



PC Conditioning

Personal Training for all Levels

Newsletter

March 2010

"If you're not getting stronger, your program isn't working."
- Mike Boyle



Dear Readers-

Thanks for checking out the March edition of my newsletter. I'm coming off the busiest couple months of my career, which have been simultaneously successful and busy. That being said, I'm pleased to say that the majority of my clients are doing great as they continue to train hard to prepare for "bathing suit season" right around the corner.

This month, I'm going to keep my intro short and sweet so I can get right to the content. One quick update: I'll be conducting a health & fitness seminar/lecture in Waltham, MA on Wednesday, March 10th so if you're in the area shoot me an email so I can add you to the guest list. Additionally, I'm working on a couple other projects, so stay tuned to my blog (<http://pcconditioning.blogspot.com>).

Until next month (it'll be SPRING next time I check in!) have a great March and keep training hard!

To your health,

-PC

Exercise Tip of the Month

“Visual cues”

What’s the one piece of equipment that virtually every fitness center has plenty of? No, it’s not exercise bikes or squat racks. Still can’t decide? Mirrors! It’s one thing for a trainer to provide verbal/auditory cues regarding movement technique, but it’s often visual cues that people respond to the most. For example, when performing split squat variations, it’s important to get a visual idea of your shin angle, thus improving the quality of strength development. Sure, the “meatheads” may like the mirrors to flex, but you know why they’re really there- to provide visual feedback on exercise technique.



Nutritional Tip of the Month

“Building a Nutritious Meal”

I was reviewing some information recently written by Ingrid Skoog, a sports dietitian based in Eugene, Oregon. She discussed what she advises to her clients when putting together the perfect meal. Like Ms. Skoog, I try and keep things simple with clients. The basics will always prevail. That is, following the “K.I.S.S.” Principle will always help you reach your goals. In this case, Ms. Skoog suggested every meal should include three essential components:

- Quality protein
- Fiber
- Complex carbohydrates



She explained that if an athlete/client follows the above advice, the odds remain very good he/she will see results.

Give it a try and see what you think. Examine your meals and see if they contain these essential pieces. Most Americans need more fiber, while others need more protein. Determine your nutritional deficiencies and take appropriate action to ensure positive results.

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

Activating muscles around the hips (i.e. gluteus medius) by way of a "mini band" is one of various training modalities used by my clients/athletes. Personally, I begin the majority of my workouts using a mini band as it strengthens my hips and properly aligns my knee and hip joints to prep for squatting and lunging variations.

My good friend/mentor/colleague Glenn Harris, CSCS, recently created a video on using mini bands that can be seen here: <http://www.youtube.com/watch?v=TUZdv5ewzql>.



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://brianstpierretraining.com/index.php/the-low-down-on-cholesterol/>
"The Low Down on Cholesterol" - Interesting article from nutritionist Brian St. Pierre

Q&A

Topic: "Successful Weight Loss"

Q: Like millions of other Americans, I have a fair amount of weight to lose. I am hoping to lose the weight as quickly as possible. Any thoughts on how to expedite weight loss? -Tom: Waltham, MA

A: Successful weight loss that lasts is historically weight that loses at a "slow and steady" progressive rate. The massive drops in weight you see on sensationalized programs like "The Biggest Loser" typically don't last. Your weight loss experience should be a marathon not a sprint. For more information, check out the following:

<http://www.precisionnutrition.com/weight-maintenance-simple>

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.