



PC Conditioning

Personal Training for All Levels

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

Newsletter January 2011

"There are two kinds of success. There's success in your own eyes and there's success in the eyes of other people. If you want to feel successful in your own eyes, you gotta feel satisfied with your life, satisfied with your accomplishments. That's success."

- Red Auerbach



Dear Readers-

2011 is officially here and boy did 2010 fly by, at least for me. I hope you and your loved ones had a healthy and peaceful holiday season. I always like to look back and see where I did well and where I need to improve—in every facet of life. I'll review what I accomplished, but spend more time focusing on the "weak links" in my chain. Personally, I set categorical goals, breaking down all that I want to realistically achieve into different sections. For example, I have financial goals, exercise goals, nutrition goals, and real estate goals just to name a few. I'll devise the "plan of attack" for each categorical goal to make sure I achieve them, or at least work my tail off trying.

While I fell short with a couple exercise goals, I did well with a few business-related goals. One sub-category in my business goals is to read a fair amount of books that will help me improve as a person. Topics of the books include finance, exercise, nutrition, and self-help. The following is a list of what I read in 2010, all of which I'd recommend checking out:

- Bowden, Jonny. "The 150 Healthiest Foods on Earth"
- Campbell, T. Colin. "The China Study"
- Chek, Paul. "Hot to Eat, Move, and Be Healthy."
- Dos Remedios, Robert. "Cardio Strength Training"
- Gawande, Atul. "The Checklist Manifesto: How to Get Things Done Right"
- Gladwell, M. "What the Dog Saw"
- Glink, Ilyce. "Buy, Close, Move In!: How to Navigate the New World of Real Estate--Safely and Profitably--and End Up with the Home of Your Dreams"
- Glink, Ilyce. "100 Questions Every First-Time Home Buyer Should Ask"



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- Hoyt, Dick and Yaeger, Don. "Devoted: The Story of a Father's Love for His Son"
- Mercola, Joseph. "Take Control of Your Health."
- Nestle, Marion. "What to Eat"
- Pollan, Michael. "Food Rules"
- Stanley, T. and Danko, W. "The Millionaire Next Door"
- Vaynerchuk, Gary. "Crush It: Why Now is the Time to Cash in on Your Passion"

I wish you the best of luck in accomplishing your goals this year!

To your health,

-PC

Exercise Tip of the Month

"Water Power"

Throughout the year, certain topics peak my interest. The latest is a training approach I have undertaken with a couple clients in the last few weeks. Simply put, I devise specific "power" exercises for clients to perform in the pool who may not be able to handle the rigors of "land-based" training. Specifically, I have a client with bad knees perform a few sets of wall push-offs in the pool to develop lower body power rather than having him perform a jump squat on land.



Additionally, I'll have clients practice high knee fast-paced running the pool or simple push and pull horizontal motions to improve Type II muscle fibers in their pectorals, rhomboids, triceps, trapezius, etc...

Nutritional Tip of the Month

"Food and Mood"

This month, I'd like to simply recommend an article to check out on food and mood—a topic that I have great interest in. So much so, in fact, that I've experimented with client nutrition plans to improve their mood by increasing the "good fats" in their daily intake. I am waiting on longer-term approaches to report back any findings. I'll keep you posted.

<http://www.precisionnutrition.com/food-and-mood>



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

To date, the benefits of fish oil consumption are overwhelming. It has been proven to accomplish all of the following:

- Decrease inflammation
- Improve mood
- Reducing pain associated with arthritis and morning stiffness
- Slow the rate of telomere deterioration (attenuate the aging process)
- Reduce the risk of age-related macular degeneration



I take a teaspoon of the above product every morning with breakfast. It provides 1,300 mg of combined DHA and EPA, the two most important Omega-3 fatty acids.

To order Carlson's Fish Oil, please click the following link:

<http://www.amazon.com/dp/B001LF39RO?tag=pccon-20&camp=0&creative=0&linkCode=as1&creativeASIN=B001LF39RO&adid=02GWQJ70XVE8YAJWXPZO>

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://brooklynimbecile.wordpress.com/2010/03/30/30-days-without-sugar/>

"30 Days Without Sugar"

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

"The Truth About Saturated Fat"

<http://www.coreperformance.com/daily/live-better/7-stretches-for-the-office.html>

"7 Stretches for the Office"

Q&A

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

Topic: **"Failure with Goals"**

Q: Every year I set out one or more goals, yet I always seem to come up short. What am I doing wrong?

- Dave: Wakefield, MA

Many Goals to Go!

PLAY GO HONORED
QB PLAY
INSTRUMENT
SIX HOME WINS
THREE NATIONAL
HOME
SCHOOL LEAGUE
SEE HOME WINS
- ALL MISS
- ACHIEVEMENTS
Place For:
- GORDON
- ALBERT
- S. D. W. W.
- CHAMPIONS
- CHAMPIONSHIP
- GENE
- NEW YEARS
- BIRTH
- RE-SHIRT?

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