



# PC Conditioning

Personal Training for All Levels

Personal Training - Watertown, Waltham, MA and the Greater Boston Area

Newsletter December 2010

*"A winner thinks, 'I'm good, but not as good as I should or could be.' A loser thinks, 'I'm not as bad as some of the others.'"*

**- Coach Don Meyer**

Dear Readers-

I hope you had a healthy and peaceful Thanksgiving. I was able to once again, enjoy a delicious meal with my family. I made sure this year to be more careful of mindless calories (i.e. liquid calories, extra portions, etc...). I was talking to a colleague recently about "saving calories" for something very special and I chose apple pie and ice cream rather than extra portions of turkey. After the feast, I took my aunt and uncle out for a walk to fend off the tryptophan-induced nap I often take part in every year on my parents' couch. Overall, it was a very good day.

I wanted to take a moment this edition to congratulate one of my clients, Dave H., for recently competing in the 2010 Commonwealth Classic Ballroom Dance Competition in Burlington, MA with his wife, Felicia. They did an outstanding job and I was happy to be on hand to watch. In under a year's time, Dave has shown improvements in mobility, strength and endurance. He continues to dance regularly and I look forward to watching him and his wife again in future competitions.



***Dave and I posing just before he went on to perform***



***Dave and his beautiful wife displaying excellent technique***

To your health,

-PC

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## Exercise Tip of the Month

### “Stay Conservative (initially) When Setting Goals”

A common problem encountered by those who set exercise goals is setting goals that are too far out of reach. That is, they forget that it's OK to start conservative. Too often, I've worked with clients who “look to the finish line,” rather than address approaches to attack the little hurdles along the way. Some like to use the expression “baby steps,” and that's really what I'm talking about here. I'll intentionally start slow with clients as it's crucial for them to “taste success,” rather than experience failure early in the process.

With 2011 right around the corner, consider this notion of staying conservative with your goals—at least initially. Write down and attempt to achieve what you know you can before you attempt to conquer what you think you can achieve. Most importantly, make sure your goals are S.M.A.R.T. ones!



(<http://www.wickedlocal.com/watertown/news/opinions/x772298609/Connolly-August-is-the-time-for-fitness-goal-reassessment>).

## Nutritional Tip of the Month

### “Organic Bistro Whole Life Meals”

We're all busy with various commitments and sometimes we rely on quick meals like frozen dinners. I remember growing up some of the horrible TV dinners I ingested with God knows what chemicals/artificial additives. To this day, many of the frozen dinners in grocery stores are littered with excessive amounts of sodium and saturated fat. Personally, I had been relying on Kashi products, but I'm happy to report I have found what I deem the healthiest frozen meal money can buy.



Organic Bistro Whole Life Meals is a new product available at your local Whole Foods market. They carry a line of 8 dinners that contain low levels of sodium and natural ingredients that you can actually pronounce! My favorite so far is the Wild Salmon that is served in a rosemary orange glaze with cranberry pilaf and broccoli. The standout statistic from this selection is the ridiculously low sodium content- 65 milligrams! Try scoring a number that low in your Hungry Man Fried Chicken dinner!

One caveat is that the price can run high (\$6.49 is what I pay), but I'd rather pay a couple bucks more for organic veggies, whole grains, less salt, and real food packaged in recycled cardboard. Give this new line of healthy frozen meals a try and let me know what you think.

## 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

According to the National Strength & Conditioning Association (<http://www.nsca-lift.org/Perform/articles/04014.pdf>), the definition of agility is the ability to decelerate, accelerate, and change direction quickly while maintaining good body control without decreasing speed. Personally, I like using the agility ladder to improve my basketball footwork. It can be used for individuals of all levels who play all types of activities. I use it with my current clients who need to improve their footwork and they enjoy it very much.



To order your agility ladder, please click the following link:

<http://www.performbetter.com/detail.aspx?ID=3622&CategoryID=383&kbid=1249&img=3190S.jpg>

## 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.t-nation.com/free\\_online\\_article/most\\_recent/11\\_ways\\_to\\_make\\_an\\_exercise\\_harder](http://www.t-nation.com/free_online_article/most_recent/11_ways_to_make_an_exercise_harder)  
"11 Ways to Make an Exercise Harder"

<http://www.leighpeele.com/55-fitness-gifts-you-will-beg-people-to-give-you>  
"55 Fitness Gifts You Will Beg People to Give You"

<http://brianstpierretraining.com/index.php/fall-recipes-to-spice-up-your-life/>  
"Fall Recipes to Spice up Your Life"

## Q&A

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

Topic: **"Zumba"**

Q: I have friends who love Zumba classes. Is this a good workout?



- Amelia: Belmont, MA

A: Yes, of course! Simply put, if you find a form of physical activity you enjoy- embrace it! Make it part of your regular physical activity routine. Of course, make sure it is part of a diverse workout regimen that challenges you and helps to improve your strength and endurance.

\*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,  
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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.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.