Q: Is there an ideal approach to breathing during strength training?

A: According to *Essentials of Strength and Conditioning*, the textbook of the National Strength and Conditioning Association (NSCA), you should inhale through the lowering portion of a movement and exhale through the sticking point. I always tell clients to exhale during the harder phase of the movement. This will prevent acute increases in blood pressure and potential light-headedness. For example, when doing a barbell bench press, inhale as you lower the bar toward the chest and exhale as you extend your arms to push the bar. All in all, the most important thing to remember is to never hold your breath!



\*If you've got a question, feel free to email me at the following: [paulconnolly123@gmail.com](mailto: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](mailto:paul@pcconditioning.com).

"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.