



# PC Conditioning

Personal Training for All Levels

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



Newsletter November 2011

*"A good program performed poorly is worthless. A crappy program done with a ton of effort is worth a lot. But when you get a good program and a ton of effort, the results can be amazing."*  
- **Alwyn Cosgrove**



Dear Readers-

Thank you for taking the time to check out the **November, 2011** edition of my **PC Conditioning Newsletter**. This month, I wanted to take a moment to congratulate a client of mine—Maggie—for a big achievement of hers outside the gym. While I'm thrilled how hard she works for me during her training sessions, I know how incredibly hard she works in her field.

Maggie is an Oncology Epidemiologist and is undoubtedly one of the brightest clients I've ever encountered. I was thrilled when she recently shared with me that a research study of hers had been published in the *International Journal of Cancer*. The focus of much of her research is nutrition-based, so I of course love hearing what she has to say. We've had numerous discussions on the benefits of phytonutrients (plant-based, anti-cancer compounds) and this is exactly what she talks about in her recent paper.



Maggie did a great job of identifying the specific foods to ingest to reap the benefits of these phytonutrients. Specifically, broccoli and carrots were the foods found to be high in “flavinoids,” which help prevent cancer—specifically Ovarian Cancer in this paper. You can check out the full story by clicking the following link: <http://www.sciencedaily.com/releases/2007/11/071119184042.htm>

GREAT job Maggie!!!

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

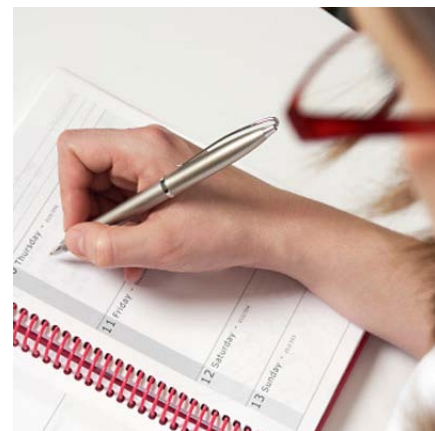
To your health,

-PC

## Exercise Tip of the Month

### “Prioritize Your Training Sessions”

This month’s “tip/homework assignment” is as simple as the title states.... “Prioritize Your Training Sessions.” Schedule it in your planner as you would any other important daily event (i.e. Doctor’s appointment). Looking back at these past 12-18 months, this has been one of my biggest mistakes. During that time, I was inconsistent in putting my training sessions over other events that, while important, should not have taken precedence.



Some days it was squeezing in one more session with a client, while other days it was making sure I sent one more email to a group I was doing nutrition consulting with. Long story short, I wasn’t doing what I told so many of my clients to do....prioritize your training sessions. As I look toward these final 2 months of 2011 and into 2012, I’m excited to have begun putting in place what I need to in my life to make sure nothing gets in the way of my training.

My questions for YOU are: will you join me and do the same? Have you compiled a supportive team of family, friends, co-workers, etc... who can help you stay motivated and who you draw on for support as time progresses? What’s motivating you? Close your eyes and think about how you see yourself in your future having trained hard and consistent? I’d love to hear your feedback!

## Nutritional Tip of the Month

### "Yasso Greek Yogurt Bars"

'Tis the season for high-calorie treats (i.e. pies, cookies, etc...), but I've got a fantastic—and super DELICIOUS- treat for you this month. Available at BJ's and many grocery stores nationwide, Yasso brand Frozen Greek Yogurt bars are a delicious option for dessert. Also serving as a nice "anytime snack," these bars (available in strawberry, raspberry and blueberry) contain less calories, less sugar, and more protein than most other desserts. In addition, they lack the chemicals so many other products possess.



I'd love to hear what you think of them. I've had a few clients try them and they really like them. Enjoy!

## 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

Heart Rate Monitors remain a "must have" when it comes to getting the most out of your conditioning ("cardio") sessions. These devices are the best way to determine how physiologically hard you are pushing yourself during your training sessions. Strength & Conditioning Coach Mike Boyle said it best when he declared the following: *"With the mass production of low-cost heart rate monitors...the future of interval training lies with accurate heart rate monitors."* Perform Better sells the exact same heart rate monitor that I use personally and can be ordered by clicking the following link:



[Perform Better Heart Rate Monitor](#)

## Web links / Recommended Reading

2 DELICIOUS recipes, two good articles, and an 8-part video interview with Nutritionist Dr. John Berardi for you this month. Check it all out by clicking the following links:

[Pumpkin Spice Protein Muffins \(Low-Carb & Glute-Free\)](#)

[Turkey Meatloaf \(Perfect for the Holidays!\)](#)

[Back Friendly Leg Training](#)

[Strength Training or Cardio Training?](#)

[8-part Interview with my favorite nutritionist, Dr. John Berardi.](#)

## Q&A

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

Topic: "Coconuts"

Q: "Paul, is it true that coconut products are healthy for you? I thought they were loaded with *saturated* fat and isn't that the bad type?"



Steve: Waltham, MA

A: While *some* saturated fat is bad for you, coconut products appear to be a healthy exception. I personally use Organic Coconut flakes in shakes and cooking with on certain types of fish. The oil is one that is good for high temperature cooking, unlike olive oil, which is better for lower heats and in salads.

Two very good articles I urge you to check out on this very topic are the following:

<http://www.mohrresults.com/nutrition/coconut-oil-a-healthy-saturated-fat/>

[http://www.huffingtonpost.com/mobileweb/dr-mercola/coconut-oil-benefits\\_b\\_821453.html](http://www.huffingtonpost.com/mobileweb/dr-mercola/coconut-oil-benefits_b_821453.html)

\*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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## 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.pconditioning.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.