



PC Conditioning

Personal Training for All Levels

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

Newsletter Winter 2012

"In any moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing."

- Theodore Roosevelt



Dear Readers-

Thank you for taking the time to check out the Winter 2012 edition of my **PC Conditioning Newsletter**. With the start of a New Year not only comes new challenges, but it gives us a chance to look back on the prior year to reassess our goals. Personally, my goals are categorized (i.e. Financial, Real Estate, Nutrition, Training, etc...) One of the **many** lessons I've learned over the years is that to be successful you **MUST** not only keep a written track of your goals, but you **MUST** keep these listed in a place where you will see them every day. Next to my workstation in my office, I have a whiteboard that stares at me every day as a reminder of what I need to accomplish. Most importantly, you must have a plan of attack. A wise person once said, "a goal without a plan of attack is just a wish." So true!

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I had several goals I was excited to accomplish in 2011 ranging from Real Estate goals to Personal Finance goals. With continuing education being a major drive of mine, I made it a habit to read a ton in 2011. I subscribe to various professional journals, but was able to get through several books. Here's what I completed in 2011:

- Boyle, Michael. "Advances in Functional Training."
- Cosgrove, Rachel. "The Female Body Breakthrough."
- Coyle, Daniel. "The Talent Code"
- Ferriss, Tim. "The 4 Hour Body"
- Fey, Tina. "Bossypants"
- Freston, Kathy. "Veganist"
- Geagan, Kate. "Go Green Get Lean."
- Grimes, Karlyn. "The Everything Anti-Inflammation Diet Book"
- Herren, Chris & Reynolds, Bill. "Basketball Junkie"
- Holick, Michael. "The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problem"
- Jay-Z. "Decoded"
- Kotler, Ronald. "365 Ways to Get a Good Night's Sleep"
- Maher, Bill. "The New New Rules"
- Moore, Michael. "Here Comes Trouble."
- O'Neal, Shaquille O'Neal & MacMullen, Jackie. "Shaq Uncut"
- Pollan, Michael. "The Omnivore's Dilemma"
- Remedios, Robert dos. "Men's Health Power Training."
- Ries, Al & Laura. "The 22 Immutable Laws of Branding"
- Rooney, Martin. "Train to Win: 11 Principles of Athletic Success"
- Rowe, Barbara & Davis, Lisa. "Anti-Inflammatory Foods for Health"
- Schuler, Lou and Cosgrove, Alwyn. "The New Rules of Lifting for Abs"

- Simmons, Russell. "Super Rich: A Guide to Having it All"
- Stanley, Thomas. "Stop Acting Rich...And Start Living Like a Real Millionaire"
- Taubes, Gary. "Why We Get Fat: And What to Do About It"

What are you planning on accomplishing in 2012? More importantly, HOW are you going to go about it? What's your plan of attack? I'd love to hear from you (paulconnolly123@gmail.com).

Until next edition, have a healthy and peaceful day. See you in the spring!!!

To your health,

-PC

Exercise Tip of the Month

"5 Tips for Losing Weight"

Setting out to lose weight like MILLIONS of others across the country? I've had many clients (<http://www.pcconditioning.com/stars.php>) lose weight over the years by following the tips below. If they can do it, SO CAN YOU!



- Start your day with a high-quality breakfast that includes sufficient protein
- Eat slowly and enjoy every bite
- Invest in a good scale to monitor your progress by tracking both your body WEIGHT and body COMPOSITION
- Keep a food journal; those who track their progress will ALWAYS achieve their goals more than those who don't
- Minimize/eliminate liquid calories (water and Green Tea are your best options)

Nutritional Tip of the Month

“Know Your Risk for Pesticide Exposure”

The Environmental Working Group (EWG) recently updated its annual list of annual Shopper's Guide to Pesticides in Produce. They disclose 2 lists, one containing the “Dirty Dozen” and the other the “Clean 15.” The former contains the selections that contain the highest percentage of pesticides, while the latter contains the choices not worth spending the extra money to go organic with. The lists are as follows:



The Dirty Dozen

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines (imported)
7. Grapes (imported)
8. Sweet Bell Peppers
9. Potatoes
10. Blueberries (domestic)
11. Lettuce
12. Kale/Collard Greens

Clean 15

1. Onions
2. Sweet Corn
3. Pineapples
4. Avocados
5. Asparagus
6. Sweet Peas

7. Mangoes
8. Eggplant
9. Cantaloupe (domestic)
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet Potatoes
14. Grapefruit
15. Mushrooms

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 importance of tracking your eating and exercise is something I preach to my clients constantly. Whether you prefer pencil and paper, spreadsheets like Excel, or any of the latest computer applications, the key is to keep a record of what you are eating and what you are engaging in for your training sessions. The clients I train who track everything are seeing greater results than those who aren't.



The take-home message: write it down! You'd be surprised how much you under-estimate your caloric intake and over-estimate your caloric expenditure.

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:

[Exercise Can Help You Age Gracefully](#)- Dr. Mercola

[10 Things About Your Weight](#)- Dr. Mercola

[Lessons Learned in 2011](#)- Jen Comas Keck

[13 Tips to Improve Performance](#) by Molly Galbraith

[100 Nutrition Facts](#) by Dr. Mercola

[Running into Trouble](#) by John Kiefer

[7 Reasons Why Women Should Strength Train](#) by Nia Shanks

Q&A

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

Topic: "Starting off the New Year Right"

Q: "Paul, what would be the best piece of advice you could provide to ensure success for the New Year?"

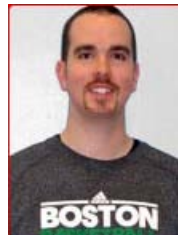


Peter: Waltham, MA

A: I've been preaching the "K.I.S.S." (Keep It Simple Stupid) Principle since Day 1 when I started my training business, yet some people want to make things more complicated than they need to. With that said, I'd advise people to STAY CONSERVATIVE when setting up things they want to achieve. For example, if they establish a goal of exercising 4 days/week, I'll instead have them shoot initially for 3 days/week. "Tasting success" is important initially to develop and improve self-confidence.

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,
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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.

"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.

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