



PC Conditioning

Personal Training for All Levels

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

Newsletter Winter 2013

"The Best" are simply disciplined to do what needs to be done; when it needs to be done; and they do this every day. Consistency separates!
-Unknown

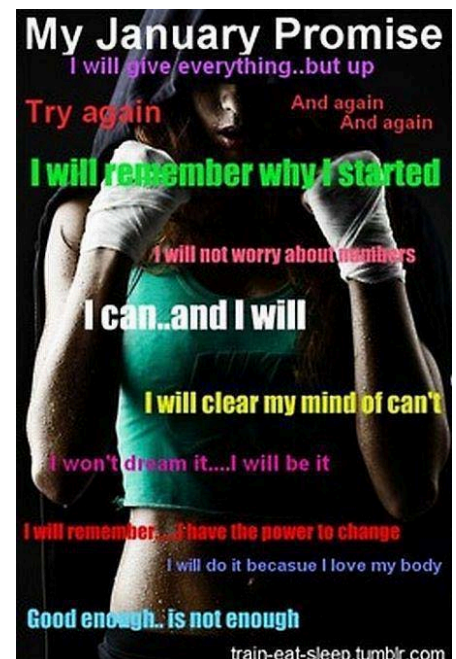


Dear Readers-

Thank you for taking the time to check out the Winter, 2013 edition of my **PC Conditioning Newsletter**. I hope you had a wonderful year and were able to accomplish all of your goals. As I've stated in this space previously, I categorize all my goals (i.e. Personal Workouts, Real Estate, Web Site, Financial, Retirement, etc...) and am proud to say I achieved the majority of the goals I set for myself. I definitely took my own advice (<http://www.wickedlocal.com/watertown/news/opinions/x772298609/Connolly-August-is-the-time-for-fitness-goal-reassessment#axzz2H7vV8gE2>) and kept my goals "S.M.A.R.T."

One piece of advice I share with all my clients is how important it is to set up the little mini goals along the way to make sure your big goal for the year is achieved. For example, if you want to lose fifteen pounds, work backwards and focus on an average of 1-2 lbs/month of weight loss. Take it even further and shoot for about ½ lb/week of weight loss. Focusing on the smaller numbers puts less pressure on yourself and often yields greater rates of success. Give it a shot!

What goals have you set forth for yourself for 2013? I'd love to hear what you have in mind. Shoot me an email (paulconnolly123@gmail.com) and maybe I can help steer you in the right direction and offer some results-driven insight.





Throughout the year, I often get asked from clients and colleagues what I'm reading so I like to post an annual list of what I completed. The following is a list of books I read in 2012. In addition to the following list, I also read various journals, magazines, newspapers, etc... but would definitely suggest you check out any of the following:

- Abdul-Jabbar, Kareem. *"What Color is my World?"*
- Agus, David. *"The End of Illness"*
- Babauta, Leo. *"The Power of Less"*
- Bissonnette, Zac. *"How to Be Richer, Smarter, and Better-Looking Than Your Parents"*
- Freston, Kathy. *"The Lean"*
- Hoffman, Kevin Scott. *"Teach Yourself Mac OS"*
- Jacobs, A.J. *"Drop Dead Healthy."*
- Jarvis, Gail Marks. *"Saving for Retirement without Living Like a Pauper or Winning the Lottery"*
- Langer, Maria. *"Mac OSX"*
- Lowell, James. *"What Every Fidelity Investor Needs to Know"*
- Lundin, Stephen. *"Fish! A Proven Way to Boost Morale and Improve Results"*
- *McCallum, Jack. *"Dream Team: How Michael, Magic, Larry, Charles, and the Greatest Team of All Time Conquered the World and Changed the Game of Basketball Forever"*
- Mercola, Joe. *"Generation XL"*
- Otter, Jack. *"Worth It...Not Worth It."*
- Walker, Cami. *"29 Gifts: How a Month of Giving Can Change Your Life"*
- Weil, Andrew. *"Spontaneous Happiness"*
- Wendler, Jim. *"5/3/1"*

*my fav. selection of 2012

Thank you for taking the time to check out this edition. Until next edition, have a healthy and peaceful day. I'll check back on April 1st with the Spring edition of my newsletter. Until then, I'll keep you posted with blog updates.

To your health,

-PC

Exercise Tip of the Month

"Cross Training"

We all exercise for different reasons and we all have different goals we work hard to accomplish. Some people want to lose weight, while others want to improve flexibility. Some wish to enhance their bone mineral density, while others wish to improve their cholesterol profile. In the end, it's all about optimizing our health while minimizing our risk of injury during exercise. One fantastic way to improve fitness levels is a method known as cross training.



I like to refer to cross training as simply performing a variety of activities each week. For example, I like to split my week up amongst the following activities: basketball, strength training, yoga, and cycling. Depending upon the time of year, I'll do a little each week. This process of performing a variety of activities is referred to as cross training. I cross-train to reduce risk of injuries, engage all major muscle groups, and utilize all three planes of motion.

When some exercise enthusiasts often perform the exact same activities all the time (i.e. running on the treadmill in the 'Sagittal Plane' every day and doing no other forms of exercise), they put themselves at risk for overuse injuries. If you do the same thing all the time, you're only working specific muscles and putting repetitive stress on the same areas all the time. If someone cycles all the time, they engage the quadriceps (muscles in the front of the upper thigh). If that person does not perform exercises to engage the posterior chain (muscles in the back of the body) such as hip extensions and dead-lifts, they are putting themselves at risk for overuse injuries. Cross-training could help prevent any possible injuries.

Simply put, a program that engages muscular balance throughout the body is the one that yields optimum results and prevents injuries. Your homework assignment is to try varying your exercise program from workout to workout by engaging in different types of activities, or simply add a new form of exercise (e.g., resistance training, Pilates) to your existing workout routine.

Nutritional Tip of the Month

“My Favorite Healthy (Portable) Snack”

In a former life (OK, it was from 2000-2004), I sat at a cubicle for eight hours/day. While I made some great friends at my former company, I certainly don't miss the stress and the accompanying sedentary workday. While it can be easy to sit at a desk and eat healthy foods/beverages to maintain an optimum body composition, it's important to stock up on portable healthy snacks if you're on the go. Currently, my favorite portable snack is Dried Edamame, available at Whole Foods. The container I purchase are roasted and salted as I prefer that flavor with Edamame.



Crunchy and salty, this snack pairs well with an apple or other piece of fruit. Sometimes, I'll even add it to hummus to give a yummy crunch with carrots. I love dried edamame because it has less fat and more protein than most nuts! For 1/4 cup serving, the roasted edamame has 130 calories, 4g of fat, 10 carbs, 8g of fiber and 14g of protein. I have had trouble finding them without being salted but you can find it in most natural food stores and regular grocery stores in the organic and natural sections. I also like to make my own trail mix with the edamame, including almonds, and raisins.

Give them a try and let me know what you think of the taste.

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:

[Turkey Meatloaf Recipe](#)

[Coconut Oil Roasted Sweet Potatoes](#)

[Women: Running Into Trouble](#)

[Prenatal Nutrition](#)

[5 Quick & Easy Ways to Move and Feel Better](#)

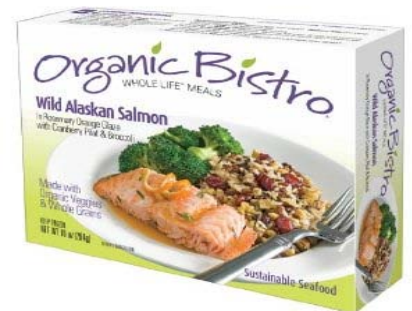
[Dieting -vs- Exercise for Weight Loss](#)

Q&A

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

This month's topic: "The Healthiest Frozen Meal"

Q: "Paul, I know a lot of the frozen dinners found at the grocery stores aren't that healthy, so can you please tell me if there are ANY you recommend?"



Bill: Waltham, MA

A: Great question! Of course I'd prefer people prepare everything, but in today's society, it's simply not realistic/practical 100% of the time. The product I used sometimes to heat up at work is "Organic Bistro Whole Life Meals" (pictured above).

We're all busy with various commitments and sometimes we rely on quick meals like frozen dinners. I remember growing up some of the horrible TV dinners I ingested with God knows what chemicals/artificial additives. To this day, many of the frozen dinners in grocery stores are littered with excessive amounts of sodium and trans fats. Organic Bistro Whole Life Meals is a new product available at your local Whole Foods market. They carry a line of 8 dinners that contain low levels of sodium and natural ingredients that you can actually pronounce! My favorite so far is the Wild Salmon that is served in a rosemary orange glaze with cranberry pilaf and broccoli. The standout statistic from this selection is the ridiculously low sodium content- 65 milligrams! Try scoring a number that low in your Hungry Man Fried Chicken dinner!

One caveat is that the price can run high (\$6.49 is what I pay), but I'd rather pay a couple bucks more for organic veggies, whole grains, less salt, and real food packaged in recycled cardboard. Give this new line of healthy frozen meals a try and let me know what you think!

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.