



PC Conditioning
Personal Training for All Levels

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

Newsletter Fall 2014

"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."
- Chris Mohr



Dear Readers-

Thank you for taking the time to check out the Fall, 2014 edition of my **PC Conditioning Newsletter**. I hope everything is going well for you. I've had a very busy fall training my 1:1 clients and groups.



One of my Couch to 5K Training Groups was featured in a recent edition of The Lowell Sun. Please click the following to check out the article: http://www.lowellsun.com/News/Local/ci_26820756/Step-by-step-Chelmsford-workers-getting-healthy

I had several of my *Couch to 5K* participants successfully complete road races after training in my program. Check out one of my proud members below. I'm SO proud of her, and ALL of my *Couch to 5K* participants.



Another program I was involved in was a 2-mile walk to raise funds for a charity I volunteer for, Operation Delta Dog (<http://www.operationdeltadog.org>). This organization rescues homeless dogs from Massachusetts shelters and breed-rescue groups and trains them to work as service dogs with local veterans who are suffering with PTSD and TBI.

Here are a couple photos from the 2014 Walk and Wag for Veterans that I participated in:



I want to personally wish you a healthy, happy, and peaceful rest of the year. Please remember to keep in touch with any questions you have. I'm more than happy to help! I will check back with my next edition in January.

To your health,

-PC

Exercise Tip of the Month

“Hip Extensions/Supine Glute Activation”

Hip Extensions are a fantastic way to strengthen the ‘Posterior Chain’ and prevent back pain at the same time. Lying flat on the ground, [lace your arms out on the floor to your sides. Contract your posterior chain muscles (i.e. Glutes) to raise your hips until they are fully extended. Pause for a count and lower back to the starting position. While your breathing pattern is not as critical in this movement as with most other exercises, try to keep the inhale to the eccentric (down) phase and the exhale on the concentric (up phase). Be certain not to hyperextend your Lumbar Spine (lower back) during the ‘up’ portion of the movement.

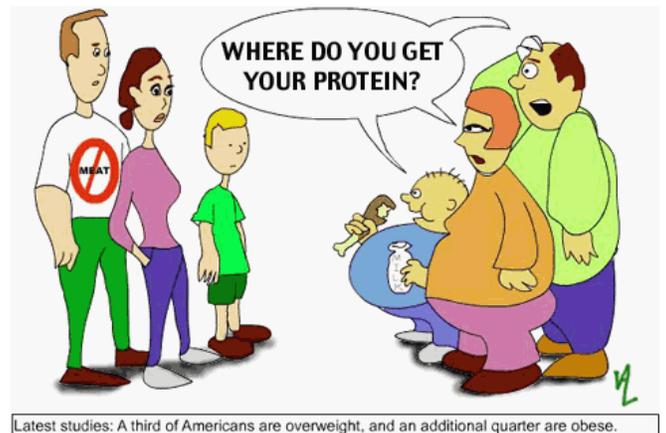


Nutritional Tip of the Month

“Plant Protein Sources”

We’ve all heard by now that it is important to include high-quality sources of protein in our diets. Protein is found in bone, muscle, hair, skin, and virtually every other body part or tissue. Plant protein is often overlooked and underrated in diets, but the following plant sources offer high-quality options:

- Green Peas- 1 cup has almost 9 grams of protein
- Hemp Seeds- Rich in essential fatty acids, they contain approximately 10g of protein per ounce.
- Quinoa- 1 cup contains 9 grams of protein
- Lentils- 1 cup of cooked Lentils has 18 grams of protein.



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



Perform Better is the company where I get all of my fitness products, equipment, books, DVDs, etc... They are having their annual sale with products up to 40% off. Check out the sale products by clicking [HERE: Perform Better Holiday Sale](#)

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:

[Nutrition Label Overhaul- Part 1](#)

[What's Your Fitness Age](#)

[Are You Strong?](#)

[5 Things Every Fitness Enthusiast Can Learn From Paleo Diets](#)

[9 Ways to Lose Weight by Rearranging Your Kitchen](#)

[Sit Less- Live Longer](#)

Q&A

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

This month's topic: "Fitness Trends"

Q: "Of all the fitness trends that come and go, are there any that you've successfully implemented?"

Jim (Belmont, MA)



A: There have definitely been a lot of ‘trends’ I’ve witnessed over the years. Some have been training methodologies (H.I.I.T. Training and Crossfit), while others have been training devices (TRX and BOSU Balls). In short, the ONE training principle that will NEVER go away is ‘Progressive Overload.’ It’s simply a fancy way to increase the challenge imposed on your body over time. Specifically, to ensure bone mineral density and muscular strength improvements, it’s vital to progressively increase the weight you lift. A mentor once told me, “It isn’t strength training if you’re not getting stronger.”

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.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 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.