



# PC Conditioning

Personal Training for All Levels

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

Newsletter April 2011

*"The most important work that is done in becoming the best is the work that no one ever really sees.  
It's the work behind the scenes!"*

**- Kevin Eastman (Boston Celtics Assistant Coach)**

# PERFORM BETTER!

Dear Readers-

Thank you for taking the time to check out the April, 2011 edition of my PC Conditioning Newsletter. Now that my basketball officiating season is over, I finally have a chance to exhale and make a decent attempt to get caught up on lingering office work and a bunch of other items on the "life to do list" that took a back seat during the winter.

One item on the agenda was to attend the annual Perform Better (<http://www.performbetter.com/?img=233&kbid=1249>) 1-day "Learn by Doing" seminar in Boston. I love these events because they provide incredible learning and networking opportunities. They are also a great way to speak in person to mentors and colleagues you typically only consult with via email/telephone. This year's lineup featured two of my favorites, Mike Boyle and Todd Durkin. While I picked up a lot of useful information, I always like listing out things I took from a seminar. I could honestly list 50 different concepts, but I'll stick to the "Top 10," in no particular order. Check them out below...



1. Take advantage of Perform Better's 15% off (and free shipping) discount during the seminar. I picked up this book that came highly recommended (<http://www.performbetter.com/detail.aspx?ID=5459&CategoryID=259&kbid=1249&img=2657PS.jpg>).
2. Proper breathing maintains thoracic spine mobility (too many people breathe in and out using their chest while shrugging their shoulders, thus contributing to further upper trap tightness and general neck/shoulder pain).
3. The more people you impact, the more money you'll make. It was suggested this is why teachers don't typically earn large salaries.
4. Do what you love and the money will come (this was actually a lesson I learned years ago from my Godmother). And yes, it's so true!
5. Enjoy the moment and stop focusing on "what's next."
6. Expenses will keep pace with revenue.
7. If you make people feel better, they'll bring you more clients.
8. Have something to offer, not something to sell.
9. Who you will be is what people will say in ten years.
10. \*After the seminar, if you return to your car and find the passenger front door window of your car smashed and your GPS and stereo stolen along with extensive front console damage, it's always good to have a friend there to keep you company while you wait for Boston Police to arrive. Thanks Lauren. You're the best! \*

Until next edition, have a healthy and peaceful day...To your health,

-PC

## Exercise Tip of the Month

### "Buddy System"

With spring upon us and temperatures slowly starting to rise, there's less and less reasons (excuses) not to get in your daily physical activity. Many people often admit they aren't motivated to work out, yet there is a very simple solution to this: implement a "buddy system."



I'm sure there is someone in your life (co-worker, friend, family member, etc... who needs to increase his/her physical activity level as well. Engage this person in a walking program with you. Who knows, maybe the two of you could take a group exercise class together and find new ways to motivate each other. Keep it fun, safe, and progressive. I've even had small groups implement little fitness challenges with each other (i.e. see who can walk the most mileage in a given week). Email me for details or if you have any questions.

## Nutritional Tip of the Month

### "Vegetarian Types"

Vegetarian diets are correlated with significantly lower cholesterol and saturated fat intake. There are many different types of vegetarians. You may be one and not even realize it. The main types of vegetarians are as follows:



- "Flexitarians"- Avoid some, but not all, animal products; limit their intake of red meat
- "Lacto-vegetarians"- Consume dairy products, but limit intake of other animal products.
- "Ovo-vegetarians"- Include eggs in their diet but avoid other animal products.
- "Pesco-vegetarians"- Eat fish and may eat eggs and dairy, but avoid meat and poultry.
- "Vegans"- The strictest type of vegetarian; they avoid every sort of animal-derived food/product.

## 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 the latest movements I've added to the conditioning ("cardio") aspect of my training sessions has been Battle Rope drills. I run through a few rounds of them at the end of a workout setting up them up in an "interval" fashion. That is, I'll utilize a specific work:rest ratio. I start many people off in a 1:3 work:rest manner, so this is what I initially started with. To check out a sample demonstration of these ropes, click the following link: [http://www.youtube.com/watch?v=JyyLZIZc\\_8U](http://www.youtube.com/watch?v=JyyLZIZc_8U)



To order your Battle Ropes, please click the following link:

<http://www.performbetter.com/detail.aspx?ID=5555&CategoryID=506&kbid=1249&img=6226PS.jpg>

## 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.foxnews.com/health/2011/03/17/10-fitness-myths/> "Top 10 Fitness Myths"

<http://yourlife.usatoday.com/fitness-food/diet-nutrition/story/2011/03/Grocery-shopping-mistakes-to-steer-clear-of-/44654276/1> "Grocery Shopping Mistakes to Steer Clear Of"

## Q&A

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

Topic: "Spring Piece of Advice- Keeping it Simple"



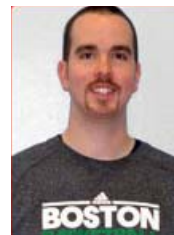
Q: Can you offer an easy-to-follow piece of advice as I get back into my workouts this spring?

John: Waltham, MA

A: I think the one piece of advice that I still use ALL THE TIME with my training clients is to keep it simple. People are always better off mastering a basic program than attempting some complex training program performed in a sub-par manner. Clients are often surprised how SIMPLE some of the "homework assignments" I give them are. However, simple doesn't equal "easy." Training hard, while maintaining simplification, is a HUGE key to success.

\*If you've got a question, feel free to email me at the following: [paulconnolly123@gmail.com](mailto: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](mailto: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.