



PC Conditioning

Personal Training for all Levels

Newsletter

May 2010

"It's not the work that's hard, it's the discipline."

- Anonymous



Dear Readers-

Thanks for checking out the May edition of my newsletter. I hope you're enjoying your spring. More importantly, I hope your spring training is going as planned. With the first quarter of 2010 under my belt, I've transitioned some of my workouts outdoors. I often use the spring and summer to incorporate outdoor activities (i.e. cycling and running) to my conditioning. The weather is so beautiful and it's just nice to get out and see various towns near me on foot. What are you doing to shake up your workouts this spring? Shoot me an email, as I'd love to share your tips with other readers.

This spring I'm going to be working at a few health fairs doing body composition testing via Bioelectrical Impedance Analysis (BIA). I always encounter some interesting people at these fairs, so I'll be sure to share my experiences in my blog (<http://pcconditioning.blogspot.com>) and in my next newsletter. Also, I'm teaching a couple group classes this spring so I'll be sharing my experiences with those groups as well.

I hope you enjoy this edition and please make sure to keep in touch. I LOVE all the feedback I receive. If you know anyone who may benefit from this newsletter, please don't hesitate to share their information with me, as I'd be more than happy to add them to my ever-growing subscriber list. Conversely, if you do not wish to receive this newsletter going forward, please let me know via email (paulconnolly123@gmail.com). Thank you!

To your health,

-PC

© 2010 PC Conditioning.com All Rights Reserved.

Personal Training • Watertown, MA and the Greater Boston Area

Exercise Tip of the Month

“Visual Motivation”

What motivates you? Is it something visual? Is it something you listen to (i.e. a certain song or musical artist)? Some people simply need to read about a topic that inspires them and they feel instant inspiration. I was chatting with a client recently and she was part of the majority of what I encounter. Most of my clients are inspired more so from visual stimuli. I'm in the same boat. Sure, I get inspiration from certain things I read or listen to, but I think visual imagery inspires me the most.



If there is something you're striving for (i.e. a specific goal), don't hesitate to construct some motivational means in your daily surroundings. I have some clients post pictures in places they see every day (i.e. on their fridge) of what they are shooting for. One of my clients has a picture of her after completing her first triathlon, while another has a picture of herself bench-pressing a certain amount of weight. Find out what works best for you and continue shooting for the goals you set for yourself.

Nutritional Tip of the Month

“Vegetarian Protein”

When I ask people what some quality sources of protein are, many of them respond with animal-based items like chicken, beef, and fish. While these answers are all correct, the truth of the matter is that there are plenty of delicious plant-based sources of protein. These include quinoa, edamame, spirulina (an edible algae), and lentils. While it's true some plant-based protein sources possess inadequate amino acids, combining specific selections (not necessarily in the same meal) ensure your ingest all of the amino acids vital to facilitate protein synthesis. Some examples include the following:



- Grains and legumes
- Legumes and seeds
- Grains and dairy products

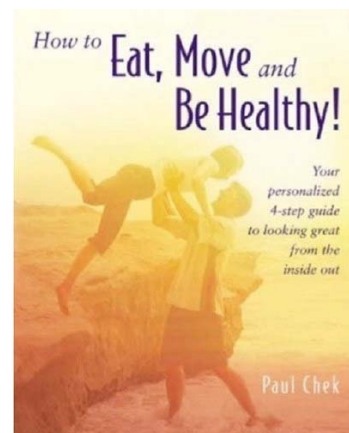
If you haven't already done so, consider trying a few of the aforementioned plant-based protein selections. You may find some new favorite foods you never thought you'd like. I know I did when it comes to Edamame. Throw a little dash of sea salt on some as I did in the picture above. Enjoy!

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

One of my goals for 2010 is to read at least one book/month (I'm ahead of schedule), in addition the numerous nutrition and exercise journals I receive regularly. That being said, I wanted to take a minute to recommend the book I just finished. "How to Eat, Move, and Be Healthy" by Paul Chek is well-written and easy to follow. Like other books I've read, the book contains individualized advice concerning nutrition, exercise, and stress management. Chek is someone whose work I've followed for years. He thinks "outside the box" and is considered controversial by some. Admittedly, I disagree with some of his philosophies, but in general, he provides a lot of solid advice.



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

<http://www.amazon.com/gp/product/1583870067?ie=UTF8&tag=pccon-20&linkCode=xm2&camp=1789&creativeASIN=1583870067>

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.ppssuccess.com/FoodforThought/ArticlesbyPaul/ArticlesbyPaulChekDetailPage/tabid/496/smid/2144/ArticleID/95/refTab/104/Default.aspx>

"Primal Pattern Diet Typing" - An interesting article by Paul Chek. I attended a webinar on April 27th on this very topic conducted by Chek and found it quite interesting.

<http://brianstpierretraining.com/index.php/tropical-awesomeness/>

"Tropical Awesomeness" - Delicious smoothie recipe from my go-to nutritionist, Brian St. Pierre.



Q&A

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

Topic: "Optimizing Sleep"

Q: Paul, you've talked a lot about the importance of sleep, but I'm curious if there are specific activities before bed that help improve the quality of my sleep?

-Stefanie, Boston, MA

A: Absolutely. Here are the 3 most important things I did to improve my sleep:

1. Remove the TV from the bedroom

2. Decrease light levels 60-90 minutes before bed (eliminate “screen time” such as TV/computer use before bed)
3. Incorporate activities that reduce heart rate/reduce stress shortly before bed (i.e. I perform 2 or 3 gentle stretches/yoga poses to relax)

Try one/all of the above and let me know how your sleep changes. It did for me!*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.