



PC Conditioning

Personal Training for All Levels

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

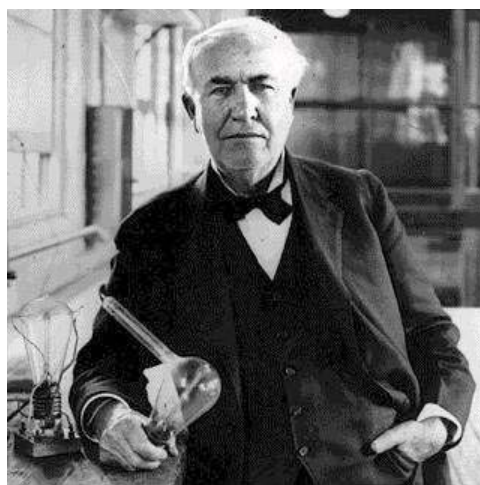
Newsletter August 2011

"The Most Important Thing is to Make the Most Important Thing the Most Important Thing"
- **Unknown**

THE
MOST
IMPORTANT
THING

Dear Readers-

Thank you for taking the time to check out the **August, 2011** edition of my *PC Conditioning Newsletter*. July was a very exciting month! I celebrated a birthday (I turn 21 every year), but importantly got closer to achieving my annual goal of achieving "life balance." This has included writing down goals and tracking them daily. Additionally, I find those who set- and achieve- their goals have great levels of focus.



(Thomas Edison)

Thomas Edison was asked once if he thought he was a genius. He replied, "I'm not a genius. I just have a great ability to focus." Edison's famous proverb is as follows: "Genius is one percent inspiration and ninety-nine percent perspiration." I always loved this quote from Mr. Edison. Here's hoping you enjoy these last 5 months of 2011 with great prosperity.

Until next edition, have a healthy and peaceful day...

To your health,

-PC

Exercise Tip of the Month

"Keeping it Fun"

While I'm constantly after clients to push themselves during their training session, I never lose sight on the fact that I need to keep things interesting and FUN. If clients didn't enjoy their training sessions, I'd simply be out of business. One way to keep things interesting is to engage in semi-private/small group training. Another way is to incorporate things we used to do as kids (i.e. Jump Rope). For some reason, people are always looking for the latest "cardio machine," when in fact for about \$20, you can get a great workout. Jump Ropes are fantastic for burning fat, improving muscular endurance, and agility. From a functional perspective, they can be used as a training tool to prevent falls and improve balance since they can be used bilaterally or unilaterally.



Jump Ropes can be ordered by clicking the following link:

<http://www.performbetter.com/detail.aspx?ID=3726&CategoryID=189&kbid=1249&img=5086P.jpg>

Nutritional Tip of the Month

"Jay Robb Protein Powder"

Like so many other people interested and intrigued by various supplements, I have tried countless brands over the years. As others will attest, I've had my share of horrible tasting powders, but only recently have I come across a couple products I like. One utilized the artificial sweetener Sucralose (common brand name: "SPLENDA"), so I recently ditched that from my nutrition plan. My clear favorite when it comes to both quality and taste lies with the *Jay Robb Company*.



His whey comes from mostly grass-fed cows, is low-temperature processed, has no artificial sweeteners, mixes easily and tastes great without completely breaking the bank. It certainly isn't the cheapest powder on the market, but it is far less expensive than comparables like Whey Cool or Warrior Whey. Artificial sweeteners have been known to cause gastrointestinal distress (i.e. bloating) in some people (yours truly, included). What I like about *Jay Robb* products is that they use Stevia, a natural sweetener proven to be safe.

Another reason I choose *Jay Robb* powder over other brands is simply based on the ridiculous amount of—and type of—ingredients used. Check out this label of a recent protein powder I encountered:

Purified Water, Evopro (Micellar Alpha and Beta Caseins and Caseinates, Whey Concentrates Rich In Alpha-lactalbumin, Whey Peptides, Purified Bovine Colostrum Extract, L-glutamine, Taurine, Lactoferrin), Lean Lipids Trans Fat Free Lipid Complex Selected For Thermogenic and Unique Energy Properties (Canola Oil, Sunflower Oil, Enzyme Engineered Polyunsaturated Long-chain Vegetable Oils, Mcts, L-carnitine), Crystalline Fructose, Maltodextrin, Vitamin and Mineral Blend (Vitamin A Palmitate, Cholecalciferol, Vitamin E Acetate, Biotin, Niacinamide, D-calcium Pantothenate, Thiamine Mononitrate, Cyanocobalamin, Riboflavin, Pyridoxine Hydrochloride, Ascorbic Acid, Tricalcium Phosphate, Chromium Chloride, Copper Glutamate, Potassium Iodide, Ferric Pyrophosphate, Magnesium Phosphate, Zinc Oxide), Natural and Artificial Flavor, Potassium Chloride, Soy Lecithin, Microcrystalline Cellulose, Carrageenan, Salt, Yellow 5, Acesulfame Potassium, Sucralose.

An analysis performed by the *Jay Robb* company had this to say:

"As you can see, the main ingredient is water followed by their own protein blend, which includes casein (milk protein) as the main protein along with bovine colostrum (the milk the mama cow produces from her udder just prior to or initially after giving birth). Then they toss in some medium chain triglycerides (refined coconut oil), fructose (PROCESSED AND CONCENTRATEE FRUIT SUGAR), a weak vitamin and mineral blend, and top it off with some bad stuff (in my opinion) including ARTIFICIAL FLAVOR, POTASSIUM CHLORIDE, CARRAGEENAN, YELLOW DYE #5, ACESULFAME POTASSIUM (ARTIFICIAL SWEETENER), AND SUCRALOSE (ANOTHER ARTIFICIAL SWEETENER)."

Now, take a look at the ingredient list of the vanilla *Jay Robb* powder I use:

Cold-processed cross-flow micro-filtered whey protein isolate, natural flavor, xanthan gum, lecithin, and stevia.

I've only tried Vanilla, and am loving it! It mixes well and can be included in any smoothie recipe. To order your *Jay Robb* Whey Protein Powder, please [CLICK HERE](#).

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

Push-ups are in the same category as pull-ups in my humble opinion, in that both are extremely underrated bodyweight exercises. While push-ups are challenging for many, utilizing handles to assist with them make them feel more comfortable on the wrists. Excess hyperextension at the wrists can occur and the Perfect Push-up product has GREATLY helped me. It became evident that I developed a cyst on my "lunate" carpal bone in my right wrist a few years back and utilizing this product is the only way push-ups are tolerable. Check them out by clicking the following link:



<http://www.amazon.com/gp/product/B000KDM3BG?ie=UTF8&tag=pccon-20&linkCode=xm2&camp=1789&creativeASIN=B000KDM3BG>

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.eatrightamerica.com/nutritarian-lifestyle/Measuring-the-Nutrient-Density-of-your-Food>

"Measuring the Nutrient Density of your Food" - Kale, spinach, broccoli, etc... Find 'em all here and discover which selections truly are the HEALTHIEST!

<http://dbstrength.blogspot.com/2011/01/why-are-you-stil-jogging.html>

"Why Are You Still Jogging?" - Interesting piece from strength coach Damon Brobst.

<http://nsca-lift.org/HotTopic/download/ProteinNeeds.pdf>

"Protein Needs of Athletes" While the title says "athletes," I use this as a guideline with most of my clients, specifically the ones who are very active.

http://www.t-nation.com/free_online_article/most_recent/bulletproof_your_body_assessments_for_the_hardcore_lifter

"Bulletproof Your Body" - Fantastic piece from strength coach Tony Gentilcore.

<http://www.precisionnutrition.com/sugar-daddy-no-dessert-year>

"A Year Without Desserts" - Is this possible?!?!

<http://robertsontrainingsystems.com/blog/12-ways-to-improve-recovery/>

"12 Ways to Improve Recovery" - Great piece from Mike Robertson.

<http://www.niashanks.com/blog/Amazing+Bison+Chili>

"Bison Chili Recipe" - I'm a HUGE fan of bison. Check out this delicious recipe!

<http://www.tonygentilcore.com/blog/pretty-much-the-best-protein-shake-ever-invented>

"Protein Shake recipe I just made today"

<http://us1.campaign-archive2.com/?u=92dc638ffdb7973432d18a3c6&id=d6066536d6>

"Invest in our Success" - Boston Celtics Assistant Coach Kevin Eastman is someone whose work I follow regularly.

<http://www.personaltrainerscincinnati.com/2010/11/on-8th-day-god-created-schwinn-airdyne.html>

"On the 8th Day, God Created the Air Dyne" - Good article detailing my favorite conditioning tool. Sad how most gyms don't have them—including mine.

<http://jasonferruggia.com/top-20-bodyweight-exercises-for-building-muscle-strength/>

"Top 20 Bodyweight Exercises"

<http://brianstpierretraining.com/index.php/food-should-taste-good/>

"Food Should Taste Good" - Article on my favorite chips!

Q&A

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

Topic: "Fish Intake"

Q: "You're clearly an advocate of fish intake, so I was wondering how many times/week should I have fish?"

Eddie: Waltham, MA



A: The current general recommendation set forth is to consume 2 servings (3 oz. equals 1 serving) of fish/week (assuming it contains minimal levels of mercury and is not fried) to prevent cardiovascular disease. Personally, I consume an average of 6-8 servings of fish/week, most of it being wild salmon (see picture above).

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

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available by appointment only.

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“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.