



# PC Conditioning

Personal Training for All Levels

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

Newsletter May 2011

*"What can I and only I do, that if done well, will make a real difference?"*

**- Brian Tracy**



Dear Readers-

Thank you for taking the time to check out the May, 2011 edition of my PC Conditioning Newsletter. We're in the middle of my favorite time of year with respect to Boston sports. All of our teams here are playing well and it's been exciting to watch all the playoff action.

One area I am focusing on now is putting together a couple articles to publish in the local paper(s) regarding various wellness topics. Two topics that have always intrigued me are "sleep/restoration" and "food and mood." The latter will be the topic of my first article I plan to have out later this spring. One main point in the article will be to outline what foods have been proven to aid in the improvement of psychological health. I've encountered many clients over the years (past and present) who present with various levels of depression and anxiety and it's been interesting to see some of these people feel better when specific adjustments are made to their nutrition plan. Additionally, exercise interventions have also helped these people. Look out for more information coming soon.

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

To your health,

-PC



**(Eat healthy, feel healthy)**

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## Exercise Tip of the Month

### "Bodyweight Staples"

I've learned SO much over the years in this field, but one piece that continues to stand out is how important mastering bodyweight exercises is. The beauty of bodyweight exercises is that they can be done anywhere and anyone can do them. Every functional movement (squat, push, pull, rotate, extension, flexion, etc...) can ALL be done using your own bodyweight.



Exercises I incorporate in my Boot Camps include push-ups (see above pic), step-ups, dips, jumping jacks, and various calisthenics and conditioning drills. Since we're fully immersed in spring, think about incorporating some outdoor workouts using your bodyweight. Fee free to email me (paulconnolly123@gmail.com) if you have any questions.

## Nutritional Tip of the Month

### "Quinoa"

Originally popular with the Incas, Quinoa (pronounced "Keen-wah") is a plant-based complete protein that can be used instead of rice as a side dish. Each 220-calorie cup is packed with 5 grams of fiber, 8 grams of protein, and 15% of a day's iron. For specific recipes using this delicious grain, check out the following links:

<http://www.quinoa-recipes.com/>

<http://quinoa.net/181.html>

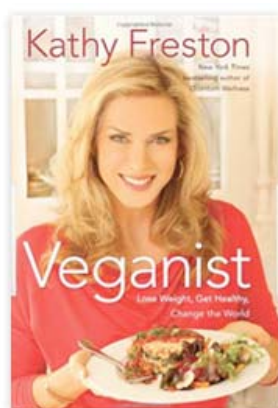
<http://vegweb.com/index.php?board=396.0>



## 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



The product I think worth checking out right now is “The Veganist,” by Kathy Freston. I first saw Freston on The Oprah Winfrey Show a few weeks back with Michael Pollan and she had some interesting information to share on veganism. While I’m certainly not one, I have recently incorporated more plant-based nutrition items in my weekly repertoire. When a woman as gorgeous as Freston tells me to check out her book, I’m gonna check out her book! I found it to be a relatively quick read with many great references, not to mention recipe guides.

Here is what Amazon.com had to say about this book:

*Kathy Freston wasn't born a vegan. The bestselling author and renowned wellness expert actually grew up on chicken-fried steak and cheesy grits, and loved nothing more than BBQ ribs and vanilla milkshakes. Not until her thirties did she embrace the lifestyle of a veganist—someone who eats a plant-based diet not just for their own personal well-being, but for the whole web of benefits it brings to our ecosystem and beyond. Kathy's shift toward this new life was gradual—she leaned into it—but the impact was profound. Now Kathy shows us how to lean into the veganist life. Effortless weight loss, reversal of disease, environmental responsibility, spiritual awakening—these are just a few of the ten profound changes that can be achieved through a gentle switch in food choices.*

*Filled with compelling facts, stories of people who have improved their weight and health conditions as a result of making the switch, and Q&As with the leading medical researchers, Veganist concludes with a step-by-step practical guide to becoming a veganist...easily and gradually. It is an accessible, optimistic, and illuminating book that will change the way you eat forever. No less delicious, still hearty and satisfying—just better for you and for all.*

To order your copy of The Veganist, please click the following link:

[http://www.amazon.com/dp/1602861331/ref=as\\_li\\_tf\\_til?tag=pccon-20&camp=0&creative=0&linkCode=as1&creativeASIN=1602861331&adid=000SN7FDDYXVSXN9ND4J](http://www.amazon.com/dp/1602861331/ref=as_li_tf_til?tag=pccon-20&camp=0&creative=0&linkCode=as1&creativeASIN=1602861331&adid=000SN7FDDYXVSXN9ND4J)

## 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://online.wsj.com/article/SB10001424052748703841904576257151484986480.html>

"Doctors' New Advice for Joint Pain: Get Moving"

<http://brianstpierretraining.com/index.php/supplements101/>

"Supplements 101"

[http://www.doctoroz.com/videos/calculate-your-longevity?hs317=billboard\\_1](http://www.doctoroz.com/videos/calculate-your-longevity?hs317=billboard_1)

"Calculate Your Longevity"

## Q&A

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

Topic: "Restoration"

Q: While I know you're constantly preaching about sleep, what do you mean when you say how important "restoration" is?

Bob: Waltham, MA



A: Restoration is one of the most important pieces of the full wellness spectrum. When someone wants to "be healthy," they not only need to exercise and eat well, but they need to incorporate "restoration." This term refers, of course, to proper rest, but what also falls under the restoration column is anything that relaxes, rejuvenates, and aids in recovery from the daily grind. My best piece of advice for those looking for a great way to relax and reward the body is massage therapy. I typically suggest a massage once every 3-6 weeks, depending on one's schedule and budget.

\*If you've got a question, feel free to email me at the following: [paulconnolly123@gmail.com](mailto:paulconnolly123@gmail.com). Who knows- you may see your question published in a future newsletter!\*

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(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](mailto: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.