



PC Conditioning

Personal Training for All Levels

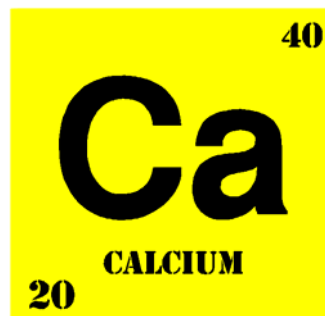
Personal Training - Watertown, Waltham, MA and the Greater Boston Area

Newsletter November 2010

"He who does not know food, how can he understand the diseases of man?"
- Hippocrates

Dear Readers-

Thanks for checking out the November edition of my newsletter. I wanted to take a moment to thank all of you who sent me such positive feedback over the last month about my updated web site (<http://www.pcconditioning.com>). A lot of work went into it and it's so nice to see the final product.



I wanted to use the Intro. this month to provide a few bullet points on calcium. Health experts generally agree that everyone should get the recommended daily amount (this varies based on age) via diet and if necessary, supplement form. It becomes a bit more complicated, however, when it comes to amounts above that. Check out the following list for a few calcium tips:

- Like vitamins, "mega-doses" of calcium do not prevent osteoporosis
- Too much calcium can be harmful; when the amount of calcium in the blood is too high, it can damage the kidneys and reduce the absorption of several vital minerals (i.e. zinc and magnesium)
- You are better off splitting up the dosage of supplements if you are taking more than 500 mg/day; for those who take 1,000 mg/day, it's best to split the pills up into two doses/day of 500 mg/dose.
- Calcium supplements can interfere with both prescription and non-prescription drugs, so please talk to your doctor about all of your calcium concerns.

To your health,

-PC

Exercise Tip of the Month

"Pushing Through Strength Plateaus"

A common problem encountered by those who strength train is battling through plateaus. Specifically, there will be instances when your strength may seem "stuck." That is, you may only be able to use a certain amount of weight on a given exercise. While frustrating, there are ways to combat this type of issue. These include the following:

- Increase/improve quantity/quality of sleep
- Change up your set/rep scheme. Too many exercise enthusiasts engage in the notorious 1-3 sets of 8-12 rep range. Experiment with heavier weights, using 4-6 sets of 4-6 reps.
- Implement "power" exercises (i.e. medicine ball throw variations and jump squats) to engage your Type II/"Fast Twitch" muscle fibers.



Nutritional Tip of the Month

"USDA Nutrient Values updated"



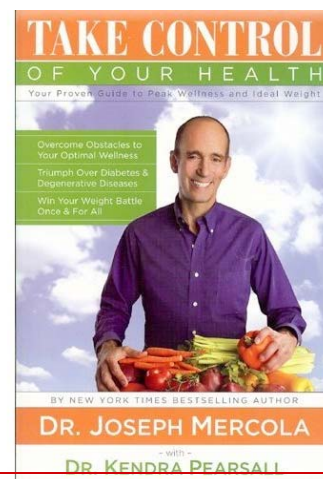
The December, 2009 issue of the Tufts University Health & Nutrition Letter revealed that the U.S. Dept. of Agriculture (USDA) has updated its nutrient database. The database is used to calculate the nutrition values of specific foods. The update was needed to reflect recent scientific findings surrounding Vitamin D and various minerals and fats. You can access the new database for FREE online at the following URL: <http://www.nal.usda.gov/fnic/foodcomp/search>

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

Dr. Joseph Mercola is well-known in my industry for providing up-to-date, unbiased nutrition information. Some of what he says is considered controversial, but everyone has a right to his/her opinion I guess. I just finished his book, "Take Control of Your Health," and



wanted to recommend it to my readers this month. The following is Amazon.com's description of this month's selection:

"Take Control of Your Health was written with you in mind -- a concerned individual who wants to improve your health and live better, but is confused by the mountains of conflicting information out on the web. Many people just can't sort through it all. "Should I go no-carb or low-carb?" "Is aerobic exercise really the best way to burn fat?" "Are prescription drugs really safe, or are there alternatives?" "Does the government really have my best interests at heart?" "Are there fats that are actually good for you?" Take Control of Your Health cuts through all the deceptions and half-truths and gives it to you straight. Listen, even my website has over 50,000 pages of content with more coming in all the time. So I've "picked out the gold" and given you the "best of the best". This phenomenal new work is packed with the most relevant and useful health beneficial information that you can get about the power of nutrition, exercise, proper rest and much, much more. Everything inside is based on proven research and actual results. It will completely transform your life. I have seen the healing power of food (the right food) and know what it will do for your health and well-being. My belief is that many common health problems started when we moved away from the eating and lifestyle habits of our long-ago ancestors. Chronic obesity, cardiovascular disease and other health related issues are more a result of modern diet than anything else. This program gets you back on the right track! Think of a toolbox that has every tool in it a mechanic would need to rebuild a dented, worn down, barely running car and create a handsome, sleek, powerful and highly-efficient machine. In this case, the machine is your body and Take Control of Your Health is the toolbox."

For your copy of "Take Control of Your Health," please click the following link:

<http://www.amazon.com/gp/product/0970557418?ie=UTF8&tag=pccon-20&linkCode=xm2&camp=1789&creativeASIN=0970557418>

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://alwyncosgrove.com/2010/10/a-tale-of-two-people/> "A Tale of Two People"

http://www.t-nation.com/free_online_article/most_recent/samurai_strategies_for_strength
"Samurai Strategies for Strength"

<http://thefatsolutions.com/blog/Random+Strength+Training+and+Health+Tips/>
"Random Strength Training & Health Tips"

Q&A

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

Topic: "**Dementia**"

Q: Is it true that exercise can combat dementia?



-Paul, Boston, MA

A: Great news for the ladies here! The Journal of the American Geriatrics Society (July, '10 edition) recently published a study that included 9,300 women over aged 65 that showed the correlation between exercise and preventing age-related dementia. Each participant answered questions about physical activity during various decades of their lives. Women who reported being more physically active throughout life displayed lower rates of cognitive degeneration. This concludes how important physical activity is as we age to improve the quality and quantity of life.

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.