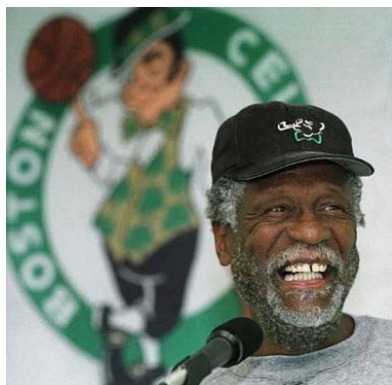




Newsletter Fall 2012

"Success is a result of consistent practice of winning skills and actions. There is nothing miraculous about the process. There is no luck involved. Amateurs hope, professionals work."

- Bill Russell



Dear Readers-

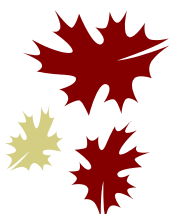
Thank you for taking the time to check out the **Fall, 2012** edition of my **PC Conditioning Newsletter**. I hope you had a wonderful summer and enjoyed the beautiful weather. Aside from limited precipitation here in New England, I thought we had a great summer. As in past summers, I conducted a *Boot Camp* class 2 nights/week. We had a hard-working group this summer and I was very proud of their effort. Several have taken my camp before, while some were first-timers. All in all, I think everyone got a lot out of the training sessions I conducted. We're fortunate to be able to use some of the playground equipment next to the field where we engaged in exercises such as Inverted Rows to improve posture and increase back strength. We also made sure to use various incline points of the field for one of my favorite conditioning exercises with clients, "Incline Sprints" (see pics below). I look forward to seeing everyone next summer!



"Inverted Rows"



"Hill Sprints"



In addition to running my *Boot Camps*, I had the opportunity to speak to a group of local businesses at a Wellness Event in Waltham, MA. Representatives from various businesses came to hear me speak on a topic I enjoy lecturing about, “*Maximizing the Health of Employees.*” We all know how sedentary our occupations force us to be, so I thought it’d be a good idea to talk with the group about how to incorporate simple tactics to reduce incidence of low back pain, improve worker productivity, decrease muscle stiffness, etc...

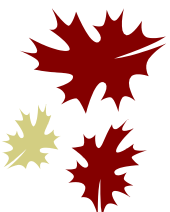
When I speak to groups, I hate the idea of me just preaching to them for a specific amount of time. After all, I want them *OFF* their butts, not sitting on them for a long time getting tight. I made sure to break up my seminar with a series of basic flexibility exercises they can perform daily at their work station (see pics below)



(Speaking to the group about wellness benefit programs)



(Engaging the group in neck and shoulder stretches)





(Showing the group how to improve back flexibility)

Thank you for taking the time to check out this edition. Until next edition, have a healthy and peaceful day. I'll check back on January 1st with the next edition of my newsletter. Until then, I'll keep you posted with blog updates.

To your health,

-PC

Exercise Tip of the Month

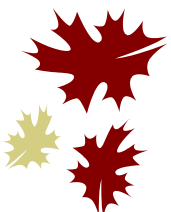
"How to Get Stronger"

A common problem encountered by those who strength train is battling through plateaus. Specifically, there will be instances when your strength may seem "stuck." That is, you may only be able to use a certain amount of weight on a given exercise. While frustrating, there are ways to combat this type of issue. These include the following:

- Increase/improve quantity/quality of sleep
- Change up your set/rep scheme. Too many exercise enthusiasts engage in the notorious 1-3 sets of 8-12 rep range. Experiment with heavier weights, using 4-6 sets of 4-6 reps.
- Implement "power" exercises (i.e. medicine ball throw variations [pictured above] and jump squats) to engage your Type II/"Fast Twitch" muscle fibers.



"Medicine Ball Throws" help increase strength...and power



Nutritional Tip of the Month

"5 Nutrition Rules to Feel Better and Increase Energy"

I was reading an article from Drs. Chris and Kara Mohr recently and wanted to share with you a few of their tips I have incorporated in my own life- and with my clients' routines:

- Eat 1-2 servings of veggies/fruits with every meal- Make sure to eat ones that are darker in color, like berries & leafy greens like spinach and Swiss chard, etc.
- Eat Breakfast daily- While Intermittent Fasting is gaining in popularity, the majority of folks out there would do much better with ingesting quality protein, good fats, and fruits/veg every morning. Research suggests the right fuel will give you more energy, improve your mental function, and will help you eat less overall during the day.
- Eat Beans. Beans are a great source of carbohydrate, super high in fiber, a decent source of protein and help fill you. They're also packed with various vitamins and minerals. Aim for 1-2 servings daily.
- Plan Ahead- This is easily the most under-appreciated task in this list. Failing to plan is simply planning to fail. Use downtime on the weekends to wash, cut, prepare, store, items for the week. I'll cook 10 chicken breasts, marinate meats, wash/chop veggies and store in containers for omelets, amongst other things.
- More is not Better- While I encourage people to shoot for 25-40 grams of fiber/day, more is not necessarily better. Keep it simple and stay in that healthy 25-40 grams. Add in fiber progressively- not all in one day- if you fall below the minimum number.

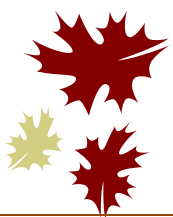


Blog

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

Save some dough and work out from your backyard. All you need is a rope! Running a mile in 8 minutes is pretty difficult for the average person. But this is how fast you'd have to run to burn the same amount of calories as jumping rope for the same amount of time, according to MedicineNet.com. To pick up your jump rope from Perform Better, please click [HERE](#).



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:

[Top 27 Nutrition Tips](#)

[Are You Better Off Than Four Years Ago?](#)

[5 Ways to Get Stronger You Didn't Already Know](#)

[Science for Smart People \(VIDEO\)](#)

[Cancer-Fighting Cruciferous Vegetables](#)

[Supplement \(In\)Sanity](#)

[Injuries and Nutrition- How to get Back in the Game Sooner](#)

[Think YOU Could Pass the New. England Patriots' Conditioning Test???](#)

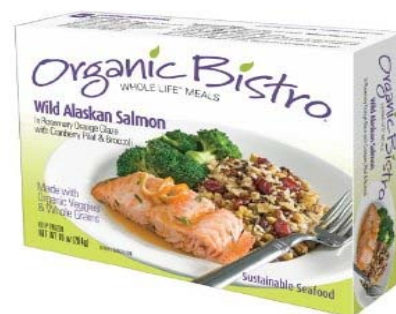
[Quick and Easy Ways to Move and Feel Better](#)

Q&A

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

This month's topic: "The Healthiest Frozen Meal"

Q: "Paul, I know a lot of the frozen dinners found at the grocery stores aren't that healthy, so can you please tell me if there are ANY you recommend? "



Bill: Waltham, MA

A: Great question! Of course I'd prefer people prepare everything, but in today's society, it's simply not realistic/practical 100% of the time. The product I use sometimes to heat up at work is "Organic Bistro Whole Life Meals" (pictured above).

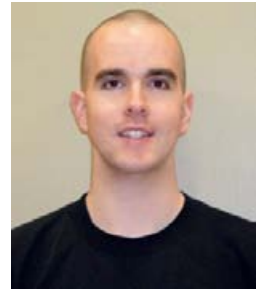
We're all busy with various commitments and sometimes we rely on quick meals like frozen dinners. I remember growing up some of the horrible TV dinners I ingested with God knows what chemicals/artificial additives. To this day, many of the frozen dinners in grocery stores are littered with excessive amounts of sodium and trans fats. Organic Bistro Whole Life Meals is a new product available at your local Whole Foods market. They carry a line of 8 dinners that contain low levels of sodium and natural ingredients that you can actually pronounce! My favorite so far is the Wild Salmon that is served in a rosemary orange glaze with cranberry pilaf and broccoli. The standout statistic from this selection is the ridiculously low sodium content- **65 milligrams!** Try scoring a number that low in your Hungry Man Fried Chicken dinner!



One caveat is that the price can run high (\$6.49 is what I pay), but I'd rather pay a couple bucks more for organic veggies, whole grains, less salt, and real food packaged in recycled cardboard. Give this new line of healthy frozen meals a try and let me know what you think!

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.

