



# PC Conditioning

Personal Training for all Levels

Newsletter

April 2010

*"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."*

- Lou Holtz



Dear Readers-

Thanks for checking out the **April** edition of my newsletter. March was a very busy month at **PC Conditioning**. Beyond the usual PT clients, I had the opportunity to travel to speak to a couple different groups about strength training and flexibility/stretching basics. One such group was Sutton, Massachusetts municipal employees (see 3 pics below). We reviewed strength training principles and covered a routine using resistance bands. I also took the group through a series of stretches to improve pliability and range of motion in various joints throughout their body. As we went through the exercises, I kept the focus on proper exercise technique to ensure safety and effectiveness of the movements.

Earlier in the month, I conducted a fitness & nutrition seminar at *Waverley Oaks Athletic Club* in Waltham, Massachusetts (see bottom right pic below). At that seminar, I reviewed some of my top exercise recommendations (i.e. putting extra focus on your body's "weak links"). I also discussed some of my top nutrition recommendations (i.e. phytonutrient basics) to achieve optimum wellness. It was a good turnout and I think everyone walked away with several items to apply to their training and daily nutrition habits.

All in all, March was a very busy, successful month. In April, I'll be conducting classes, workshops, etc... in Reading and Woburn so I'll be sure to keep you posted on how things go in those towns. I hope you have a wonderful start to your spring and I'll see you in April. Be sure to check my blog (<http://pcconditioning.blogspot.com>) for updates.

To your health,

-PC

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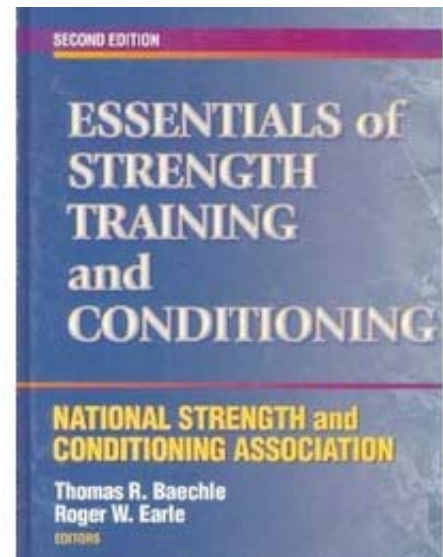


## Exercise Tip of the Month

### “Educate the Mind”

Training hard is undoubtedly a major piece of the puzzle when it comes to improvements in fitness levels, but there are other components that are equally important. I’ve previously discussed the role nutrition plays, but this month I wanted to mention the importance of education. My clients are probably sick of me speaking about how important it is to educate themselves about training and nutrition, but it’s the truth. Every year I continue to compile lists of books to read, articles to research, and questions to ask my mentors and colleagues.

The research is ever evolving and I think it’s important to stay on top of the latest information. It’s crucial to understand the basics first, but putting into practice new exercises or trying new foods is part of the process as well. For example, the above book is on the bookshelf of arguably every fitness professional who really “gets it” across the country. It was a “must read” when you first entered this field. However, I’ve read so many more selections after that as they continue to improve my knowledge of training and nutrition. Moral of the story...training and eating right are important, but to truly improve, one must educate themselves on a daily basis.



## Nutritional Tip of the Month

### "Safe Ways to Enjoy Your Red Meat"

With spring officially upon us, it's time to think about the wonderful cookouts, particularly what we are going to grille. Personally, I'm certainly not a vegetarian, but I do try to limit my red meat consumption. That being said, when I do indulge, I follow the advice I've learned from nutritionists over the years. There are specific recommendations when it comes to eating red meat and the following are a few to help you choose wisely this grilling season:



- Buy the leanest cuts including the following:
  - Eye round
  - Top round steak
  - Top sirloin
- Trim off most of the fat prior to cooking (I leave a very small bit for flavor)
- Marinate meats prior to cooking to reduce the formation of harmful carcinogenic compounds (this is why I never order my meat well-done).

Source: IDEA Fitness Journal/Tufts University Health & Nutrition Letter: Dec. '09

## Blog

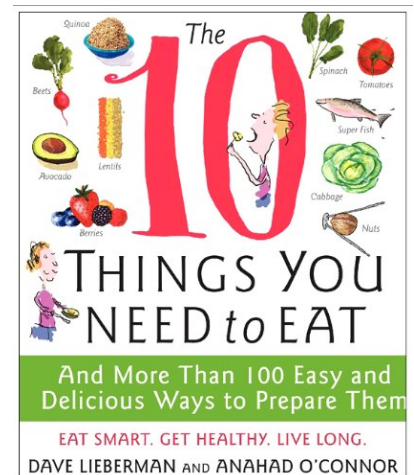
My blog continues to be the part of my web site and newsletter I get the most feedback on. Make sure to go back and check out past entries to get caught up. The direct link for my updated blog is found here: <http://pcconditioning.blogspot.com>.

## Product Recommendation of the Month

One of my goals for 2010 is to read at least one book/month (I'm ahead of schedule), in addition to the numerous nutrition and exercise journals I receive regularly. That being said, I wanted to take a minute to recommend the book I just finished. "10 Things You Need to Eat." is well-written and easy to follow. I like books that provide recipes to coincide with nutrition recommendations. Sure, it's nice to read about all the benefits of avocados, but I want to learn about the various ways to prep it and recipes using this wonderful fruit. This piece of literature does just that.

To order your copy of this book, please click here:

<https://www.amazon.com/dp/0061780278?tag=pccon-20&camp=0&creative=0&linkCode=as1&creativeASIN=0061780278>



## 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.healthhabits.ca/2009/11/16/losing-weight-is-simple-but-it-aint-easy/>

"Losing Weight is Simple- But it ain't Easy"- Exactly what I preach incessantly to those looking to shed a few pounds, regardless of how many.

<http://www.nytimes.com/2010/03/16/health/16essa.html?ref=nutrition>

"For Obese People- Prejudice in Plain Sight"- Good article from the New York Times

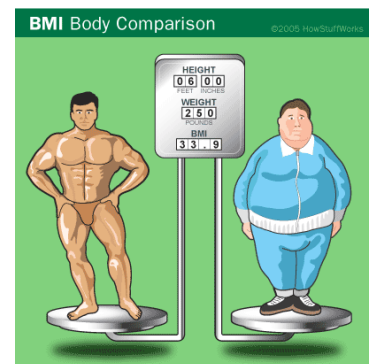
## Q&A

Each month, I review a question submitted to me either via email or in person.

Topic: "BMI"

Q: A lot of magazine articles I've read over the years talk about "BMI." Can you tell me what that means and should I pay attention to it/is it important? - Larry, Watertown, MA

A: BMI stands for Body Mass Index. It is a simple relationship between one's height and weight- that's it. Unfortunately, it does not take into consideration the amount of lean muscle one possesses, thus often yielding higher than optimal "scores." For example, an athlete (male or female) who has adequate or ample muscle may show a higher BMI score due to their weight being high. As you can see from the picture, both individuals weigh the same but clearly one of them possesses more muscle. They have the same BMI score, but due to the individual on the right possessing more body fat, many would argue he is less healthy or more at-risk for cardiovascular disease.



Your best bet is to monitor your "body composition." That is, measure your percent fat compared with your lean muscle. An analysis of your results should be done by someone who truly understands the concept of body composition (i.e. strength and conditioning coach, personal trainer, etc...)

\*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!\*

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

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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.