



PC Conditioning

Personal Training for all Levels

Newsletter

May 2009

**"Supplements are progress enhancers, not progress starters."
- Alwyn Cosgrove**

Dear Readers-

Thanks for checking out the May edition of my newsletter. I recently wrote a blog post about how the best exercises are the basic ones. What I meant by that was that people often try to get too fancy with their workouts. They follow one trend after the other, and often times ignore the basics. They'll involve themselves with excess isolation work, habitually ignoring the functional exercises that mimic day to day bodily movements.

Some of the best "basic/functional" exercises include push-ups, squats, and pull-ups. The additional benefit of the best exercises is that they can be done anywhere. I'll often have clients mix in some push-ups and squats during their outdoor running. It's a nice way to break up the pace. While adding repetitions is an option, to make the exercises more challenging, consider altering the "time under tension" of each set. Specifically, increase the amount of time it takes to perform each repetition. Slowing down your speed may help recruit more muscle fibers during the set, thus improving your lean muscle.



**"What fits your busy schedule better, exercising
one hour a day or being dead 24 hours a day?"**

This spring, make sure the basic/functional exercises are a regular part of your routine. Shoot me an email if you need assistance with program design and I'd be glad to provide some insight. Keep working hard and I'll see you next month for a summer edition of the newsletter.

To your health,

-PC

Exercise Tip of the Month

“Incorporating Hills”

While I tend to get my conditioning in doing Air Dyne intervals and playing basketball, I do like to go for the occasional run when the weather is nice. Steady-state (moving at a consistent, sub-maximal pace) runs are OK, but I prefer doing hill intervals. To make it interesting, I use my neighborhood as my training course. Specifically, I'll run hard up one hill and walk down the next street as a means of recovery. I'll repeat this several times and conclude with a small walk or jog.

In addition, I'll jog or bike to various locations to find new courses to try out and design workouts. The keys are to keep it fun and progressive. For example, if you're going to incorporate the hill stuff, add one hill each week as a means of progression. You can also tweak the work:rest ratios for an added challenge. Have fun and email me if you have questions.



Nutritional Tip of the Month

“Spring-Clean Your Nutrition Plan”

It's spring cleaning time, and by that I don't mean landscaping in this case. I mean it's time to open up that fridge and take stock in that pantry. Discarding anything that has expired is undoubtedly step #1. Your second step should be to toss all the “bad” stuff out. To avoid being too vague, I've put together a spring nutrition “to do” list:

PC Conditioning Spring Cleaning

Abandon

- High-calorie dips (nacho cheese sauce, mayo, blue cheese dip)
- High-sugar yogurts
- Soda
- Highly processed meats (i.e. bologna)

Integrate

- Vinaigrette
- Bottled water (handy when you're on the run) or a Brita pitcher
- Greek-style yogurt (it's higher in protein and lower in sugar than the regular stuff)
- Marinated meats in baggies (spend 30 min. every SUN marinated individual chicken breasts in marinade)



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

I spoke to a couple presenters recently whose lectures I went to about presentation style, and I noticed one of them didn't use a wireless presenter. Interestingly enough, she was hesitant to use one for fear of "messing something up." We got chatting further, and I recommended the model I use and she was shocked at how inexpensive it was. It even comes with a built-in laser pointer.

This month, I am recommending the Targus wireless presenter. This presenter has the ability to page up, page down, esc slide show, darken screen and resume screen. According to the manufacturer, the long-range 2.4GHz wireless technology has up to a 30 ft. range, which is ideal for a large conference room. The preset RF connection enables true plug-and-play capability; no driver is required. Stop tripping over wires and asking colleges to change the slides- this presenter is ideal for any PowerPoint presentation. The direct link to order the Targus wireless presenter can be found by clicking the following:



(<https://www.amazon.com/dp/B000F004RO?tag=pccon-20&camp=0&creative=0&linkCode=as1&creativeASIN=B000F004RO&adid=0KKK8HEZKKXX7ZJ5H5ET&>)

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:

<http://brianstpierretraining.com/?p=515>

A colleague of mine provides the real deal on the cheat food of many- chocolate!

<http://sports.espn.go.com/espnmag/atbat>

Interesting link that has the songs various Major League Baseball guys come up to the plate to ("entrance music," if you will).

<http://precisionnutrition.com/safe-carbs>

Fantastic article on whole grains by one of my favorite nutritionists, Dr. John Berardi.

<http://www.youtube.com/watch?v=6Jf6apoiZdc&feature=related>

7 Foods to Stop Freaking About

<http://www.coreperformance.com/daily/nutrition/7-foods-to-stop-freaking-out-about.html>

This is a link for a rap song I like

Q&A

Topic: "Supplements"

Q: What supplements do you recommend taking?

A: As always, I'll answer this question with another question: What are your goals? After we address your goals, make sure you take a good look at your current training and nutrition before trying to add things to the mix. If you're not making any progress with your training and diet alone, then adding supplements that you have no idea what they're designed to do isn't going to do much at all. Get the training and diet dialed in first, be consistent for six to eight weeks, and then we can investigate about incorporating supplements.



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 paul@pcconditioning.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.