



PC Conditioning

Personal Training for All Levels

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

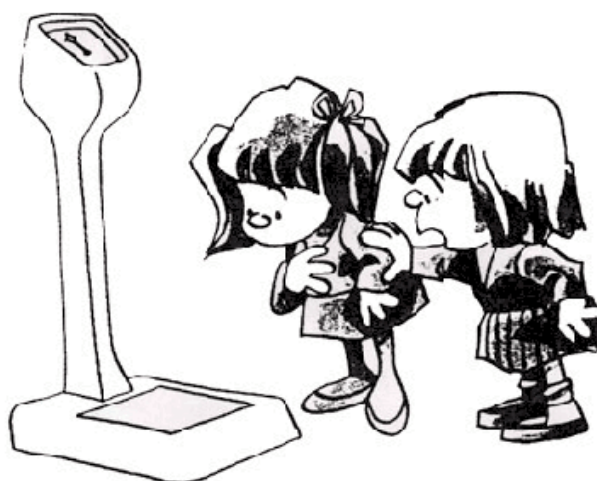
Newsletter February 2011

"What hurts more, the pain of hard work or the pain of regret?"
- **Boston Celtics Weight Room sign**



Dear Readers-

Thank you for taking time to check out the February, 2011 edition of my **PC Conditioning Newsletter**. Here in Boston, we've been battling some brutal snow accumulations, but we'll get through it. Spring Training for the Sox is just around the corner, so be patient. Between then and now, we've got to stay focused on the path toward achieving our respective goals for 2011.



"Don't step on it... it makes you cry."

The top goal every year for the majority of people is always weight loss. When it comes to gender differences, people often assume it's easier for men to lose weight and to keep it off. While I agree we men possess more muscle and can initially burn fat quicker, you'll be interested to check out Courtney Humphries' article that reveals that women and men achieve similar success with weight loss. Something I took from the article that I completely initially ignored was that women have more exposure to food throughout the day than men. This makes a lot of sense as to why they tend to battle the bulge, at least initially, more than men!

Check out the full article here:

http://www.boston.com/lifestyle/health/articles/2011/01/17/why_does_it_seem_easier_for_men_to_lose_weight_than_for_women/

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

To your health,

-PC

Exercise Tip of the Month

"Benefits of Dynamic Warm-up"

Most people are aware that you should warm up before exercising to improve joint range of motion, yet it's disheartening to discover how many people truly don't practice this concept. One point I stress with my clients is that the older you are and the colder the temperatures become, the longer your warm-up should be. Simple exercises/movements can include the following as part of a warm-up:



- High knee pulls
- Straight-leg hamstring kicks ("Toy Soldiers")
- Split Squat rotational reaches (see above pic)

The Journal of Strength & Conditioning Research (Vol. 24 No. 24, Dec. 2010) recently highlighted a study that stressed the importance of a dynamic warm-up. Patrick Dixon, UCONN researcher, had this to report:

"...when athletes are exposed to cold conditions, it is recommended that before practice or play, a dynamic warm-up be employed to optimize performance."

Nutritional Tip of the Month

"Journaling Your Way to Weight Loss"

3 words to recite over and over again if you are someone looking to lose weight:

1. WRITE
2. IT
3. DOWN



It sounds simple, but it is amazing how beneficial writing down what you eat and drink is. This is typically the VERY FIRST step I have my clients perform if they are looking to lose weight. I've been asked by clients over the years to "just put together a menu" and they will follow it. Unfortunately, it's just not that simple. In addition, they NEVER follow it. As the saying goes, Rome wasn't built in a day. Therefore, if you are looking to lose weight, the VERY FIRST thing you should do is to start writing down what you eat and drink. Try it for a couple weeks and you'll be amazed at the different mistakes you could be making. These range from not only the types and amounts of food you are eating, but the meal intervals (time between feedings) as well.

Shoot me an email (paulconnolly123@gmail.com) if you need help getting started.

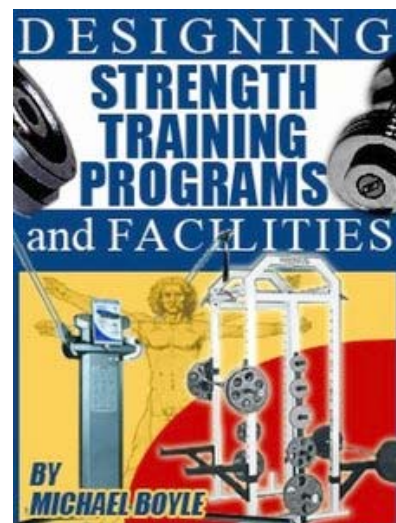
Blog

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

While attending seminars and consulting with the field's top experts has helped my career development, reading books by these individuals over the years has further assisted me. This month, I'd like to highly recommend checking out Mike Boyle's book titled "Designing Strength Training Programs & Facilities." It's undoubtedly one of the best books I've ever read. Designing Strength Training Programs and Facilities is for the "serious" coach or trainer looking for in-depth information about programming and facility design in an easy to understand format.

To order your copy of "Designing Strength Training Programs & Facilities," please click the following link:
<http://www.performbetter.com/detail.aspx?ID=4566&CategoryID=259&kbid=1249&img=2658P.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://benbruno.blogspot.com/2011/01/review-of-vibrams-fivefingers-and-nike.html>

"Review of Vibrams Five-Fingers and Nike Free Shoes"

<http://blogs.consumerreports.org/health/2011/01/vitamin-d-supplements-should-you-get-your-vitamin-d-level-tested.html>

"Should You Get Your Vitamin D Level Checked?"

Q&A

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

Topic: "Eat Whole Foods"

Q: What would be a super simple piece of advice or two for someone looking to improve his or her nutrition?

-Chris: Woburn, MA



A: If you are simply looking to make better choices, then I would first start out with my nutrition tip of the month, writing everything down that you eat. Second I would only consume "whole foods." I always think of Michael Pollan when I give out this particular piece of advice as he talks a lot about avoiding "food-like products." For example, "Gogurt" is not food, it is a "food-like product." It contains high fructose corn syrup and plenty of artificial color and chemicals. Greek Yogurt, on the other hand, contains two ingredients: milk and active cultures. One tip to walk away with: if your yogurt has a cartoon character on it (Shrek and his pals are on WAY too many food packages!), it's probably not the best choice for your little ones!

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.