



# PC Conditioning

Personal Training for all Levels

Newsletter

July 2008

"Accept the challenges, so that you may feel the exhilaration of victory."  
-General George S. Patton

Dear readers-

My favorite month of the year has arrived. The 2nd half of the year has officially begun, we've had plenty of warm weather, my birthday is coming up (it's the 28th so you have plenty of time to shop for me!); and oh yeah, did I mention the greatest team in sports history just won the NBA Championship?!?! If you've been following these newsletters, you'd have learned by now what a Boston Celtics fanatic I am. I was only 7 when they won their last title so it was time experience one during my—dare I say—"adult years." The "New Big 3" as they are often referred to took it home and I am so proud of them.



Now onto this month's newsletter...I think you'll notice a slight tweak in the content. Specifically, the Exercise and Nutrition sections are now being titled "Exercise Tip of the Month" and "Nutrition Tip of the Month," respectively. Instead of a specific exercise or food choice every month, I'll sporadically explain a tip to incorporate rather than a specific exercise or food. I hope you like the change.

With a subscriber list of approximately 400 readers, I am constantly looking to improve the quality of the newsletter. As always, I welcome your feedback, suggestions, and questions.

-Paul J. Connolly, NSCA-CPT  
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## Exercise Tip of the Month

### “Progressive Overload”

Progressive overload is an extremely important principle in fitness. It simply refers to applying increased stimuli to your body as time progresses with your workouts. The human body adapts quickly to change so to burn fat, improve body composition, increase strength, etc., various changes will need to be made to optimize your workouts.

Some specific examples to apply progressive overload to your workouts include any of the following:

- Increasing the amount of weight you use during strength training exercises (one caveat: increase your weights in small increments such as 2.5 lbs. to allow your body to adapt to the new stimulus)
- Extend the amount of time on the stationary bike during your cardiovascular workouts (*see this month's Q&A section*)



## Nutritional Tip of the Month

### “Amy’s Organic Chili”

Like so many Americans, I sometimes struggle to get the required 25-35 grams/day of fiber in my diet. Beans are my favorite recommendation when it comes to increases in fiber. One item that is known for its quality fiber content (due to the presence of beans) is chili. There’s nothing easier than heating up a can of chili for a quick lunch or dinner. One caveat: watch the sodium content as this is a canned product we’re talking about for this July’s Nutrition Choice of the Month.

Amy’s brand organic chili contains the following ingredients:

*NO TRANS FAT; NO ADDED MSG; NO PRESERVATIVES (VEGAN) ORGANIC RED BEANS, FILTERED WATER, ORGANIC ONIONS, ORGANIC TOFU (FILTERED WATER, ORGANIC SOYBEANS, NIGARI [MAGNESIUM CHLORIDE, A NATURAL FIRING AGENT]), ORGANIC BELL PEPPERS, ORGANIC RICE FLOUR, ORGANIC HIGH OLEIC SAFFLOWER AND/OR SUNFLOWER OIL, ORGANIC JALAPENO PEPPERS, SPICES, ORGANIC GARLIC, SEA SALT. CONTAINS SOY.*

The nutritional highlights for this month’s recommendation (per serving: 1 cup) are as follows:

- Only 1 gram of saturated fat
- 7 grams of fiber



- 13 grams of protein
- 340 mg sodium (less than half of your typical canned chili and soups)

## Blog

This section of my web site seems to be the most popular with people as I update it frequently. Take a moment to bookmark it and check it regularly instead of waiting for the monthly newsletter. I'd love to hear what you think about the updates since you last checked it out. The direct link for my updated blog is found here: <http://pcconditioning.blogspot.com>.

## Product Recommendation of the Month

For this edition, I am recommending a DVD I picked up last spring at a seminar in Waltham. It includes many of the drills and joint mobility warm-up movements I engage my clients through during each workout. Check it out and let me know what you think:

([http://www.performbetter.com/detail.aspx\\_Q\\_ID\\_E\\_5042\\_A\\_CategoryID\\_E\\_252](http://www.performbetter.com/detail.aspx_Q_ID_E_5042_A_CategoryID_E_252)).

## Articles

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:

<http://www.irishhealth.com/?level=4&id=13748>- again, rest and recovery is still WAY overlooked when it comes to establishing a successful fitness plan.

<http://www.coreperformance.com/article.php?p=1&s=1&id=688>- Body Composition explained

## Q & A

This month's question comes from an individual who is unsure if it's safe to push herself when doing her cardio.

Q: If I set up my workout routine to contain 30 minutes of cycling and I feel I can push myself to 35 minutes, is that OK or should I stop at 30 minutes like I have been for the last 3 months?

-Candice: Belmont, MA

A: Good question, Candice! I think it's great that you are structuring your workout routine with a set goal (30 minutes). Unfortunately, many exercise enthusiasts don't time their workouts- or fail to keep track of specific training variables (time, intensity, etc...) that could enhance their workouts.

To answer your question, since you've been doing 30 minutes for a long time, I think it'd be a good idea to increase the total time. Another training variable to consider manipulating is the intensity at which you are cycling. In other words, increasing the speed ("Revolutions Per Minute:" RPM) at which you cycle could increase a bit to challenge yourself further.

All in all, try changing one variable every week or so to get the most out of your workouts.

It'll not only get you fitter and feeling more energized, but it will prevent your workouts from becoming boring. Best of luck!

\*If you've got a question, feel free to email me at [paul@pcconditioning.com](mailto:paul@pcconditioning.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 Connolly possesses a degree in Exercise Science with a background in anatomy & physiology, human performance, and nutrition. Founder of suburban Boston-based personal training consulting service PC Conditioning (<http://www.pcconditioning.com>), he has contributed to local and national media publications as a featured health and wellness columnist. 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 is available by appointment only and can be reached via e-mail at [paul@pcconditioning.com](mailto:paul@pcconditioning.com)

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