



# PC Conditioning

Personal Training for All Levels

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

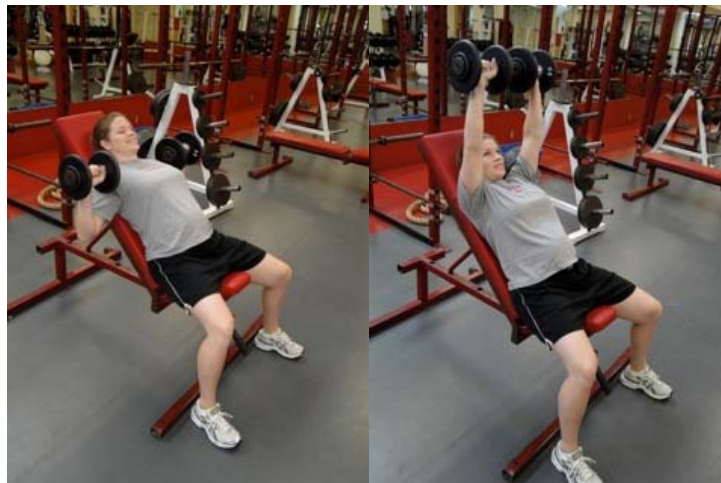
Newsletter October 2011

*"If you are active now, pregnancy need not cause you to alter your fitness routine," the ACOG book advises. "If you have not been active, now is a good time to start."*  
- American Congress of Obstetricians & Gynecologists (ACOG)



Dear Readers-

Thank you for taking the time to check out the October, 2011 edition of my **PC Conditioning Newsletter**. I hope you had a healthy summer and are enjoying your fall so far. This is an interesting time of year. It's typically the time of year when all those involved in education (students, teachers, administrators, etc...) return to a more "normal" schedule. It's also a time of year when I encounter a slight increase in the number of prenatal clients who want to begin/modify their exercise regimen.



Like any other "special population," I don't alter a whole lot when it comes to dealing with my prenatal clientele. Of course I am in the loop as far as the client's OB/GYN visits go and plan my agenda according to any restrictions/limitations set forth by my client's doctor. The variable that tends to stand out is intensity. That is, there may be a point at which the individual cannot tolerate a specific intensity or their OB/GYN simply suggests a modification. The majority of the individuals I've consulted with, or trained in the past, made very little modifications and had an incredibly healthy pregnancy and delivery. This includes my good friend/colleague Darcy Gould, Assistant Strength & Conditioning Coach at Boston University (see pic on previous page of Darcy displaying perfect technique with a "Dumbbell Incline Press" exercise).

I came across a fantastic article from Precision Nutrition recently speaking about this very subject. Check it out here:

<http://precisionnutrition.com/cmd.php?pageid=987117+&u=http://www.precisionnutrition.com/amanda-interview>

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

To your health,

-PC

## Exercise Tip of the Month

### "Improve the Glutes with Barbell Hip Thrusts"

While standard lower body exercises like Deadlift and Squat variations help improve strength and aesthetics, the exercise that seems to finally be incorporated with fitness enthusiasts is Hip Thrusts. This exercise is essentially a loaded/weighted hip extension with an increased range of motion (ROM). To increase comfort, use a squat pad or Airex Pad on the barbell when performing. This exercise is a MUST if you are looking to improve the appearance of the glutes, a muscle group that often goes dormant as a result of a sedentary lifestyle/excessive sitting.

A video demonstration of this exercise is shown here:

[http://www.youtube.com/watch?v=\\_6Au-W9Klko](http://www.youtube.com/watch?v=_6Au-W9Klko)



## Nutritional Tip of the Month

### "Healthy Snacking During Sunday Football"

With football season in full swing, it seems that chips seem to dominate each Sunday when it comes to snack selection. While wings are popular, chips are usually the first thing people flock to for a quick bite during the game. While trans fats (the WORST type) run rampant in most selections, here are a couple healthier options to choose from:



### Terra Original Exotic Vegetable Chips

With flavors including Batata, Sweet Potato, and Yuca, these chips are tasty and colorful. One ounce/serving contains 150 calories, 3 grams of fiber, 9 grams of fat, and 50 milligrams of sodium.

### Food Should Taste Good Tortilla Chips

Sweet Potato is unarguably my favorite flavor with these chips. One ounce/serving contains 140 calories, 3 grams of fiber, 6 grams of fat, and 80 milligrams of sodium.

## 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

One of the best “bang-for-your-buck” exercise pieces is the Airex Balance Pad. While I tend to use it more for half-kneeling and elbow-supported actions, I also use it to incorporate balance training with clients. Additionally, I even use one of my Airex Pads at my house as a cushion when I sit on my concrete front porch as it makes a nice “glute cushion!” Perform Better sells “Airex Pads” that I have recommended to many of my clients. Check them out by clicking the following link:



**Balance Pad**

[http://www.performbetter.com/webapp/wcs/stores/servlet/Product2\\_10151\\_10751\\_1003551\\_-1\\_1000232\\_1000231\\_1000231\\_ProductDisplayErr?kbid=1249&img=2104p.jpg](http://www.performbetter.com/webapp/wcs/stores/servlet/Product2_10151_10751_1003551_-1_1000232_1000231_1000231_ProductDisplayErr?kbid=1249&img=2104p.jpg)

## 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:

[The Plight of Muscled Americans \(HILARIOUS segment from The Daily Show w/Jon Stewart\)](#)

[Cara's Cravings](#)

[5 Great Lessons](#)

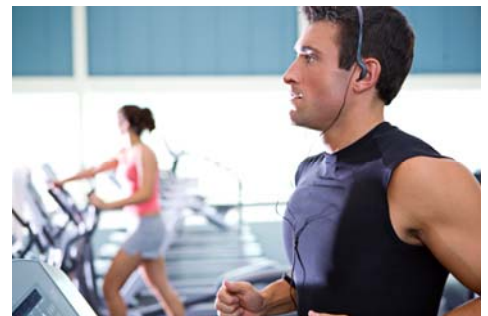
## Q&A

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

Topic: “Workout Music”

Q: “Paul, I know you LOVE music and I was wondering....what’s in your iPod when you work out?”

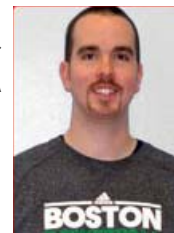
Daniel: Waltham, MA



A: Good question! Honestly, it depends what I'm doing. For example, when I warm up before playing pickup basketball, it's all hip-hop. When I do strength training and conditioning, it's hip-hop or hard rock. I'll admit I even now like some country stuff. All in all, though, hip-hop seems to be the dominant genre with such artists as Eminem, Lil' Wayne, Jay-Z, although I will admit I do like to mix in a little Zac Brown Band here and there.

\*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!\*

Paul Connolly, President and Founder of PC Conditioning,  
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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.