



PC Conditioning

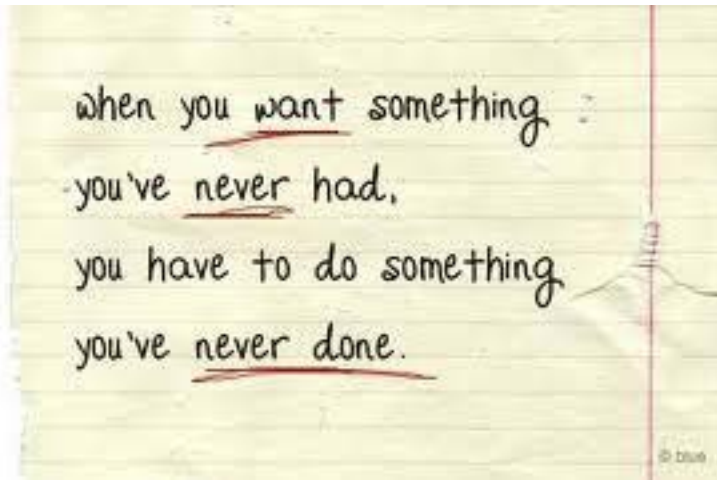
Personal Training for All Levels

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

Newsletter Spring 2012

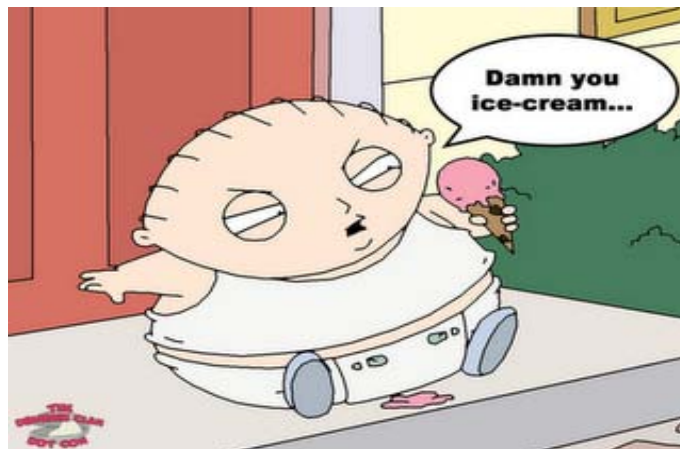
“Right now your career is defined by what you have done; but your legacy will be defined by what you still can do! Time to get to it!”

- **Kevin Eastman**, Boston Celtics Asst. Coach



Dear Readers-

Thank you for taking the time to check out the Spring, 2012 edition of my **PC Conditioning** Newsletter. With the first quarter of 2012 already over, it's important to look back before moving forward to assess what goals you have set for yourself and if you are on pace with accomplishing them. It's completely acceptable to re-define your goals. I was chatting with a client this past week about the need to be a little conservative with goals as it's important to "taste success" as you push forward. Setting goals that are overly demanding/unrealistic is great way to set yourself up for your failure and no one likes to feel psychologically damaged from such an event.



Looking back at the first quarter, what positive choices have you made that are steadily putting you on track to check off your 2012 goals? Have you eliminated/minimized the sweets like three of my clients who are each down over 10% of their body weight from January? Have you added a second day of spin class to increase weekly caloric expenditure? Take home message: stay the course and don't lose sight of taking one day at a time. Don't look at the finish line now. Rather, focus on each mini-hurdle along the way and design how you are going to accomplish the small tasks on your way to your bigger goals.

Until next edition, have a healthy and peaceful day. I'll check back on July 1st with the next edition of my newsletter!

To your health,

-PC

Exercise Tip of the Month

"Posterior Chain Strength"

Too often, exercise enthusiasts put excessive focus on the "mirror muscles." Simply put, they engage areas of the body they can see in the mirror, while ignoring the more important areas of the "posterior chain." From a priority standpoint, I typically include more exercises for these areas (i.e. glutes, low back, and hamstrings) than the anterior chest (pecs, quads, etc...) as a means of improving posture and preventing injuries with my clients and athletes.

One exercise in particular that stands out as a favorite of mine is the Deadlift, specifically the 2-arm/1-legged Stiff-Legged variation. It not only improves hamstring and glute strength, but it is a "go-to" exercise for approving the appearance of the backside. I often joke with my female clients, saying "I've never met a woman who didn't want to improve her butt."

For a full video demonstration of this exercise, please click [HERE](#).



(2-Arm/1-Leg Kettlebell Stiff-Legged Deadlift)

Nutritional Tip of the Month

“Websites and Apps to Chew On”

During a recent lecture I was giving, a member of the audience asked if I could recommend any nutrition & weight loss web sites or “apps” to check out. Ironically, I had just reviewed an article in the IDEA Fitness Journal discussing this very subject. Here are a few recommendations they highlighted:

- **Honest Label App**- Allows your phone to scan the bar codes of food products and quickly identify products made with ingredients they wish to avoid.
- **Healthy Wage.com**- This web site, controversial to some, offers Americans the opportunity to make money from losing weight. Participants are currently being offered a special of paying \$100- and subsequently earning \$200- for losing just 10% of their starting body weight within six months.
- **Lose It! App**- Pre-loaded with thousands of commercial food brands and fresh, whole foods, this app is extremely intuitive and user-friendly. Target weight loss goals are tracked and caloric total adjust accordingly for each user.
- **Spark People.com**- Ranked as the #1 iPhone mobile diet and fitness app by researchers at Duke and George Washington University, Spark People.com appeals to so many due to it being yet another free, useful tool to facilitate weight loss.

Regardless of whether or not you are a tech person and into apps, web sites, etc... my general weight loss recommendations are as follows:

- **Keep a food journal**- it’s amazing what happens when you see on paper what you are eating
- **Enlist a buddy**- don’t go it alone. Partner up with a friend, loved one, or co-worker and you can help motivate each other.
- **Make it both fun and challenging**- Enjoy trying new foods and challenging yourself with little goals along the way (i.e. gradually increasing fiber intake or incorporating new sources of protein in your meal plan).

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

Attending Continuing Education Seminars is something I enjoy doing, particularly in the spring and summer. Perform Better, my affiliate functional training and Education Company, hosts several seminars throughout the year. I enjoy networking with colleagues from all parts of the country and listening to presentations from those I look up to. I strongly urge those in my field to attend seminars and network with other fitness professionals to improve daily in their field. To check out 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:

[Happiness- Part I](#)- Bret Contreras

[Happiness- Part II](#)- Bret Contreras

[Dwayne Wade's Workout- Yoga & Pilates](#)- Wall Street Journal

[Natural Grooming Products](#)- Brian St. Pierre

[The Fat Trap](#)- NY Times

[Vitamin D to combat Depression](#)- Dr. Andrew Weil

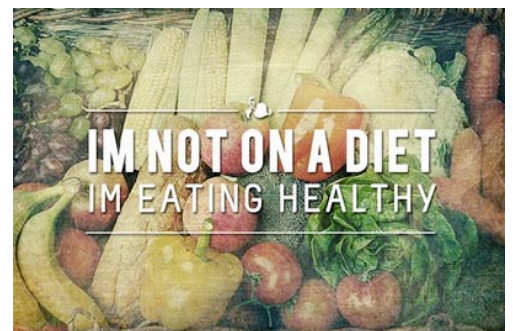
Q&A

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

Topic: "The Best Diet"

Q: "Paul, what diet is the best one to help me lose weight? There are so many to choose from (i.e. South Beach, Atkins, Paleo, etc...)"

Brad: Newton, MA



A: I continue to say the best "diet" (I actually HATE the word "diet" as it hints as something temporary) is the one that doesn't have a name. I simply tell people to make the shift gradually by making better decisions each day/week. So to answer Brad's question, the BEST diet is the one that incorporates...

- Lean Protein (fish, chicken, beans, tofu, lean beef)

- Plenty of fiber (beans, berries)
- Ample hydration (purified water, Green tea)
- Appropriate meal intervals and relative serving sizes

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.pconditioning.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.