



PC Conditioning

Personal Training for all Levels

Newsletter

February 2010

"The less motivated and the less determined weed themselves out."
- Chuck Daly

Dear Readers-

Thanks for checking out the February edition of my newsletter. How are those New Year's Resolutions going? Now is the time when those new faces you've been seeing regularly start to filter out. Sure, some of them stick around but they are the minority. I get a kick out of some of my clients when they express their anger toward the "newbies." Whether they take someone's bike in a spin class or someone else's space in the parking lot, the "regulars" often want the "newbies" to sometimes take a hike! Anyway, I digress...



Personally, I've been working on various components of healthier living. We know it's not just a physical thing when it comes to optimizing wellness. Improving a multitude of factors in our lives yields optimum results. I often speak to clients about writing down things that aren't working well for them. The next step is planning a systematic approach to improve upon these items. For me, consistent sleep has been an issue the last month or so due to an increased amount of projects I'm involved with in the winter. Ironically, it's something I constantly preach to clients about so this is one area I have worked on lately. I've modified my night-time routine and am seeing increases in energy.

How about you? What have you been working on these last few weeks? Do you need a hand planning your goals? January has been a very busy month and I'm happy to say the majority of my clients have started off well. It's my job to keep them on track, staying focused as we venture through the remainder of the winter. Spring will be here before we know it!

To your health,

-PC

Exercise Tip of the Month

“Workout Intensity”

Many factors come into play when it comes to exercise (frequency and duration being two), but one that stands out with many fitness enthusiasts more than others is intensity. Specifically how hard you are working correlates to caloric expenditure. While I agree as a personal trainer that tracking your total time and how often you train are important, of equal/greater importance is how hard you are working.



When I scan the “cardio room” at a facility where I train clients, it’s amazing (sad) how much harder people need to be working. I honestly think it comes down to comfort level with many of them. Specifically, people don’t want to feel that temporary discomfort in exchange for expeditious results. Sad but true. If people increased their workout intensity a bit, I guarantee they’d reach their results faster.

This week, and the weeks that follow, get a gauge on how hard you are working. If you can ramp it up a bit...do it! You’ll see faster results (as long as your nutrition is on point)- I promise.

Nutritional Tip of the Month

“Kashi Cinnamon Harvest”

It’s been basically agreed upon how important eating breakfast every day is. While some prefer eggs or oatmeal, others may like cold cereal. I’ve tried so many over the years, but one I recently came upon I really enjoyed was Kashi Cinnamon Harvest. I love Kashi products, particularly their bars and cereals. They’re typically made with whole grains and contain plenty of fiber.

This cereal has a sweet cinnamon taste to it, so if you respond to sweet versus bitter, this is certainly the cereal for you. At 5 grams of fiber per serving, I found this cereal @ Target. Stop & Shop also carries it. I’ve tried it dry, and with both skim and soy milk.



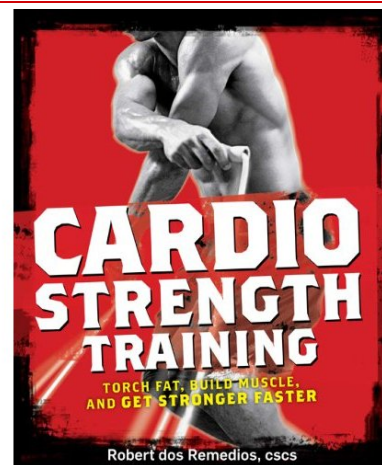
Pick up a box and let me know what you think!

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

Coach Robert dos Remedios is someone whose work I've followed over the last 3 years. He is the director of speed, strength, and conditioning at College of the Canyons in Southern California, and is the recipient of the 2006 National Strength and Conditioning Association (NSCA) collegiate strength coach of the year award. He is also a contributor and advisor to Men's Health magazine.



The latest book from "Coach Dos" is titled "Cardio Strength Training." It's the 2nd book I've started reading this year and I'm loving it so far. Many of my clients have been put through some of what's in the book without even realizing it and are seeing good results! To check out this fantastic book, click the following link: <https://www.amazon.com/dp/1605296554?tag=pccon-20&camp=0&creative=0&linkCode=as1&creativeASIN=1605296554&adid=19AJEGGAQC40JAASF5XR&>

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://blogs.consumerreports.org/health/2010/01/weight-loss-obesity-rates-still-high-but-perhaps-not-on-the-rise-best-treatments-for-obesity-.html>

"Obesity Rates Still High, but Perhaps Not on the Rise" - Interesting article from Consumer Reports

<http://mboyle1959.wordpress.com/2010/01/14/most-people-are-dead-at-35/>

"Most People Are Dead at 35" - Coach Mike Boyle had this great post on his blog recently

Q&A

Topic: "Protein Ingestion"

Q: Paul, I know protein is something I should get enough of in my diet. I'm wondering how much I should ingest? -Tom: Waltham, MA

A: Protein is something that gets kind of hyped up in my opinion, particularly with younger males looking to increase size. Simply put, we all need protein in our diet. HOW MUCH we need is relative to respective activity levels and one's body weight. For example, an active 200 pound college basketball player requires more protein than a 110-pound sedentary senior citizen. That being said, check out pages 7-8 of the following link for a full breakdown on protein:

<http://www.nsca-lift.org/Perform/issues/0205.pdf>

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 available by appointment only.

He can be reached via e-mail at 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.