



PC Conditioning

Personal Training for all Levels

Newsletter

July 2009

“You must have patience and realize that all worthwhile objectives take time. In the search for your success you will constantly find yourself beset with adversity and you must have faith if you expect to reach your goal.”

- John Wooden

Dear Readers-

Thanks for checking out the July edition of my newsletter. I wanted to take a moment this edition to speak about an idea I heard a mentor recently speaking about on a Podcast interview. It was the concept of “Injury Progression.” That is, so many people continue to try and work *through* pain and often try to “apply a band-aid” to mask/ignore their pain.

The story was raised about a person whose smoke detector kept beeping so he took the batteries out of it. Sure the annoying beeping noise stopped, but months later, his house burned down. This story is analogous to a person who continues to mask his/her pain by pumping the Motrin/Ibuprofen as opposed to seeing a professional to address the problem. Instead of ignoring/masking the pain, consider seeing someone who can help address a proper treatment plan.



Like many other trainers, strength coaches, etc, I am fortunate to have worked on building up a referral network I can send clients to if they need complementary care that coincides with our training. This network includes massage therapists, chiropractors, physical therapists, etc... A recent article in the *Boston Globe* (http://www.boston.com/jobs/news/articles/2009/06/14/acceptance_of_chiropractic_care_is_spreading/) discusses one method I have used successfully with clients—and myself.

If you are a client or not, don't hesitate to check in with me if you're in need of some assistance. It doesn't matter if it's back, knees, hips, ankles, etc.. It's important you address the pain/discomfort. It may be a simple issue of weakness or tightness, but it wouldn't hurt to have a professional investigate. Email me (paulconnolly123@gmail.com) if you have any questions.

To your health,

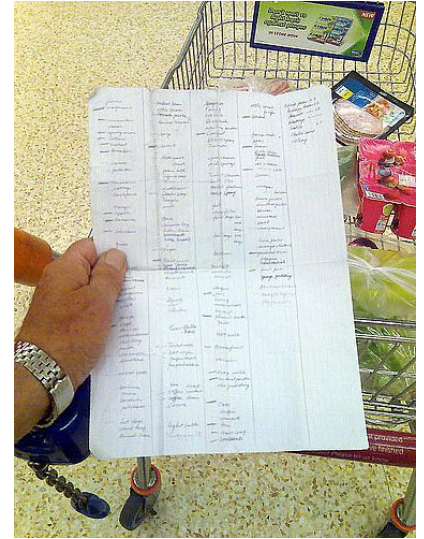
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Exercise Tip of the Month

“Shopping List to Fuel Your Workouts”

I continue to get asked a lot of similar questions relative to nutrition. One of my favorites is, “What should I buy when I do my grocery shopping to ensure I have enough energy for my workouts?” That being said, I thought this month I’d provide a list of some suggestions for you to consider next time you go shopping. The dozen suggestions that follow collectively possess ample antioxidants, lean protein, fiber, etc...

- Wild salmon (try “sockeye” version if you haven’t yet)
- Bison meat (Trader Joe’s sells it as “Buffalo Steak Burgers”)
- Rotisserie chicken (save money and head to Costco)
- Avocado
- Bell peppers
- Kale
- All berries (buy organic if you can swing it financially)
- Beans (all types)
- Extra virgin olive oil (for salads/stir frying)
- Canola oil (for baking)
- Greek yogurt (I live for this stuff)
- Omega 3 eggs (great protein source @ breakfast)



Nutritional Tip of the Month

“Carbohydrate Intake”

Carbohydrates, along with the other macronutrients (protein and fat), get a bad rap. According to the majority of dieticians, carbohydrates should constitute in 50-65% of your total caloric intake. Of course, this all depends on the person training. Carbohydrates literally serve as fuel for your brain and muscles.

Complex carbohydrates

Complex carbohydrates provide vitamins, minerals, and fiber



Foods such as breads, legumes, rice, pasta, and starchy vegetables contain complex carbohydrates

ADAM.

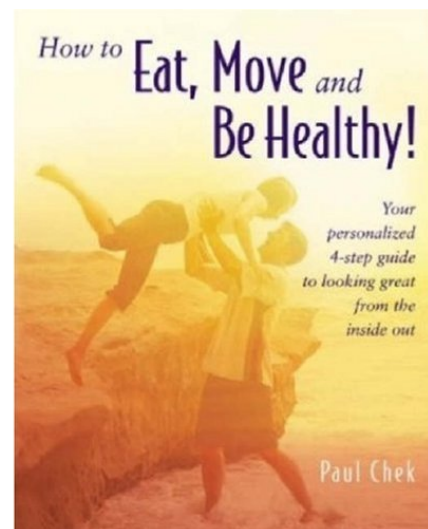
One of my mentors, Registered Dietician Debra Wein, recently wrote this article for the National Strength & Conditioning Association (NSCA): <http://www.nscalift.org/Perform/articles/080205.pdf>. As the President of Sensible Nutrition (<http://www.sensiblenutrition.com/>), Debra provides expert nutrition services ranging from individual diet and nutrition counseling to nutrition lectures and seminars for universities and corporations.

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

Paul Chek is a well-respected individual in my field. He has a strict approach to achieving optimum health and he breaks it down well in this book. While this book is not necessarily meant to be read cover-to-cover, I often skim it to review various topics on nutrition and exercise. What I like most about Chek is that he attempts to keep things very simple, often mentioning that we need to eat like our ancestors who ate only what they could hunt or what came from the ground. In other words, if it's packaged and it wasn't considered food 100 years ago, it isn't food now.



This book is one I'd highly recommend as a reference source to have on your bookshelf. The direct link to order "How to Eat, Move and Be Healthy!" can be found here:

<http://www.amazon.com/gp/product/1583870067?ie=UTF8&tag=pccon-20&linkCode=xm2&camp=1789&creativeASIN=1583870067>

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.boston.com/lifestyle/food/gallery/13calories/?s_campaign=8315
"Which Calories Go the Furthest?"

<http://briantpierretraining.com/?p=576>
"Nutrition 101" - Strength Coach/Nutritionist does a hell of a job describing the basics of successful nutrition.

<http://www.precisionnutrition.com/expert-tip-make-it-simple>
"Make it Simple" - John Berardi puts it just like it- nice and simple. Great article. As I always say, the simple stuff is the best stuff!

Q&A

Topic: "Goal reassessment"

Q: I'm afraid to admit it, but I have yet to get on track in accordance with the *New Year's Resolution* goals I set for myself back in January. Is it too late in the year to tackle them?



A: Absolutely not. I should actually take a step back and applaud you for being so honest. Admitting "failure" is a big step towards moving forward when it comes to goal setting. If you recall, goal setting is a true art so there may be a chance your goals were unrealistic, unspecific, or immeasurable. Take a look at the blog post I wrote in February (<http://pccconditioning.blogspot.com/2009/02/goal-reassessment.html>) for more info, as this should help get you back on track.

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.pccconditioning.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@pccconditioning.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.