



Z-Health Newsletter - March 2008

Your monthly insight to Life in Motion

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Calendar of Events

Our current schedule is below. Check our [website](#) for updates.

Conferences & Workshops

- Santa Clara, CA: Apr 23-27
- Body, Mind, Spirit Conference

R-Phase (Level 1)

- Durham, NC: Feb 1-3 & Apr 11-13
- Chicago, IL: Feb 8-10 & Apr 4-6
- Denver, CO: Feb 29-Mar 2 & Apr 18-20
- Minneapolis, MN: Mar 28-30 & May 30-Jun 1
- Fremont, CA: Jul 25-27 & Sept 19-21
- Edinburgh, Scotland: Sept 1-6

Ask Dr. Cobb

If you have a question you'd like Dr. Cobb to answer in a future column, send it to askdr Cobb@zhealth.net.

Q: *Although it's not new, I've seen a lot recently about whole body vibration (WBV). Some literature suggests enhanced functional training results stemming from significant neuromuscular recruitment. I'm interested in your thoughts, especially in light of your research/experience and the neurological focus of Z - and might WBV have complementary value to Z programs. Thanks - Tom*

A: Tom, this is a great question. I have been talking about vibration for a number of years and have watched with interest the growing number of facilities that are putting in WBV machines.

If you look at the literature surrounding this topic what you will find is a lot of very confusing and differing opinions! The manufacturers of the machines are convinced they have the research to back their products. Pure scientists, on the other hand, say there is no statistically significant benefit to using the devices.

Like most things in the science realm, however, I think some of these differences arise from what they are focused on. Many manufacturers claim that WBV enhances neuromuscular recruitment. In other words, if you do WBV you can recruit more muscle fibers and get stronger. Some research supports this contention. Exercise researchers, on the other hand, say that WBV does not provide significant benefits over more standard forms of training so why spend the time and money on WBV?

I suspect that this debate, like all debates involving science and money will continue to rage for the next decade or so. However, with this background, let me give you what I consider the Z-Health perspective.

Based on what we know about the nervous system, vibration can cause a temporary sharpening of the proprioceptive map, leading to an increase in body awareness and movement control. This, in turn, often results in increases in strength, relative flexibility and other physical attributes. However, what we currently see in the real world is that the effects are very temporary; as soon as the stimulus is removed (the WBV device) the effects begin to fade.

So, does this mean that WBV is not a useful tool across the board? Absolutely not. Used in conjunction with a well-designed program for specific purposes, it can certainly help. However, it is certainly not the most essential piece of equipment you will ever own either.

Thanks again for the question. Good training and good luck!

Keep Moving,

Dr. Cobb

S-Phase Certification Review

Last weekend we held our second ever S-Phase (Level 3) certification in sunny Phoenix, AZ. S-Phase is by far the most physically demanding of the current certifications, and is truly where the rubber meets the road in terms of applying the Z-Health principles to sports performance. It is also the most fun.

"I felt like S-Phase gave me the tools to put R & I into motion. I feel my R & I tools are more versatile and that I 'get' Z better. S-Phase makes me MORE excited to take Z to my clients. I think they will better understand why we do so much mobility work!"

I-Phase (Level 2)

- San Diego, CA: Jun 5-8
- Durham, NC: Jul 10-13
- Chicago, IL: Aug 7-10

9-S Certification

- Location TBD: Jun 26-29

T-Phase (Level 4)

- Phoenix, AZ: May 15-18

Sara Cheatham

S-Phase is split in to visual acuity training and athletic movement patterns – and then we combine the two.

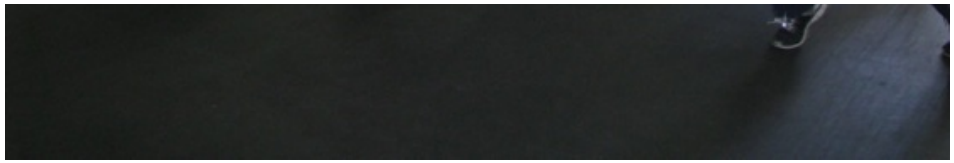


Visual Acuity. Visual acuity is critical for an athlete -- and at Z-Health we believe that everyone is an athlete. Many people think that good visual skills are limited to the running back who consistently finds the hole in the line, but it's much more than that. In sports, visual problems will often show up as constantly leaving your putt short of the hole, or not catching the ball even though it was thrown "right to you". In your everyday life, visual problems can be at the root things like constantly having problems parallel parking (spatial and depth perception issues), being "a klutz", or even migraines. The really cool part about identifying a missing visual skill is that the nervous system can be retrained and the issue corrected.

"The visual tests/drills give IMMEDIATE feedback on movement. I know the visual system is the dominant system. The results are so fast it almost boggles the mind. This one set of visual assessments is an invaluable tool for me as a movement coach to help my clients reach their goals." Alisha Toombs

"I like to think that taking a Z-Health certification often creates 'informed intuition' or helps one identify things that he sees without really knowing the cause. In my case, I was most surprised by the heightened sense of awareness I gained with regard to postural compensations based on visual issues. Identifying a compensation is the first step; knowing the exact cause allows you to effectively fix it with greater accuracy and precision. Any trainer that has gone through S-Phase has a distinct advantage in this regard." Mike Yuhaniak





Movement. A foundation of Z-Health is that movement is a skill, and all skills are trainable. To quote Dr. Cobb, "We teach people to do what the great athletes do naturally." We break down the moves that are the foundation of virtually all athletic movement in to small components and learn to master these small components.

"First, let me say that I have never considered myself an athlete -- I never participated in sports, as I was never taught how. This past weekend I learned the skills, I was blown away that I could move so well! While I had weaknesses in some areas, I could really do the drills! Second, my chunking has changed regarding my athletic abilities, as I continue to develop my skills in all activities." Kathy Martinez



Congratulations to our 25 new S-Phase trainers: Alisha Toombs, Andrea DuCane, Andrew Swartz, Bonnie Keaton, Chuck Halbakken, Conor Hughes, Courtney Neupert, Jason Rhymer, Jen Waak, Katie Bigelow, Leah Davison, Luis Hernandez, Lou McGovern, Kathy Martinez, Mandla Nkosi, Mike T Nelson, Mike Yuhaniak, Noel Norwick, Peter Pinto, Sara Cheatham, Shamsul Emrica, Scott Peery, Shelli Stein, Theresa Nesbitt, and Zachariah Salazar

NEW! 9-S Certification

In 2008, we are introducing a new series of certifications called the "9-S" certifications. The 9-S certifications pick up where S-Phase leaves off – taking a closer look at specific areas of sports performance and studying them in depth.

Our first 9-S certification is scheduled for June, 2008, and will cover 2 of our 9 S's: Strength and Suppleness. In order to attend a 9-S certification, you must be an S-Phase (Level 3) trainer.

For more information about the 9-S certifications or to sign up, contact the Z-Health office at 1.888.394.4198 or info@zhealth.net.

Updated! Certification Calendar

Our certification calendar has been updated with new R, I, and 9-S certifications. We've also moved the Durham I-Phase certification from June to July.

NEW! R-Phase. Fremont, CA. Jul 25-27 & Sept 19-21

NEW! I-Phase. Chicago, IL. Aug 7-10

UPDATED! I-Phase. Durham, NC Jul 10-13

NEW! 9-S. Location TBD. Jun 26-29

For additional dates, contact the Z-Health office at 1.888.394.4198 or info@zhealth.net.

Trainer Workshops

Los Gatos, CA. Saturday, April 26, 10a-1p. Shelli Stein, R,I,S (Levels 1-3)

Moving for Life. Moving your body is an important part of weight loss and health. But, without proper body mechanics, you may get injured and discouraged and discontinue physical activities. In this class you will learn body mechanics that will help eliminate and prevent physical injuries. Whether you are a seasoned athlete or just starting to move your body, this class will help you lose weight, feel better, and move your body for life! For more information and to sign up, contact Shelli at shelli@joyinmovement.com.

If you are a Z-Health certified trainer with upcoming events you'd like in this newsletter, let us know at support@zhealth.net.

<http://www.zhealth.net>

[Affiliate](#)

[Calendar](#)

[Certification](#)

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