



PC Conditioning
Personal Training for All Levels

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

Newsletter Summer 2014

“Don’t seek to make people tired. Seek to make them better than before they met you.”
- **Martin Rooney**



Dear Readers-

Thank you for taking the time to check out the **Summer, 2014** edition of my **PC Conditioning Newsletter**. I hope everything is going well for you. I’m in the middle of training a few groups getting them ready for upcoming 5K road races as well as working with some private PT clients at my home gym. I recently had the opportunity to head to Providence, Rhode Island for the annual Perform Better Functional Training 3-Day Summit. It’s undoubtedly my favorite conference I attend every year. When I return, I often have clients, colleagues, and friends ask me what I learned and what I enjoyed about the seminar. I’ve put together a summary on the lectures I attended below.

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

To your health,
-PC

PERFORM BETTER!

Perform Better Summer, 2014 Functional Training Summit

Stuart McGill- “Painful Backs: Cause, Corrective Exercises & Progressions to Performance”

- 20% of Sit-ups are Rectus Abdominus; it’s mostly obliques
- Sit-up Loads are higher across the board with Bent-Knees than Straight-Legs
- Elliptical Machines are bad for those with tight hips; ok for ‘Glute-Centric’ workout
- Incorporate ‘Sit-the-Pot’ Swiss Ball exercise and Plank variations for safe “Core” exercises
- Basketball is dominated by lateral movement
- Biggest Hip Extensors are Hamstrings.....suggested exercise: Sled Pushes
- Sitting on a Swiss Ball in place of a traditional chair at work can make back pain WORSE
- Practice Cervical Retraction daily
- QL strengthening should entail exercises like Suitcase Carries/Farmer’s Walks
- Build core endurance by building sets, not prolonging holding times



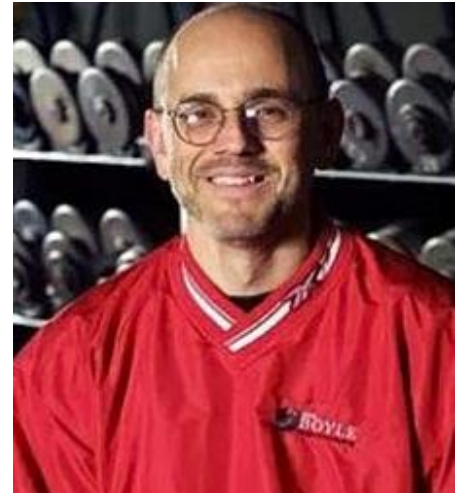
Thomas Plummer- “Mistakes Trainers Make”

- Talk to people who are good at business and learn how to become more efficient at what you do in life
- If you agree with every presenter you go to see, you’re wasting your time
- Price barrier is often in your head, not client’s head; don’t lower your rate
- Professional people don’t discount
- Protect your brand; it’s all you own
- Seek the highest return per hour
- The longer you train, the simpler the solution
- Learn to project your clients’ futures; tell them what you see; clients want to know where they are going w/you.



Mike Boyle-(Lecture 1 of 2) “Training Groups & Teams”

- Most ‘one size fits all’ systems are dumb and dangerous
- ‘Cool’ and ‘Good’ are not the same (i.e. P90x, Insanity, Crossfit)
- Regressions and progressions.....”earn the position of standing”
- Bodyweight is your best friend (challenging and everyone has one)
- Program Design: Have 3 regressions, a baseline, and 3 progressions



Mike Boyle-(Lecture 2 of 2) “Designing a Strength and Conditioning Program”

- Hip mobility is part of core training
- Re-teach someone how to move
- Movements of the extremities are designed to perturb (stress) the core
- Rectus Abdominis= Anti-extension
- Integrating Core & Breath: long exhales on concentric; 5 sec holds for breathing
- Keep people in-line for chop & lift patterns
- Eccentric Strength= Deceleration

Alwyn Cosgrove- “The Next Fitness Blueprint”

- When giving presentations, always give your story
- A review of 4 major fitness certification organizations (ACE, NASM, NSCA, and ISSA) totaled 2919 pages of information.....57 or 1.9% covered nutrition.
- Provide a specific challenge to clients every 3-6 months
- 4 types of Metabolic Interval Training Protocols
 - Fixed Work/Fixed Recovery (0:30/0:60)
 - Fixed Work/Variable Recovery (0:30/60%)
 - Variable Work/Variable Recovery (work until HR%/rest until HR%)
 - Fixed Work/Progressive Recovery



Martin Rooney- “The Art and Science of Small Group Training”

- Plan your sessions like you are in charge of planning out a birthday party
- As a trainer, you’re competing against: bar, TV, Internet
- Old School (treadmill warm-up followed by 3 sets of 10) wasn’t so long ago; new school= mobility, activation, restoration
- If training client 3x/wk, the remaining 165 hours they have control of
- *Don’t seek to make people tired.....seek to make them better than before they met you.
- Become the coach you always dreamed you would have had.
- I’d rather be called ‘coach’ than doctor, lawyer, etc...
- Don’t wait for the perfect time to start; Start and maybe the time will be perfect
- “You don’t become the thing you **THINK** about all the time. You become the thing you **DO** all the time”
- You will not be measured by what you got, but by what you gave.



Chris Mohr- “Eat Your Medicine”

- There is not a **SINGLE** diabetes drug more effective than exercise
- The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.
- Protein= Satiation (25-35g/meal is ideal; body excretes excess protein)
- Protein= increase in muscle mass in elderly (attenuate Sarcopenia)
- Omega 3’s reduce chronic inflammation; up to 96K deaths per year as a result of low Omega-3 intake
- AHA current recommendations:
 - 12 oz. fatty fish/wk
 - 1 g EPA/DHA per day
 - Children: 500-1000 mg/day DHA & EPA
- Children with proper Omega 3 intake: less depression & ADD, increased test scores
- 3,000 mg EPA & DHA per day rises Omega 3 counts ~28%
- ALA= flaxseed
- Protein recommendations are 10-35% of your daily intake; Americans eat 15-17%
- Anyone who knows what specific diet is best is either misguided, selling something....or likely both
- Science has compared every diet and the winner is....real food
- Coconut Oil contains Lauric Acid which increases HDL
- Soybean Oil, Corn Oil, and Farmed Beef/Fish= Omega 6= increased inflammation



Todd Wright- “3-Dimensional Functional Core Training”

- Work on cervical mobility via prone plank (engage cervical rotation)
- Rehydrate tissues by performing a variety of movement; stresses fascial system in various ways
- Fascia is Viscoelastic (both water and solid); needs hydration to allow mobility and stability



Kara Mohr- “How to Attract and Retain Female Clients”

- During the workout, females think about everything (work, kids, spouse, finances, various life stressors, etc...)
- In groups, make sure to learn everyone’s name (show they matter)
- Recognize milestones (b-days, anniversaries, etc...)
- Use ‘Jumpstart’ as marketing word
- Name the workouts; give reviews to keep clients motivated
- Weight loss doesn’t HAVE to be the goal



Exercise Tip of the Month

“Reflecting back on your Workout Intensity”

One tactic I implore my clients to implement is reflecting back at the conclusion of each workout to make sure they are working as hard as they should. Every rep counts and it’s important to make the most of every minute you have. I’d rather have someone bust their butt in the gym for 15-20 minutes, than “dilly-dally” and use up (waste) an hour of their time. One mantra I constantly preach to my training clients is the following: “***the harder you work, the better you feel***”- particularly psychologically.” Try it during your next workout, then reflect back and you’ll feel A LOT more accomplished if you push yourself harder than you normally would.



Repeat it over and over to yourself as a daily mantra... “***The harder I work, the better I’ll feel.***”

Nutritional Tip of the Month

“Eggs: My Favorite Breakfast Item!”



“Eggs will increase your cholesterol” is one of the biggest nutritional fabrications going. I’m saddened how few people realize this simply isn’t true. They have never been shown to increase blood cholesterol or one’s risk for cardiovascular disease. Eggs are packed with crucial nutrients such as Vitamin A, B-12, D, E, K-2, Lutein, and Omega-3 fatty acids. I start every day with a protein-packed breakfast, of which eggs play a major role. Whether as the major player in an omelet or simply scrambled with some sea salt and fresh ground black pepper, I continue to eat eggs every day with no negative cholesterol ramifications.

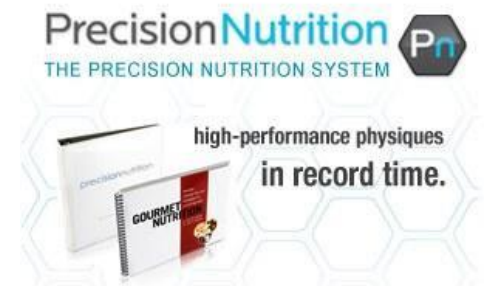
Blog

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](#)

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. Nutt Butters (i.e. almond butter, cashew butter)
3. Wild Salmon

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.