



PC Conditioning

Personal Training for all Levels

Newsletter

January 2010

"Exercise helps the body be more effective and efficient. The body is the only machine that works better the more we use it."

- Krista Scott-Dixon

Dear Readers-

Thanks for checking out the January edition of my newsletter. Let me start by wishing you all Happy New Year! If you haven't already read them yet, you'll soon be bombarded by the mass media with New Year's articles on how to make 2010 the year you really make positive changes. Specifically, information on how to fit exercise into your daily schedule will be a topic. In addition, goal setting will undoubtedly be mentioned.



One reason I think people fail to reach their goals is because they often set goals that are unrealistic and too long-term. I've written about this (<http://www.wickedlocal.com/watertown/news/opinions/x772298609/Connolly-August-is-the-time-for-fitness-goal-reassessment>) in the past and have also been interviewed (http://www.wcatv.org/vod?task=viewvideo&video_id=88) about it. Beyond what I've written about in the past, I failed to mention one idea I had: the fact that people try and find reasons (excuses) NOT to fit in their exercise rather than find ways to fit it in. There's this misconception that exercise needs to last for hours and hours each day but frankly a vigorous 20-30 minutes a few times/week has worked wonders for numerous clients of mine over the years.

So if you walk away with one message from this month's edition, have it be to strategically set up smaller short-term/realistic goals. If that's even too much to handle, try one goal and establish a deadline to reach it by. Then, assuming you've met your goal, build from that and go forward. One goal a client of mine made a few months back was to simply try one new vegetable/week. It may sound overly simple, but in a matter of 6 weeks, she regularly consumed 6 vegetables she hadn't had in over a year.

Moral of the story: a little bit here and there goes a long way. Feel free to email me if you need assistance or have questions about goal setting. Until next time, may you have a very healthy and happy 2010!

To your health,

-PC

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Personal Training • Watertown, MA and the Greater Boston Area

Exercise Tip of the Month

"More Reasons to Exercise"

Exercise sure provides a heck of a lot of benefits, but I just wanted to review a few with you this month, courtesy of the government's Physical Activity Guidelines:

- Heart Disease- Aerobic exercise cuts the risk of heart attack by by 20-35% in most studies.
- Bone Density- Weight-bearing exercise (i.e. walking and strength training) can increase/slow the decrease of bone density in the hips and spine.
- Blood Pressure- 40 minutes of moderate aerobic activity can lower systolic (the top #) blood pressure 2-5 points. That alone could save between 12 and 27 thousand lives/year.

Just 3 more reasons to get off the couch and burn some calories!



Nutritional Tip of the Month

"Clif Kid Organic Twisted Fruit"

If you have children, you understand the importance of having healthy snacks on hand for road trips. One of my training clients (thanks, Amanda!) recently brought me in a snack to try and I loved it. They're called *Clif Kid Organic Twisted Fruit*. They are certified USDA Organic and aren't loaded with artificial ingredients, thus making them a decent snack for the kids if you're on the go.

Here's their ingredient breakdown from the Grape flavor I tried:

- Organic Apple Puree
- Organic Apple Juice Concentrate
- Malic Acid, Organic Flavors
- Pectin
- Colored With Fruit and Vegetable Juice

Give them 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



If you're a follower of my newsletters/writings, you know by now that my recommendation for nutrition manuals is Precision Nutrition (PN). While there are newsletters I enjoy, I will say PN has proven to be very effective in both my nutritional approach, and many I have worked with over the years. PN recently announced their annual Lean Eating contest where they are prepared to award \$40,000 to the winners. That's a lot of money to essentially re-shape your body composition. PN President Dr. John Berardi (who I've seen speak in person and I find fascinating) put it best about the contest when he said this: "Worst case scenario, you come out with the best body of your life. Best case scenario, you come out with the best body of your life, and 10 GRAND."

My hope is I can get several of my clients, past and present, to enter the contest as it would be nice to get some Massachusetts representation. To check out the contest details, click the following link: <http://precisionnutrition.com/cmd.php?pageid=987117&u=win-40k>

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.boston.com/bostonglobe/editorial_opinion/oped/articles/2009/11/14/give_college_athletes_a_cut_of_the_action/

"Give College Athletes a Cut of the Action"- Derrick Jackson has written some great pieces over the years and this one can be added to my list of favorites. It discusses the outrageous salaries NCAA Football- and basketball- coaches are paid.

<http://www.coreperformance.com/knowledge/recipes/pear-ginger-cranberry-crisp-recipe.html>

"Pear Ginger Cranberry Crisp"- I admittedly haven't made this dish yet, but it looks so good! If you try it, let me know how it comes out.

<http://link.brightcove.com/services/player/bcpid17217221001?bctid=32331616001>

"Cable Press/Paloff Press"- I use this anti-rotational ("core") exercise with most of my clients and still consider it one of the most overrated exercises available.

Q&A

Topic: "Train NOW For the Summer"

Q: Paul, you talk a lot about goal setting. One goal I have is simple: I want to feel comfortable at the beach this summer. Any advice? -John: Waltham, MA



A: Many are occasionally hesitant to admit it, but I think we would all like to improve our physical appearance. Of course we want exercise to help us enrich our physiological functions (i.e. decrease LDL, improve cardiac stroke volume, etc...), but we also want it to make us look better, simply put. NOW is the time you need to be working your butt off and eating right as it will take some time to really change the way you look and feel. If you work hard these next few months, summer will arrive and you'll be able to flex those newfound muscles.

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!

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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.

"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.