



PC Conditioning

Personal Training for All Levels

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



Newsletter December 2011

**"Common sense is not very common."
- Ben Franklin**



Dear Readers-

Thank you for taking the time to check out the December, 2011 edition of my **PC Conditioning Newsletter**. I hope you all had a wonderful Thanksgiving. As always, I was very happy to be around my relatives—and of course tasty food!

This edition, I wanted to briefly mention one principle of exercise that still seems to be ignored. This principle is called Periodization. Simply put, we all need to make changes to our routine as time goes on. So many things can be changed (i.e. the speed of your repetitions when you strength train, the number of days per week you engage in conditioning workouts, the rest period between sets, etc...)

The LAST thing you want to do is the exact same thing over and over. So many of my clients over the years started with me having done just this. Injecting a little change, while at first takes getting used to, is an exciting process. Your body having to adapt to new training stimuli will respond favorably and expedite your improved body composition goals. Personally, with winter on deck, I will be scaling back the length of my conditioning workouts since my basketball officiating schedule picks up. A little change like that may additionally help with post-workout muscle recovery.



What changes do you plan on making to help your training progress? Additionally, what nutrition modifications do you plan to make? Personally, I've increased my fat and protein intake based on my training goals. Please don't hesitate to email me (paulconnolly123@gmail.com) if you need guidance to tweak your program.

Until next YEAR, have a healthy and peaceful day. See you in 2012!!!To your health,

-PC

Exercise Tip of the Month

"Isometric Split Squat Holds"

Isometric exercises are those performed with essentially no movement. You simply hold a specific position, while engaging the relative muscle(s) trained. In this example, a split squat bottom position is held for a prescribed length of time. I perform these in the beginning of my lower body routine to engage the major lower body muscle groups (i.e. glutes, hamstrings, quads, etc...)

Perform 5 reps @ 5 seconds each for both legs. Repeat 1-3x.

Check out a video demonstration here: [Isometric Split Squat Holds](#)



Nutritional Tip of the Month

"Omelets for Increased Protein and Veggie Consumption"



No less than 5 days/week I eat a veggie-packed omelet- typically at breakfast. Omelets are not only a great source of protein (when portioned correctly), but they are one of the BEST way to increase veggie intake. The omelet I made this morning, for example, had baby spinach, Shitake mushrooms, diced red peppers, and red onion. While salads and stir-fries are 2 fantastic ways to increase veggie intake, breakfast is where I have worked to personally increase my veggie intake. Omelets have helped me do just that. Pair the omelet with some fresh fruit and a healthy starch like Ezekial toast and you're off to a fantastic start!

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



[Click HERE to check out the Fat Gripz Training Device](#)

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:

[30 Power Foods](#)- Clients often ask me: "So what should I eat Paul?" This list answers that simple question.

["7 Fat Loss Essentials"](#) Webinar from Dr. Mike Roussell

[Interval Training- HIIT or Miss](#)- CLASSIC article from Coach Mike Boyle

[McDonald's 4-Year Old Cheeseburger Video!](#)

Q&A

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

Topic: "Supplements"

Q: "Paul, are there certain supplements that you recommend taking? Out of curiosity, what, if any, supplements do you take?"

Jane: Waltham, MA



A: As always, you need to speak with your physician before taking any supplements. While I can't legally prescribe you specific supplements, I will say that certain supplements have their place. For example, some people possess high levels of inflammation so fish oil may be in order for them. Many people are also Vitamin D deficient, so a Vitamin D supplement may be in order for them. Again, speak with your physician before trying anything out.

Personally, each day I take a daily multi-vitamin, 1,300 mg fish oil, 2,000 IU Vitamin D, and 5g Creatine. This is what my body needs based on my goals. Everyone is different.

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.