



PC Conditioning

Personal Training for All Levels

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



Newsletter (late) Summer 2013

“There's no one diet that's "best" for all. There's no one training program that's "best" for all. Tailored programs are what's "best.”

- Dr. Chris Mohr



Dear Readers-

Thank you for taking the time to check out the (late) Summer, 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 ran this summer was a Boot Camp for many of my clients and their friends. It was an incredible success. We met 2x/week for 8 weeks and everyone did great! We utilized bodyweight exercises, Resistance Bands, and a local playground for added exercise variety. I look forward to seeing everyone again next year.

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 October with the *Fall* edition of my newsletter. Until then, I'll keep you posted with blog updates.

To your health,

-PC



Exercise Tip of the Month

“A Set of Goblet Squats Per Day Keeps the Doctor Away”

I was reading an article by Bret Contreras discussing performing Goblet Squats on a daily basis. Outside of the Hex Bar Deadlift (<http://pcconditioning.blogspot.com/2012/09/trap-bar-deadlift-quad-dominance.html>), the Goblet Squat remains my favorite bi-lateral lower body strength exercise. Check out the full article on Goblet Squats, including a video on how to perform them here: <http://bretcontreras.com/a-set-of-goblet-squats-per-day-keeps-the-doctor-away/>



Nutritional Tip of the Month

“3 Fruits That May Lower Your Risk of Type II Diabetes”

Ingestion of fruit to lower one’s risk of Diabetes has always been a strong issue of debate for nutritionists for many years. The Boston Globe recently posted an article describing certain fruits – blueberries, grapes, and apples – offer greater benefits.



<http://www.bostonglobe.com/lifestyle/health-wellness/2013/09/01/fruits-that-lower-your-risk-type-diabetes-least-little/f6TzjJyLdOqrUc36fFpgzl/story.html>

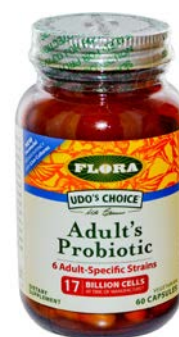
Blog

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

Udo’s Choice Probiotics

I was turned on to Udo’s Choice Probiotics from a nutritionist who I’ve followed for the last few years. I used to get indigestion/bloating after certain meals and since I’ve started taking them, I experience VERY little of these symptoms. Aside from a good multivitamin and fish oil, it’s become my go-to supplement every day. You can read about these Probiotics by clicking [HERE](#). I will say this: I would recommend you buy them at a store where they are refrigerated. Amazon does not ship cold items. Just an FYI.



http://www.amazon.com/dp/B0010EG6OO/ref=as_li_qf_sp_asin_til?tag=pccon-20&camp=0&creative=0&linkCode=as1&creativeASIN=B0010EG6OO&adid=OSM6BQ3PPYW4FOY8Q7C9

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:

[Doubling the Daily Allowance of Protein Intake With Diet and Exercise Protects Muscle Loss](#)

[Building up Bones](#)

[All About Antioxidants](#)

[Acupuncture Relieves Stress](#)

[5 Training Rules You Must Obey](#)

[Nurturing Ways to Approach Self-Care](#)

[Seduced by the Illusion: The Truth About Transformation Photos](#)

[The One Thing These Crazy Successful People Do Every Morning](#)

[Change Only ONE Habit and Lose Weight](#)

[Big Breakfast Healthier Than a Big Dinner](#)

[The Case for Bison Burgers- my favorite!!!](#)

[Barbell Hip Thrusts Solutions and Tips](#)

[All About Nutrition for Kids](#)

[Your Brain on Fat- Food Changes Mood](#)

[7 Strategies to get More Veggies in your Diet](#)

[5 Alternatives to Crunches](#)

[10 Ways to Spot a Bad Trainer](#)

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habits of happiness worth cultivating



Q&A

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

This month's topic: "Improving Mood/Increasing Happiness"

Q: "Paul, I know that physical activity helps release Serotonin and Dopamine, thus improving my mood, but are there other ways to accomplish this?"

Linda (Waltham, MA)

A: Absolutely! In fact, a couple books I've recently finished discuss this very topic. One of them, *The Happiness Project* (http://www.amazon.com/The-Happiness-Project-Aristotle-Generally/dp/006158326X/ref=sr_1_1?ie=UTF8&qid=1378138267&sr=8-1&keywords=the+happiness+project) talks about giving thanks and practicing kindness. I would recommend checking out that book, along with incorporating a daily "to do" list that contains 1-2 items that you *know* you can accomplish each day.

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.