



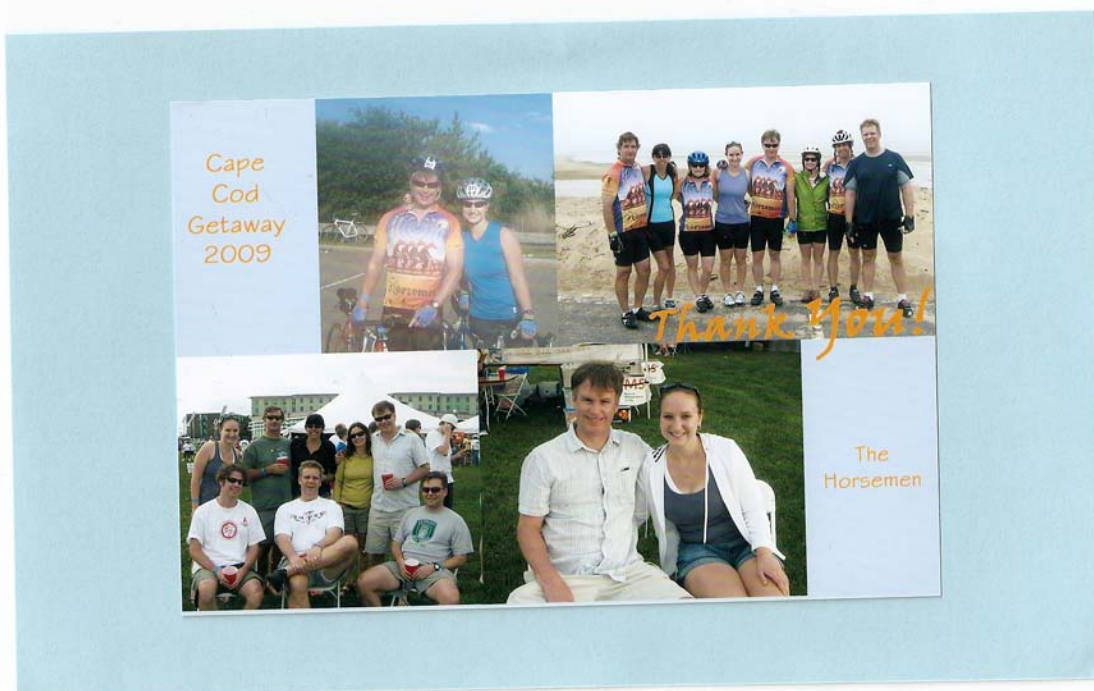
# PC Conditioning

Personal Training for all Levels

Newsletter

September 2009

" Hope is passion for what is possible."  
- Soren Kierkegaard



Dear Readers-

Thanks for checking out the **September** edition of my newsletter. To begin this edition, I'd like to say a big-time **GREAT JOB** to a former client of mine. Brittany Kane, of Pembroke, MA, was part of a youth program I used to run on the South Shore called "*Junior Fitness*." It was a youth exercise program I coordinated where I taught kids ranging in age from 7-15 the basics of exercise. We performed calisthenics and mobility drills on the basketball courts, learned the basics of static stretching, and performed bodyweight and free weight exercises for strength training. It was a great time.

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Personal Training • Watertown, MA and the Greater Boston Area

Brittany's Dad and I have kept in touch over the years and I recently heard from him about a bike ride that helped raise money for Multiple Sclerosis. Having lost a cousin recently to this horrific disease, the charity holds a special place in my heart. Brittany and her Dad were part of a team called "*The Horsemen*" (see above pic). With the help of my donation and many others from their family and friends, their team raised over \$8,000! Here is a link with a wonderful piece written by Brittany explaining why she rides:

([http://main.nationalmssociety.org/site/TR/Bike/MAMBikeEvents?px=5987855&pg=personal&fr\\_id=9592](http://main.nationalmssociety.org/site/TR/Bike/MAMBikeEvents?px=5987855&pg=personal&fr_id=9592)). I'm so proud of all my clients and love getting updates from previous ones to hear great stories like this.

Lastly, for everyone heading back to school I work with both directly and indirectly, here's to a great school year. I hope you had a happy and healthy summer.

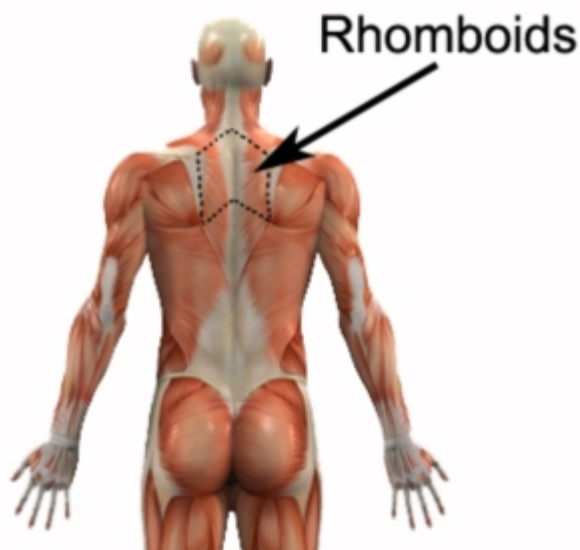
To your health,  
-PC

### Exercise Tip of the Month

#### "Postural Muscles"

This month it's time to pay attention to some of the most important muscles in the body—those of the mid and upper back (i.e. rhomboids). These are the muscles that need to be engaged to ensure proper posture. They are typically the muscles where people are weak and need pulling exercises to get them stronger. My simple homework assignment for you, particularly if you sit a lot at work, is to engage in more horizontal rowing. This can be done with a simple seated row, as performed in the following video clip:

<http://www.youtube.com/watch?v=7O97PTbRAzk>.



I wrote about the importance of this exercise in November, 2006 ([http://pcconditioning.com/archive\\_exercise/exercises\\_nov06.php](http://pcconditioning.com/archive_exercise/exercises_nov06.php)). Take a look back to get caught up. Make sure to squeeze and depress your shoulder blades, pulling them back and down. Think about your elbows doing the pulling to engage proper rhomboid activation.

## Nutritional Tip of the Month

### "Nutrition & Fat Loss Fundamentals"

I make it a point to read something relative to my field every day. It's typically something about nutrition, strength & conditioning, self-help, or business/finance. Recently, I reviewed an article titled "*The Fundamentals of Nutrition and Fat Loss*" by Strength & Conditioning Coach Nick Tumminello. This month, I wanted to basically highlight the points of Coach Tumminello's article as a means of providing many of my readers with nutrition advice that truly works. I'll quote selected pieces with *italics* and follow each quote with my thoughts that may provide some additional insight.

- *"What you eat and how you eat it can really make or break the effectiveness of your program, regardless of how good it is."* - Sadly, I've had clients over the years eat like sh--, yet train their butts off and saw little, if any results. Pairing excellent nutrition with excellent training yields excellent results.
- *"If you drop your calories too low, you will drastically slow down your metabolism and your body will start to feed off of muscle tissue. Not good!"* - I've had clients both past and present drop their calories to a point they weren't losing weight or getting stronger and this was the reason why. Adequate caloric ingestion can become a trial and error process, but be patient.
- *"A complimentary meal consists of lean protein, fibrous carbohydrates, and starchy carbohydrates."* - 'Nuff said.
- *"...if upon finishing you feel full for hours, you probably ate too much."* - I consistently tell my clients to eat to a comfortable point of satiety. You should not feel stuffed or starving after a meal. You should be hungry every few hours, particularly if you're training hard.
- *"A negative calorie food is a food that requires more energy to digest than it provides...a few examples of negative calorie foods are celery, spinach and lettuce."* - Consider adding the aforementioned vegetables to your nutrition plan if you haven't yet.
- *"...the glycemic index only applies when the food is consumed by itself."* - Eating fruit (or any other item with a high score on the Glycemic Index) alone causes an insulin spike when eaten alone. Be sure to eat something with protein to complement the carbohydrate to minimize the insulin spike.



## 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

Gymnic Plus Stability Balls are constructed of latex-free vinyl material in four different diameters from 45 to 75cm (18 to 30 inches). These stability balls are implemented in the training regimens of all my clients.



### Benefits/Uses

- Increases muscle strength
- Improves proprioception, balance and stability
- Helps develop the core body muscles by forcing the body to respond to the instability of the ball.
- Develops strength in all planes of motion (frontal, sagittal, and transverse) which helps improve overall functional strength and decreases the chance of injury.

To check out these stability balls, please click the following link:

<http://www.performbetter.com/detail.aspx?ID=3538&CategoryID=397&img=300&kbid=1249>

## 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://brianstpierretraining.com/index.php/creatine-101/>

"Creatine 101"- Nutritionist Bran St. Pierre breaks down the supplement most asked about and most researched- creatine. Long story short: yes, it's safe.

[http://nsca-lift.org/HotTopic/download/Muscle\\_Dysmorphia.pdf](http://nsca-lift.org/HotTopic/download/Muscle_Dysmorphia.pdf)

"Muscle Dysmorphia"- Interesting paper published by the NSCA discussing the obsession some have with developing a super lean physique.

<http://cassandraforsythe.blogspot.com/2009/08/real-women-arent-magazine-covers-or.html>

"Real Women Aren't Magazine Covers of Mannequins"- Nutritionist Cassandra Forsythe discusses Kelly Clarkson's SELF Magazine shoot and how she was upset that the pics were airbrushed.

<http://www.precisionnutrition.com/get-rich-with-pn>

"Saving Money on Food-Precision Nutrition style"

[http://www.tmuscle.com/free\\_online\\_article/sports\\_body\\_training\\_performance/advice\\_you\\_dont\\_want\\_to\\_hear](http://www.tmuscle.com/free_online_article/sports_body_training_performance/advice_you_dont_want_to_hear)

"Advice You Don't Want to Hear Part I"

[http://www.tmuscle.com/free\\_online\\_article/sports\\_body\\_training\\_performance/advice\\_you\\_dont\\_want\\_to\\_hear\\_vol\\_2](http://www.tmuscle.com/free_online_article/sports_body_training_performance/advice_you_dont_want_to_hear_vol_2)

"Advice You Don't Want to Hear Part II"

<http://www.nscs-lift.org/Perform/articles/080406.pdf>

"Top Sport Nutrition Myths"

## Q&A

This is the portion of my monthly newsletter where I post a question I've received via email from a newsletter subscriber or in person from someone at the facility where I train clients.

Topic: "Basketball Workouts"

Q: I'm currently engaged in off-season basketball workouts. Can you suggest an exercise to perform prior to playing in my pickup basketball games?

A: Great question. Most people who play pickup, particularly those who do so recreationally, fail to warm up properly and thus put themselves at an increased risk of injury. That being said, one exercise I often perform is lateral band walks

([http://pcconditioning.com/archive\\_exercise/exercises\\_summer07.php](http://pcconditioning.com/archive_exercise/exercises_summer07.php)) to engage the gluteus medius muscles. I wrote about this exercise in my Summer, 2007 newsletter. The gluteus medius are the division of your glutes muscles that engage when you move laterally on defense as you guard the opposing player. To be able to rotate the hips and use the necessary muscles, it's always a good idea to activate/warm-up those muscles with band walks. They can be performed in both a linear (forward and backward) and laterally (side-to-side) manner. The latter is depicted by my favorite Celtic, Ray Allen.



\*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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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](mailto: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.