



PC Conditioning

Personal Training for All Levels

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



Newsletter Spring 2013

"Nobody cares how much you know until they know how much you care."

- William Purkey



Dear Readers-

Thank you for taking the time to check out the Spring, 2013 edition of my **PC Conditioning Newsletter**. I hope everything is going well for you. I've had quite a busy 2013 so far, and have enjoyed seeing so many of my clients succeeding.

One of the programs I helped run this spring was a *Weight Loss Boot Camp* in Reading, MA for municipal employees. I served as the lead exercise consultant, while my colleague, Sandy Sarni, M.S. R.D. L.D.N., served as the dietician. It was a huge success, and the group lost 67 pounds! We even had a local newspaper pick up our story. Check it out here:

http://reading.patch.com/blog_posts/reading-employees-succeed-with-weight-loss-boot-camp

In addition to the aforementioned *Weight Loss Boot Camp* in Reading, Massachusetts I was involved in, we also ran successful programs in Amesbury, Middleborough, Newburyport, and Bolton.



Client Success

Outside of the group work I've done, one of my 1:1 Personal Training clients (see pic right) is enjoying a very happy and healthy spring. She has been training with me for seventeen months and is one of my top clients. Knowing I have experience in Prenatal Fitness Training, she felt very comfortable with me guiding her through a very healthy pregnancy.

I think my favorite part of the whole process was watching everyone in the gym with their jaws dropped as Lauren outworked all of them. I'm hard-pressed to find a client with a better work ethic and this is one of the chief reasons she and I get along so well. I'm so blessed to train clients like her.

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

To your health,

-PC

Exercise Tip of the Month

"Improving Posture"

This month it's time to pay attention to some of the most important muscles in the body—those of the mid and upper back (i.e. rhomboids). These are the muscles that need to be engaged to ensure proper posture. They are typically the muscles where people are weak and need *pulling* exercises to get them stronger. My simple homework assignment for you, particularly if you sit a lot at work, is to engage in more horizontal rowing. This can be done with a simple seated row, as performed in the following video clip:

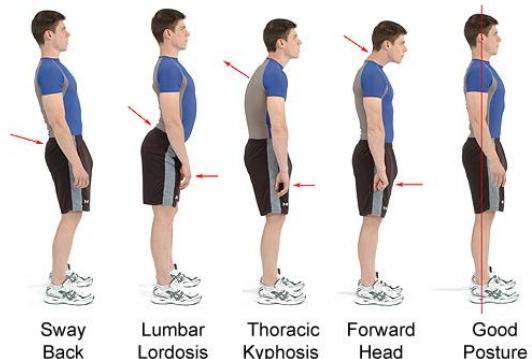
<http://www.youtube.com/watch?v=7O97PTbRAzk>. I

wrote about the importance of this exercise in November, 2006

(http://pcconditioning.com/archive_exercise/exercises_nov06.php). Take a look back to get caught up. Make sure to **squeeze** and **depress** your shoulder blades, pulling them **back and down**. Think about your elbows doing the pulling to engage proper rhomboid activation.



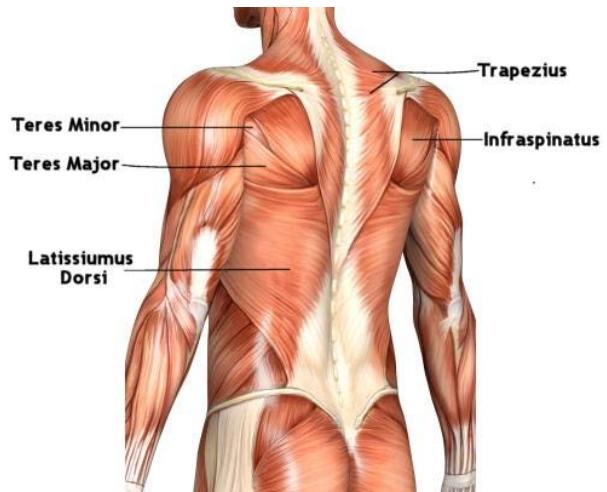
Lauren B., 2 weeks before delivering her second child- a healthy baby boy- performing *Hex Bar Deadlifts* with 135 lbs. for multiple repetitions with ease!



Various Forms of Standing Posture



Worse posture than their grandparents already?



Muscles that play a role toward optimizing posture

Nutritional Tip of the Month

"Banana Bread Smoothie"

1 scoop *About Time Cinnamon Swirl whey isolate*
½ Banana
4 oz unsweetened Vanilla Almond Milk
4 oz water
1 T Quick oats
¼ t cinnamon
1/8 t vanilla extract
6 ice cubes
Calories-160
Fat-2g
Carbohydrates-8g
Sugars-7g
Protein-26g



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

About Time Whey Protein Powder

About Time's All Natural Whey Protein Isolate is the cleanest protein on the market. *About Time* holds a high standard of quality ingredients with zero sugar, zero carbs, and zero fat. About Time's All Natural Whey Protein Isolate is one of the only whey protein products without artificial ingredients and we also use Stevia as our sweetener, which is an all-natural sweetener. To check out all of the About Time products, 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:

[Living With Less. A Lot Less.](#)

[The Third Place](#)

[Solution for Better Sleep: Exercise, At Any Time of the Day](#)

[No Excuses, No Limits](#)

[22 Things Happy People Do Differently](#)

[Yes, Healthful Fast Food is Possible. But Edible?](#)

[5 Ways to Measure Progress Without the Scale](#)

[One Fund Boston- PLEASE donate anything you can](#)

[Reading Weight Loss Boot Camp Success Story I was a big part of](#)

[Clever Ways to Reduce Salt- While Shopping](#)

Q&A

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

This month's topic: "Stretching Before Exercise"

Q: "Paul, should I stretch before or after I work out?"

Linda (Waltham, MA)

A: I'm going to answer with a bit of a food analogy here. Your muscles, tendons, ligaments, etc... perform better when they are warm (post-exercise) than cold/stiff (i.e. after sitting for a long period of time). Therefore, I typically advocate the majority of your *Static* (held, fixed-position stretches like the pic above) stretches to be performed Post-workout when your muscles are properly warmed up-literally. I do, however, advocate *Dynamic* stretches (think, stretching while you are moving like the following:

<http://www.youtube.com/watch?v=7LcmaCXPtHY>.



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!

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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.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.