



PC Conditioning

Personal Training for All Levels

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

Newsletter March 2011

“Life finds its purpose and fulfillment in the expansion of happiness.”
- Maharishi Mahesh Yogi



Dear Readers-

Thank you for taking time to check out the March, 2011 edition of my [PC Conditioning Newsletter](#). I figured that if I put a picture of how I envision spring (sunny skies and Red Sox spring training), the snow may magically remove itself this week. We have had a tough winter here in Boston and I continue to promise myself I will cherish every day of the warmer weather when it finally arrives.



(Carl Crawford performing “Stiff-Legged Deadlifts”)

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

To your health,

-PC

Exercise Tip of the Month

“Increasing Energy Levels for your Training Sessions”

If there's one question I get all the time, it's "How can I improve my energy for my workouts?" People sometimes expect me to answer with a recommended food or supplement, when in fact it's what you do the night before that makes the biggest difference. I should actually re-phrase that and say what you fail to do can make a huge difference. The missing component, in my opinion, is the lack of a nighttime routine to wind down. Lowering levels of light, avoiding screen time 60-90 minutes before bed, amongst other things, helps increase your quality of sleep, thus improving your energy.



The Boston Globe recently had an article discussing this very topic. Check it out here:

http://www.boston.com/lifestyle/health/blog/dailydose/2011/01/why_you_should.html?p1=Well_Health_links

Nutritional Tip of the Month

“Going Vegan”

Oprah Winfrey recently aired an episode on people going vegan. She and her staff did a “vegan challenge” together (<http://www.oprah.com/showinfo/Oprah-and-378-Staffers-Go-Vegan-The-One-Week-Challenge>) and I found it quite interesting. Michael Pollan and Kathy Freston were both on the show and had some interesting things to share with the audience. If you know me, you know how much I LOVE Michael Pollan's work. Check out his backstage interview here: <http://www.oprah.com/oprahshow/Backstage-with-Michael-Pollan-Video>.



Oprah's web site also featured a “Vegan Shopping List” from which I am going to try a few items. Check it out here and let me know if you have had anything on the list so I can share it with my readers: <http://static.oprah.com/images/packages/vegan-starter-kit/vegan-shopping-list.pdf>

And in case you're wondering, I'm not a vegan ☺.

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

I'm forever harping on the benefits of consistent quality sleep to clients. When it comes to weight loss or workout recovery, adequate sleep is so crucial. Failure to include a night-time "wind-down routine" can limit the quality of your sleep. I like to include some static stretching and a cup of herbal tea an hour before bed to calm me down. It definitely helps. I use a product from Yogi available @ Trader Joe's and most grocery stores.

To order your Yogi Bedtime Tea, please click the following link:



<http://www.amazon.com/gp/product/B0009F3SA0?ie=UTF8&tag=pccon-20&linkCode=xm2&camp=1789&creativeASIN=B0009F3SA0>

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://opinionator.blogs.nytimes.com/2011/02/22/how-to-make-oatmeal-wrong/?hp>
"How to Make Oatmeal- wrong!"

<http://www.clicker.com/tv/dateline-nbc/Dr-Andrew-Weil-discusses-oncology-s-future-1358548/>
"Dr. Andrew Weil discusses the future of oncology"

Q&A

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

Topic: "Lower Body Strength Training"

Q: What's the best lower body exercise?

- Jane: Waltham, MA



A: While it's tough to say what is "the best" lower body exercise, I can tell you that one of my favorites, bilaterally speaking, is the Trap/Hex-Bar Deadlift. Coming from someone who has suffered from low back issues since I was 15, I can tell you I like it as a leg strengthener for those with low back issues as the weight is pulled from the floor in line with your center of gravity. Traditional Deadlifts force you to pull weight from the floor that is technically in front of your body the entire time. Check out my "favorite" here:

http://www.youtube.com/watch?v=pDtMJ5PYWAM&feature=player_embedded

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.