



“You must think clearly with a disciplined mind, especially in regard to the most efficient and productive use of time and resources.”

- Coach Bill Walsh

**PERFORM
BETTER!**

Dear Readers-

Thank you for taking the time to check out the **June, 2011** edition of my **PC Conditioning Newsletter**. I'm so excited it's June which means this month I'll be heading to Providence, RI for the annual *Perform Better 3-day Functional Training Summit*. While I certainly gain a ton of knowledge at these events, I also am amazed at how well most of the participants take care of themselves.

I recall one of my clients a few years ago asking me what stood out for me at my first conference and my honest reply was, “Everyone had an ass.” Ok, professionally speaking I should have said “Everyone had solid glute development.” Regardless, we both had a good laugh, although I meant what I said. The majority of the attendees know how to take care of themselves and don't spend all day sitting at a computer like most of this country does from 9-5.

Like SO many women, my client at the time asked me to suggest a couple good exercises that would improve *her* backside and I suggested the following (give them a shot or email me if you have questions how specifically to perform these exercises:)



(“Rear-Foot Elevated Split Squat”)



(“Hip Bridge/Hip Extension”)

Video clips for each exercise can be found by clicking the following links:

- Rear-Foot Elevated Split Squat: <http://www.youtube.com/watch?v=NE9zjAmGCIU>
- Hip Bridge: <http://www.youtube.com/watch?v=l-Q72iDRe38>

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

To your health,

-PC

Exercise Tip of the Month

“Desk Stretching 101”

Whether it be for work or pleasure, we’re all guilty of sitting at the computer too long. I recently came across a very good video that reviews a host of desk stretches. Check it out here:

<http://www.youtube.com/watch?v=jIJtklBGZE&feature=feedwll&list=WL>



Nutritional Tip of the Month

“The Power of Color”

I was at a friend’s house recently for dinner and I remember saying to them, “look at all this color!” Like many other friends have in the past, they laughed at me knowing I was just being the typical nutrition nerd that I sometimes can be. The incredible thing about implementing a “rainbow on your plate” is that each color of specific fruits and vegetables corresponds to a specific Phytonutrient that improves your health.



Here’s an example of what I mean:

Color	Found In	Benefits
Red	Strawberries, cherries, tomatoes	Lycopene may reduce risk of prostate and lung cancer
Green	Broccoli, Brussels sprouts, kale	Lutein helps protect the eyes from age-related Macular Degeneration
Blue/Purple	Blueberries, grapes	Resveratrol keeps artery walls healthy, thus reducing risk of heart attack and stroke

Source: Go Green Get Lean: Geagan. (2011)

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

If you know me well, you know that music is my #1 love in life. EVERY thing I do (training clients, riding in the car, working in my office, etc...) involves music. I'll always have the iPod playing or my favorite channels playing online through Pandora. This month I'd like to recommend that very program. Pandora can be accessed online or downloaded on most Smart Phones. I use it regularly during training sessions and in my car through my iPhone. It's fantastic.



cNet.com had this to say about Pandora (<http://www.pandora.com>):

"Pandora's Web-based music-streaming service works with both Windows and Macintosh operating systems, and it costs nothing. Its surprisingly deep library makes for an excellent means of discovering new music."

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.t-nation.com/free_online_article/most_recent/5_surprising_reasons_you_blew_your_diet

"5 Surprising Reasons You Blew Your Diet"

<http://www.mcmanweb.com/omega3.html>

"Omega 3 for Depression"

Q&A



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

Topic: "Protein Starters"

Q: What would you consider a high-quality start to the day as far as breakfast protein goes?

John: Waltham, MA

A: Breakfast remains my favorite meal of the day and I start 99% of my days with a nutritious breakfast. Eggs remain my primary protein source and are super nutritious. Personally, I use Eggland's Best brand. A quote off their web site reads as follows:

Eggland's Best eggs contain 10 times more Vitamin E than ordinary eggs, twice as much Vitamin D, 115mg of Omega 3, shown to be beneficial to cardiac health, 25% less Saturated Fat, 75% more Vitamin B12, over 50% more Vitamin A, 15% more Riboflavin (Vitamin B2), 200 mcg of Lutein, shown to contribute to eye health, and 10% of the daily recommended intake of folic acid.

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.