



PC Conditioning

Personal Training for All Levels

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

Newsletter September 2011

"To look like a fox, you have to sweat like a pig"
- Rachel Cosgrove



Dear Readers-

Thank you for taking the time to check out the September, 2011 edition of my **PC Conditioning Newsletter**. I hope you're enjoying your summer- and what remains of it. I was fortunate to head up to Maine last week. I've surprisingly never been, and had an AWESOME time. I was able to get in a few good runs on the beach. I forgot how stressful it can be on your feet. It was a "good pain" as the saying goes.



One piece of exciting news I wanted to share with you is that my **PC Conditioning Blog** was named as a finalist for CBS Boston's Most Valuable Blogger Award. I was thrilled to hear the news and I NEED YOUR SUPPORT! Please click the following link to vote for my site: <http://boston.blogger.cbslocal.com/most-valuable-blogger/vote/health/>



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

To your health,

-PC

Exercise Tip of the Month

"3 Proven Methods to Increase Muscular Strength"

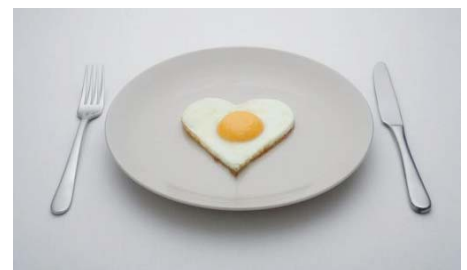
- Optimize Sleep- Those who attain high quality and quantity sleep experience a greater release of Human Growth Hormone (HGH) that allows for improvements in exercise performance (i.e. strength and endurance improvements) via muscle tissue repair/regeneration.
- Modify Your Strength Training "Rep/Set Scheme"- Getting away from the far-too-overused 1-3 sets of 10-15 repetitions per exercise is a great way to improve strength. Implement heavier resistances for increases in bone mineral density (i.e. 3-6 sets of 4-6 repetitions per exercise with more challenging weights).
- Increase "Concentric Speeds"- Increasing specific phases of an exercise- with perfect technique of course- can help improve strength. For example, on an overhead press, you should be pushing the weight up with controlled force. This helps recruit "fast-twitch/Type 2" muscle fibers, thus improving strength. Lowering the weights in a controlled manner remains the standard recommendation.



Nutritional Tip of the Month

"Eggs: My Favorite Breakfast Item"

"Eggs will increase your cholesterol" is one of the biggest nutritional fabrications going. I'm saddened how few people realize this simply isn't true. They have never been shown to increase blood cholesterol or one's risk for cardiovascular disease. Eggs are packed with crucial nutrients such as Vitamin A, B-12, D, E, K-2, Lutein, and Omega-3 fatty acids. I start every day with a protein-packed



breakfast, of which eggs play a major role. Whether as the major player in an omelet or simply scrambled with some sea salt and fresh ground black pepper, I continue to eat eggs every day with no negative cholesterol ramifications.

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

Chin-ups are in the same category as push-ups in my humble opinion- both are extremely underrated bodyweight exercises. While chin-ups are challenging for many, utilizing bands to assist with them when first starting off is something I've had a lot of success with. Perform Better sells "Super Bands" that I have many of clients use to improve "pull strength." Check them out by clicking the following link:

<http://www.performbetter.com/detail.aspx?ID=3889&rnd=49&kbid=1249&img=6535.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:

[New Balance Minimalist Shoe Review](#)

[Lower Your Expectations](#)

[The 50 Commandments of Commercial Gym Etiquette](#)

[Mastering the Mystery of Sleep](#)

Q&A

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

Topic: "Protein Intake"

Q: "Paul, I know protein is something I should get enough of in my diet. I'm wondering how much I should ingest?"

Tom: Waltham, MA



A: Protein is something that gets kind of hyped up in my opinion, particularly with younger males looking to increase size. Simply put, we all need protein in our diet. HOW MUCH we need is relative to respective activity levels and one's body weight. For example, an active 200 pound college basketball player requires more protein than a 110-pound sedentary senior citizen. That being said, check out this article for a full breakdown on protein:

<http://www.nscf-lift.org/Perform/article.asp?ArticleID=104>

*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.