



PC Conditioning

Personal Training for all Levels

Newsletter

September 2010

"Success is the sum of small efforts, repeated day in and day out."

- Robert Collier



Dear Readers-

Thanks for checking out the September edition of my newsletter. I hope you're having a wonderful summer. We've had some pretty humid weather in Boston, thus making it a warmer than normal summer overall. My Boot Camp has been going well. Here's a pic (see above) of a few members of the group finishing out some incline sprints with recovery decline jogs. They work real hard for me and I'm proud how hard they push themselves.

I've also spent a lot of time working on a couple big projects, both of which will be released before the end of the year—stay tuned! Until I check back in on October 1st, keep training hard and I continue to appreciate all the great feedback. It's been an incredible experience helping so many people (including family and friends) make so many positive changes in their lives toward a healthier lifestyle.

To your health,

-PC

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Personal Training • Watertown, MA and the Greater Boston Area

Exercise Tip of the Month

“Reflecting back on your Workout Intensity”

One tactic I implore my clients to implement is reflecting back at the conclusion of each workout to make sure they are working as hard as they should. Every rep counts and it's important to make the most of every minute you have. I'd rather have someone bust their butt in the gym for 20-30 minutes, than “dilly-dally” and use up (waste) an hour of their time. One thing I constantly preach to all my clients is “the harder you work the better you feel—particularly psychologically.” It really becomes a mantra I preach internally when I exercise. Try it during your next workout, then reflect back and you'll feel A LOT more accomplished if you push yourself harder than you normally would.

Repeat it over and over to yourself... “The harder I work, the better I'll feel.”



Nutritional Tip of the Month

“Breakfast Every Day”

Not only is it the most important meal of the day, it's MY favorite meal! We've all heard/read how important eating breakfast every day is. If we break the word down, break...fast is literally that—breaking the fast. It's fuel for your brain to start your day off on the right foot.



Like all other meals/snacks, breakfast should be comprised of protein, carbohydrates, and fats. What are some quality breakfast considerations you ask? Check out my picks below:

- Greek yogurt with fresh blueberries and raspberries
- Veggie Omelet with a blend of Omega 3 eggs and egg whites with side of fresh tomato (see above pic)
- Whole wheat toast with natural peanut butter and a couple slices of turkey bacon with a side of sliced bananas

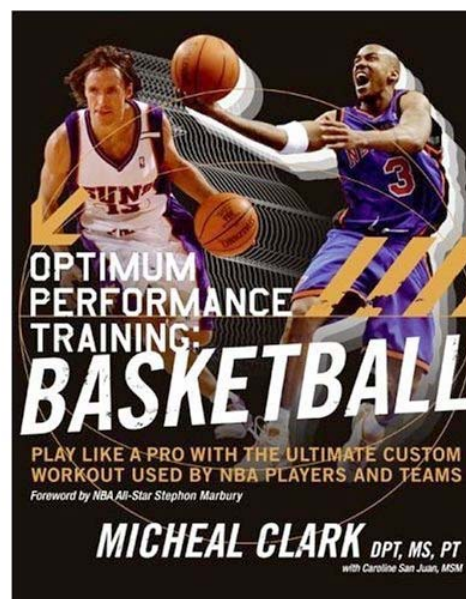
Blog

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

All you basketball enthusiasts will appreciate this month's recommendation. Mike Clark of the National Academy of Sports Medicine (NASM) did a great job with this book. It's easy to follow and offers a lot of options for basketball strength and conditioning. Amazon.com had this to say:

"This user-friendly guide begins with a simple five-step assessment to help you realize what your game lacks. Whether you want explosiveness off the first step like LeBron James, the iron-man endurance of Steve Nash, the coordination and flexibility of Kevin Garnett, the vertical leap of Vince Carter, or the muscle strength of Amare Stoudemire, you'll pinpoint your deficiencies and benefit from the exact same workout that Clark uses for the NBA's biggest stars. Clark's revolutionary approach to fitness and conditioning personalizes the workouts not only by sport, but also by performance skills, and will help you become the best basketball player you can be."



To check out your copy of this book, please click the following link:

<http://www.amazon.com/gp/product/0060852232?ie=UTF8&tag=pccon-20&linkCode=xm2&camp=1789&creativeASIN=0060852232>

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/good-news-for-low-carbers/>

"Good news for Low Carbers" - Low(er) carb diets work well for many people.

<http://www.coreperformance.com/knowledge/movements/plank-with-arm-lift.html>

"Plank with Arm Raise" - LOVE this exercise.

http://www.bostonperformancecoaching.com/_blog/BPC's_Blog/post/Why_Should_You_Warm_Up_for_Workouts/

"Why Should You Warm Up for Workouts?"

http://www.nytimes.com/2010/08/04/health/nutrition/04fat.html?_r=1&ref=nutrition

"Obesity Rates Keep Rising"

* <http://www.robertsontrainingsystems.com/blog/sleep-101> "Sleep 101"

Q&A

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

Topic: "Fatigue"

Q: I am wondering why my energy levels are running low. I exercise regularly and seem to eat OK. Any suggestions?

-John: Arlington, MA

A: While regular exercise and optimum nutrition both contribute to sustaining proper energy levels, there are other variables additionally at play. Consider the following:

- Do you have a regular routine to wind down every night around the same time (i.e. lowering light levels, reading, warm bath/shower, stretching, etc...)? 45-60 minutes outside of getting into bed should not include any screen time (TV, computer).
- Does your diet contain plenty of good fats (fish/fish oil, avocados, nuts, etc...)?
- Do you engage in activities that calm the mind (meditation, yoga, etc...)?
- Have you taken a mental/written inventory of all stressors in your life and construct ways to minimize/reduce them?
- Check with your doctor to see if having an endocrinologist check your hormone levels is in order
- *Review the final link I included in this edition's "Web Links/Recommended Reading" section

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.