



PC Conditioning

Personal Training for all Levels

Newsletter

June 2010

" You can't let praise or criticism get to you. It's a weakness to get caught up in either one."
- John Wooden



Dear Readers-

Thanks for checking out the June edition of my newsletter. I've had a very busy spring, having worked at a few different health fairs. I conducted body composition tests on the attendees via Bioelectrical Impedance Analysis (BIA). Not surprisingly, many of the women and men scored poorly as far as Body Mass Index (BMI) goes. In addition, many of their body compositions revealed body fat percentages that were too high. One dynamic that was interesting to see was that many older (55+) women scored average as far as total body weight goes, yet "obese" as far as body fat specifics. It was somewhat challenging for them to comprehend that their total weight was "acceptable," yet their body fat percent was too high. This is a direct result of inadequate strength training and imperfect nutritional practices.

I'm in the midst of setting up my summer boot camps as well as prepping for a 3-day strength and conditioning seminar in Providence, Rhode Island. June will be another busy month. I love starting off the summer on the right foot as far as staying consistent with client workouts, structuring my own goals, etc... I'm also putting the final touches on an article that will appear in a local newspaper so I will forward the link when it becomes available.

To your health,

-PC

Exercise Tip of the Month

“Don’t Forget to Stretch”

I’m constantly meeting with folks at my Waltham facility who want me to review their exercise regimen. If I had to pick one major piece of the puzzle that is missing (in particular with men), it would be general flexibility. Simply put, people aren’t stretching enough—if at all. I make it a point to cover “active” stretches I want my clients performing between our sessions. There will also be “passive/partner-assisted” stretches I’ll go over with them each session to allow for an increased range of motion (ROM).

So many people complain of stiffness, tightness, limited ROM, etc... and simple stretches often help combat the majority of their issues. Of course other factors may be at play, but 4-6 basic daily stretches can do a world of wonder. A simple lateral bend (see pic right) is a great way to stretch the back, shoulders, and arms. If you’re interested in more on flexibility, shoot me an email (paulconnolly123@gmail.com).



Nutritional Tip of the Month

“Meal Suggestion”

Looking for a quick healthy dinner? If so, you’re going to enjoy this month’s *Nutrition* section. I recently put together the following meal (pictured right):

- Baked Haddock with fresh dill and lemon juice
- Quinoa
- Peas & Carrots

This meal contains plenty of protein, heart-healthy unsaturated fats, and fiber. In addition, it’s loaded with many different colors and is fairly low in calories. It took less than 20 minutes (including prep time) so give it 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>.

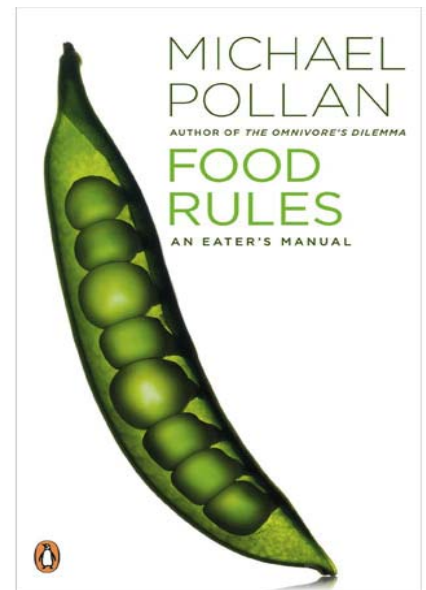
Product Recommendation of the Month

Probably the quickest book I've ever read was my recent selection, "Food Rules," by Michael Pollan. If you follow my blog, you know what a big fan of Pollan I am. Knight Professor of Journalism at the University of California Berkeley, Pollan is the author of five previous books, including In Defense of Food, The Omnivore's Dilemma, and The Botany of Desire.

Amazon.com describes Food Rules as "... a set of memorable rules for eating wisely, many drawn from a variety of ethnic or cultural traditions. Whether at the supermarket or an all-you-can-eat-buffet, this handy, pocket-size resource is the perfect guide for anyone who would like to become more mindful of the food we eat."

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

<http://www.amazon.com/gp/product/014311638X?ie=UTF8&tag=pcccon-20&linkCode=xm2&camp=1789&creativeASIN=014311638X>



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.coreperformance.com/daily/movement/5-exercises-that-live-up-to-the-hype.html>
"5 Exercises That Live Up to the Hype"- Right to the point information with Coach Mike Boyle.

http://www.tmuscle.com/free_online_article_issue/issue_627-5-foods-you-should-be-eating
"5 Foods You Should be Eating"- Certified Sports Nutritionist offers up a few selections I guarantee most of my readers (maybe you?) have yet to try.

<http://www.tonygentilcore.com/2010/05/omgjesusmakeitstop/>
"OMGjesusmakeitstop"- Funny article written by Strength Coach Tony Gentilcore.

<http://www.precisionnutrition.com/5-ways-to-be-invincible>
"5 Ways to Be Invincible"- Ryan Andrews and John Berardi continue this month's "theme of 5."

Q&A

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

Topic: "Underrated Exercises"

Q: Paul, what would you say are the most underrated exercises that people forget about?

-Bill, Reading, MA



A: There are a few, but I'll give you three:

1. Push-ups
2. Chin-ups
3. Rear-foot elevated split squats (pictured right)

I like all three because they involve utilizing your body weight as resistance, so they can be done anywhere and don't require any fancy equipment.

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.pconditioning.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.