



PC Conditioning

Personal Training for All Levels

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

Newsletter Winter 2014

“If it doesn’t challenge you, it doesn’t change you.”
- **Unknown**



Dear Readers-

Thank you for taking the time to check out the Winter, 2014 edition of my **PC Conditioning Newsletter**. I hope everything is going well for you. With 2013 in the rearview mirror, I wanted to share a few of my favorite tips for not just losing weight, but living a healthier life.

10 Tips to a Healthier You in 2014

1. **Decrease “Simple Carbohydrates”**- (white flour, candy, milk chocolate, soda) and increase fiber (raspberries, blueberries, strawberries, and blackberries)
2. **Lift Weights...CHALLENGING weights**- strength training improves body composition, burns fat, and improves bone mineral density.
3. **Engage in “Interval Training”**- research continues to prove this style of conditioning trumps “steady state aerobics.” While more challenging, it takes less time and is a nice way to shake up your exercise routine.
4. **Perform Full-Body Movements**- variations of exercises such as Deadlifts, Squats, and Chin-ups engage FAR more muscle groups than single-joint exercises like Leg Extensions and Bicep Curls.
5. **Incorporate a protein source at every meal**- Protein aids in muscle recovery and increases the Thermic Effect of Food, which is another way to burn more calories.



6. **Add Beans & Nuts to Salad**- this will increase the fiber and “good fat” content of your meals. If weight loss is a goal, keep an eye on portion control—particularly with nuts.
7. **Start Meals with Salads**- this may prevent overeating and thus, aid in weight loss.
8. **Eat Whole Eggs**- discarding the yolk means throwing away nutrients that are good for you. Ingesting whole eggs (which contain cholesterol) will not increase your blood cholesterol.
9. **Take the Stairs**- every little bit counts; encourage co-workers to join you
10. **Use a Pedometer/App to Track Progress**- there are so many FREE apps that help people lead healthier lifestyles. Consider one like My Fitness Pal to track both your food intake and exercise. Many of my personal training clients find it easy to use and have seen success with it!

I want to personally wish you a healthy, happy, and peaceful 2014. Please remember to keep in touch with any questions you have. I’m more than happy to help!

To your health,

-PC

Exercise Tip of the Month

“Complex Training”

Coach Robert Dos Remedios, recently discussed a training method he engages his clients and athletes in. The training method is known as "complex training," where a traditional strength movement is followed by a power movement involving a similar muscle group/movement pattern. A couple examples of complex training could include the following:

- Push-ups followed by Medicine Ball throws
- Squats followed by Squat Jumps
- Chin-ups followed by Med Ball Slams



Complexes are both challenging and fun. Give them a try. Check out the video here for demonstrations: https://www.youtube.com/watch?v=yDKm-o_ZLmw

Nutritional Tip of the Month

“Go NUTS in 2014”

According to a recent study, nuts may help us live longer, healthier lives. New research shows that people who eat a daily handful of nuts have improved longevity, lower risk for chronic illnesses like heart disease, and are generally leaner than those who do not eat nuts. The results correlate with an abundance of previous studies. But do the nuts themselves help us live longer, or are they consumed mainly by diligent health enthusiasts dedicated to exercise and eating right in the first place?



The newest research by the Harvard School of Public Health, Brigham and Women’s Hospital, and the Dana-Farber Cancer Institute suggests consuming nuts regularly promotes health. Critics say partial funding by a nut research group raises credibility questions.

For the full article, please click the following link: <http://www.bostonglobe.com/lifestyle/food-dining/2013/12/31/longevity-nutshell/FA3b7i7WEMY3HMhA7YDdal/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

About Time Protein Powder

About Time is simply the cleanest, best-tasting protein family of nutritional products on the market today. Whether you’re looking for a whey protein isolate, a pre-workout supplement, on-the-go snacks, or a vegan protein, About Time has a high quality product designed to meet your needs while tasting great.

In addition, About Time is currently offering a **25% discount**. Simply enter the coupon code “pc” at checkout to enjoy this New Year’s savings.

The direct link to review all About Time products is as follows: <http://tryabouttime.com/shop/>



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:

[A Formula for Happiness](#)

[13 Nutrition Lies](#)

[Is Music The Key To Success?](#)

[18 Ways to Build Muscle All Day](#)

[1200 Calories](#)

[7 Tips for Making Yourself Happier in the Next Hour](#)

[All About Nutrient Timing](#)

[What Are Trans Fats?](#)

[Longevity in a Nutshell](#)

Q&A

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

This month's topic: "New Year's Resolutions"

Q: "Paul, I know that I'm like so many others in that I have goals I'd like to achieve in 2014, but can you recommend any easy-to-follow tips to make sure I achieve these goals?"

Jen (Waltham, MA)

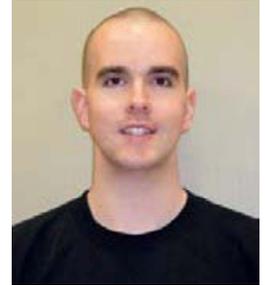


A: Absolutely! I'd suggest 3 tips that have been proven to help achieve goals for the New Year:

1. Write it down and put your list in a place that you see on a daily basis—personally, I have a whiteboard in my home office I look at every day where my goals are written down.
2. Create your "Action Plan"—goals are great to have and exciting to try and achieve, but without an action plan, your goals simply remain "wishes." For example, if losing 10 pounds in 2014 is a goal, create a few steps as to how you will lose the weight (see my *10 Tips to a Healthier You* earlier in this edition).
3. Make Your Goals Attainable & Realistic—there is nothing worse than setting yourself up for failure in 2014. I had a client a few months back who wanted to run a half marathon that was 2 weeks away and she hadn't exercised in over a year. After realizing her goal was unrealistic, we set forth a more realistic goal and she achieved success (jogging 1 mile without stopping).

*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!*

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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.

"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.