



# PC Conditioning

Personal Training for All Levels

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

Newsletter Spring 2014

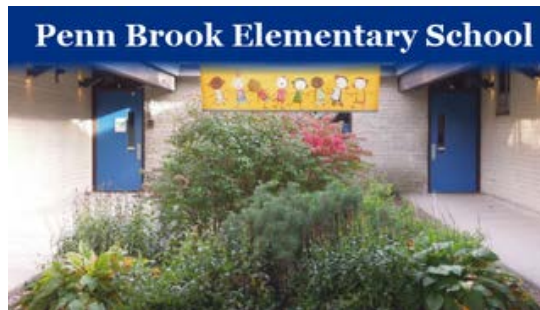
“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”  
- Ann Wigmore



Dear Readers-

Thank you for taking the time to check out the Spring, 2014 edition of my **PC Conditioning Newsletter**. I hope everything is going well for you. Here in the Northeast, we've had one heck of a winter. I'm looking forward to days like those pictured above this spring!

Winter Group Programs Complete





This past winter, I had the opportunity to co-teach weight loss & nutrition workshops in Georgetown and Andover. The groups—comprised mostly of teachers, administrators, and town hall employees—did a fantastic job, losing a total of fifty-six pounds!

I want to personally wish you a healthy, happy, and peaceful spring. 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 this summer.

To your health,

-PC

## Exercise Tip of the Month

### “Split Squats”

An exercise that helps develop single-leg strength, split squats are often introduced when someone is ready to progress from two-leg to single-leg exercises. Additionally used to improve one's balance, split squats can be performed with 1 set of 6 repetitions with each leg to begin, progressing to 8, 10, 12, in weeks 2, 3, and 4 of a progressive exercise program, respectively. After mastering body weight as resistance, external resistance via dumbbells, a barbell, or a weighted vest can be introduced.



To perform a split squat, begin in a forward lunge position. Next, concentrate on lowering the back knee toward the ground.

After the back knee slightly taps the ground (depending upon your ankle and hip mobility), push off the front heel and return to the starting position. While pushing off the back toes is allowed, do your best to emphasize the front heel doing the majority of the pushing through the ground to return to the starting position.

Finally, have a partner/trainer/strength coach assess your shin angle by looking at you from the side (lateral view) to assure your foot and lower leg form a 90-degree angle. Ideally, your upper leg (femur bone) and lower leg/shin bone (tibia) should form a 90-degree angle as well. Lastly, your femur and torso should form a 90-degree angle as well. So count the three (3) 90-degree angles and you've got perfect form. Good luck!

## Nutritional Tip of the Month

### "Strawberries"

One of my favorite fruits, strawberries, are the most popular types of berries in the world. According to [www.whfoods.com](http://www.whfoods.com).

"Since they are very perishable, strawberries should not be washed until right before eating or using in a recipe. Do not remove their caps and stems until after you have gently washed the berries under cold running water and patted them dry. This will prevent them from absorbing excess water, which can degrade strawberries' texture and flavor. To remove the stems, caps and white hull, simply pinch these off with your fingers or use a paring knife."



Strawberries are an excellent source of vitamin C and manganese. They are also a very good source of dietary fiber and iodine. I realize strawberries are more thought of as a summer fruit, but I couldn't wait until then as I've personally enjoyed some fresh strawberries in a few smoothies I've recently made. Yummy!

## 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

### Precision Nutrition 4.0

Precision Nutrition Version 4.0 is both something you get in the mail (system of guides designed to teach you everything you need to know to get the body you want) and something you join (a private members-only site and community with 24/7 support from coaches, expert volunteers and fellow members). It's the two of those things in combination that make Precision Nutrition what it is: far and away the most comprehensive nutrition program in the world.



So PN is both something you read, and something you're a part of. It helps to begin by explaining the part you read.

The direct link to order the Precision Nutrition System is HERE:

<http://www.precisionnutrition.com/cmd.php?pageid=987117&u=pn>

## 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](#)

[Nutrition Label Overhaul- Part 2](#)

[Probiotics- USA Today](#)

[How Exercise Can Help You Live Longer](#)

[13 Habits of Fit & Lean People](#)

[Worst Nutrition Advice Ever](#)

[New FDA Serving Sizes](#)

[Finding the Amount of Hidden Sugar In Your Food May Not Be Easy](#)

[Sugar- Hiding Everywhere](#)

## Q&A

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

This month's topic: "Healthy Fats"

Q: "Paul, I have heard that not all fat is bad for you. Can you recommend a few sources of good fats I can eat?"

John (Waltham, MA)





**A:** You're right that not all fat is "bad" for you. There are a plethora of healthy fat sources to incorporate in your diet. They include the following:

1. Hemp Seeds
2. Kale
3. Walnuts

\*If you've got a question, feel free to email me at the following: [paulconnolly123@gmail.com](mailto: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.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](mailto: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.