



PC Conditioning

Personal Training for all Levels

Newsletter

August 2010

"We do not quit playing because we grow old. We grow old because we quit playing."
- Oliver Wendell Holmes



Dear Readers-

Thanks for checking out the August edition of my newsletter. With summer in full gear, I wanted to take a moment to give a special shout out to a group of hard-working people- my PC Conditioning Boot Camp participants. Every summer, I put a group of men and women through an intense series of classes where we incorporate a host of conditioning drills, bodyweight strength and endurance exercises, and plain old hard work. It's 60 minutes of fat burning and a lot of fun since we are in a group dynamic and enjoy the outdoors.

To all of my past and present participants I say GREAT job to all of you. Keep working hard every week and your efforts will pay off in the end. It's a pleasure having you all in my class!

To the rest of my readers, I wish you all a very happy and health rest of your summer. I'll check back on September 1st. To your health,

-PC

Exercise Tip of the Month

"Hierarchy of Fat Loss"

This month, I'll keeping things real simple. I'm simply suggesting a fat loss article. It's still one of my all-time favorite articles. If weight loss is a goal (and it is for MOST of my readers), you MUST check this out:

<http://alwyncosgrove.com/2010/01/hierarchy-of-fat-loss/>



Nutritional Tip of the Month

"Weight Gain Tip"

While it's true that ~85% of the people who seek my services are looking to lose weight, there are some who hope to gain weight, albeit muscle mass. Typically, young(er) athletes (i.e. high school/college athletes) who live in the area may look to increase their size and strength. Theoretically, an increase in daily caloric intake will do the trick, but it takes a higher intake of good calories. In other words, you can't just eat anything. You have to simply gradually increase "good calories."



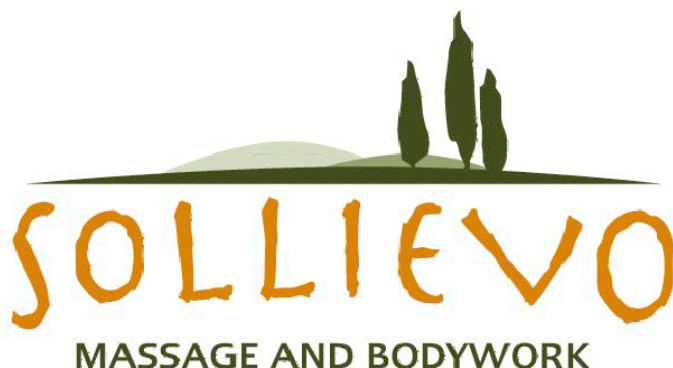
One tip I frequently give to those looking to gain weight is to incorporate snacks between meals. An example of a tasty snack that has a fair amount of calories is a peanut butter and banana sandwich. I'll have clients experiment with higher amounts of peanut butter and larger sized bananas if their weight doesn't increase.

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

This month, I won't be recommending a specific product to check out. Rather, I'd like to suggest a spa in Cambridge, MA called Sollievo. If you're in the area, you have to check this place out. They're conveniently located on Mass. Ave. and have the BEST service I have ever encountered. That says a lot coming from me, as I have dealt with many businesses over the years who claim to have great service. The ambiance is so peaceful and they treat you first class. Their web site is as follows: <http://www.sollievo.org>.



I frequent Sollievo for both acupuncture treatments and massage therapy. If you have specific questions about therapists there, don't hesitate to contact me for my personal opinion. Let me know if you end up checking them out.

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.acefitness.org/getfit/studies/toningshoes072010.pdf>

"Toning Shoes" - The American Council on Exercise provides their two cents about these RIDICULOUS shoes that people in my circle know I can't stand.

<http://www.tonygentilcore.com/2010/07/harder-doesnt-mean-better-get-your-mind-out-of-the-gutter/>

"Harder Doesn't Mean Better" - Strength Coach Tony Gentilcore posted a great article on training recently.

Q&A

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

Topic: "Supplements"

Q: My friends at school all take the supplement Creatine to get stronger. Should I be doing the same?

-Jason: Boston, MA

A: Supplements are just that- they supplement optimum nutrition and exercise. If you are eating poorly or not getting enough exercise, supplements will do NOTHING. Think of it as building a house. The foundation (nutrition, exercise, and rest) has to be in place before considering fancy extras (supplements). Truthfully, the common supplements I advocate (depending upon who is asking) are Fish Oil, Vitamin D, and a daily multi-vitamin. Some people could also use a calcium supplement if they do not get enough in their diet. As a general rule, check with your doctor before you take any supplements.

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

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available by appointment only.

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“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.