



PC Conditioning

Personal Training for all Levels

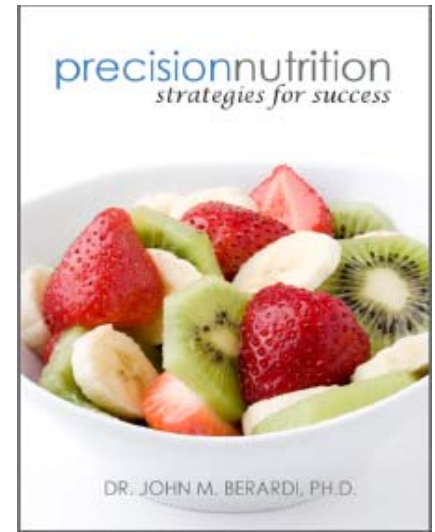
Newsletter

August 2009

"Success is a result of consistent practice of winning skills and actions. There is nothing miraculous about the process. There is no luck involved. Amateurs hope, professionals work."
- Bill Russell

Dear Readers-

Thanks for checking out the August edition of my newsletter. This month, I wanted to formally introduce you to a product I've found to be the most informative nutrition resource I've reviewed to date. It's not merely a nutrition manual on how to eat, rather it's an entire community of people seeking to achieve their healthiest life possible. Joining the Precision Nutrition community has been one of the best decisions I've made since I entered this industry. That being said, the following is a brief summary of what the Precision Nutrition system includes:



Covers everything you need to know about nutrition.
Precision Nutrition contains everything you need to get the body you want.

Teaches you how to eat for your goal and your body. We teach you how to develop a custom nutrition plan unique to your physiology.

Written in plain English. We make advanced nutrition research easy to understand—and easy to use, right away.

1 year of 24/7 online support on our private member forum. You'll need help, and with PN you get it—from our expert coaches and nearly 40,000 fellow members from around the world.

1 year membership to our online library of articles, e-books and software. Access our complete Exercise Video Database and thousands of pages covering every conceivable fitness and nutrition topic in the Member Zone.

Includes more than 25 goal-specific exercise programs by world-class coaches. We had the top coaches in the world develop exercise programs specifically for Precision Nutrition members.

Includes the PN cookbook, Gourmet Nutrition Volume 1. Good, healthy food can be delicious, and in Gourmet Nutrition we show you how.

Additional information on Precision Nutrition is as follows:

V3 has been re-written, re-edited and re-designed from the ground up. Every section has been improved, and three new ones have been added, including:

The Plant-Based Diet Guide, to address the needs of vegetarians,

The Maintenance Guide, to help people sustain their results over the long haul by finding a new “normal” that they can be happy with, and

The Support Guide, to help people with what we’ve learned is THE critical component of a successful nutrition plan: help!

Other changes include:

Revisions to existing guides, in particular the Diet Guide, Individualization Guide and Measurement Guide to provide more step-by-step instructions suited to your level of expertise, from beginner to right to professional

Expanded Online Library, with downloadable guides, nutrition plans, research articles and training programs covering every conceivable nutrition situation—and if we don’t already have what you’re looking for, we’ll create it—so that you can personalize the Precision Nutrition System for your particular needs

Weekly “All About” Articles for members only, covering everything you need to know about specific topics (e.g., past articles include “All About Protein,” “All About Caffeine,” etc.)

Extensive improvements to the Member Zone, our online support community, including a dedicated team of coaches and expert volunteers available around the clock to point you in the right direction

The Individualization Guide, for example, now includes specific nutrition recommendations for:

Vegetarians
Children
Pregnant women
Diabetics
Sport athletes
Physique athletes
And more . . .

If you’re interested in giving the Precision Nutrition System a shot, click the following link for complete info: <http://precisionnutrition.com/cmd.php?pageid=987117>

To your health,
-PC

Exercise Tip of the Month

“Swiss Ball Rollouts”

Some call them Stability Balls, while others refer to them as Swiss Balls. I use the latter, due to the fact they were invented by Swiss physical therapists years ago. That being said, one exercise I often implement with clients to develop core stability is Swiss Ball Rollouts.

To perform the Swiss Ball rollout, start in position one with tall posture on your knees. Next, roll the ball forward in front of you while keeping a tight brace in your mid-section. The further you lower forward, the greater the demand for core stability there will be. Therefore, start conservative with how far forward you lean into the movement. If you drop your lower back and start to develop excessive lumbar curvature, you’ve gone too far. I’d rather have a client not go super low, yet maintain core tension the entire time.

With respect to program design, I often have clients start with 2 sets of 5-8 rollouts, each rollout containing an isometric 3 second hold at the extension. Progress initially by adding more reps, then increase time under tension via increased time for the isometric holds.

Keep me posted if you have any questions.



Nutritional Tip of the Month

“Gourmet Nutrition Desserts”

Summer is a big time of the year for enjoying delicious desserts. With it being “bathing suit season,” it’s important that the item not just taste good, but actually have some nutritional value. A dessert with nutritional value, Paul? Yes, it’s true!



Precision Nutrition, the nutrition company who I now affiliate with, recently published a FREE e-book that has numerous recipes to try. I have a lot of clients who love to bake, so what better way for me to give a thumbs-up to their baking than by providing this resource. Check out all the delicious selections here:

<http://www.precisionnutrition.com/cmd.php?pageid=987117&u=d>

After you’ve tried a few of the selections, shoot me an email (paulconnolly123@gmail.com) and let me know which ones you enjoyed so I can share with the rest of my Team PC Conditioning members!

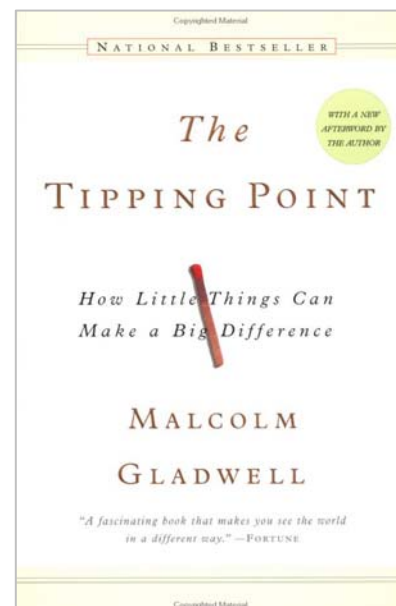
Blog

My blog continues to be the part of my web site and newsletter I get the most feedback on. Make sure to go back and check out past entries to get caught up. The direct link for my updated blog is found here: <http://pcconditioning.blogspot.com>.

Product Recommendation of the Month

Malcolm Gladwell's *The Tipping Point* discusses change and how quickly and unexpectedly it often can occur. Gladwell's web site, Gladwell.com, explains the book as follows:

"It's a book about change. In particular, it's a book that presents a new way of understanding why change so often happens as quickly and as unexpectedly as it does. For example, why did crime drop so dramatically in New York City in the mid-1990's? How does a novel written by an unknown author end up as national bestseller? Why do teens smoke in greater and greater numbers, when every single person in the country knows that cigarettes kill? Why is word-of-mouth so powerful? What makes TV shows like Sesame Street so good at teaching kids how to read? I think the answer to all those questions is the same. It's that ideas and behavior and messages and products sometimes behave just like outbreaks of infectious disease. They are social epidemics. The Tipping Point is an examination of the social epidemics that surround us".



Amazon.com currently has the book priced as low as \$3.95 if you click the following link:

<http://www.amazon.com/gp/product/B0000T8GD0?ie=UTF8&tag=pccon-20&linkCode=xm2&camp=1789&creativeASIN=B0000T8GD0>

Web Links/Recommended reading

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.tmuscle.com/free_online_article/sports_body_training_performance/the_real_core_exercise&cr= "The Real Core Exercise"- Strength Coach Mike Boyle offers some suggestions for training the "core"

http://www.training-conditioning.com/2007/10/magic_beans.html- "Magic Beans"- Training and Conditioning Magazine did a nice job with this piece about the nutritious impact of beans. As I've mentioned previously, they are a great way to implement plant-based protein to your diet.

http://www.youtube.com/watch?v=LBko_3wT44Q&feature=related- "Food Labels"- One of my favorite comedians, Brian Regan, "discusses" food labels.

http://www.youtube.com/watch?v=bphqiSZhxjA&eurl=http%3A%2F%2Fvaleriewaters%2Ecom%2F&feature=player_embedded- *"Chocolate Strawberries"*- Celebrity personal trainer Valerie Waters shows you a SUPER EASY way to mix dark chocolate and strawberries for a delicious and nutritious snack.

<http://www.thedailyshow.com/watch/mon-june-22-2009/bill-russell>- *Bill Russell on "The Daily Show with Jon Stewart"*- Great interview with the greatest Celtic of all time.

<http://backtoformfitness.com/running-for-weight-loss-is-it-worth-it/>- *"Running for Weight Loss: Is it Worth it?"*- Trainer Keith Scott wrote a brief piece on running I enjoyed.

Q&A

Topic: "Summer Produce"

Q: Paul, I tend to enjoy eating produce more in the summer for some reason. Can you suggest some of the best in-season fruits and vegetables I can have?

A: I'm the way, for the most part. I'm fortunate to live near one of the best produce markets around (Russo's in Watertown, MA: <http://www.russos.com>). Some items I'd look to incorporate include the following:

- Blueberries
- Broccoli
- Cherry
- Cucumbers
- Green beans
- Peaches
- Plums
- Raspberries
- Tomatoes

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!

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 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 paulconnolly123@gmail.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.