



Z-Health Newsletter - May 2008

Your monthly insight to Life in Motion

In This Issue

1. [Ask Dr. Cobb](#)
2. [New Workshops and Certifications](#)
3. [From our Bookshelf: Anatomy of Movement](#)
4. [Trainer Workshops: Denver, CO](#)

Calendar of Events

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

Conferences & Workshops

- Minneapolis, MN: Oct 31 - Nov 2 - Z-Health Essentials for Elite Performance

R-Phase (Level 1)

- Minneapolis, MN: Mar 28-30 & May 30-Jun 1
- Fremont, CA: Jul 25-27 & Sept 19-21
- Edinburgh, Scotland: Sept 1-6
- New York, NY: Sept 26-28 & Nov 14-16
- Los Angeles, CA: Oct 20-25

I-Phase (Level 2)

- San Diego, CA: Jun 5-8
- Durham, NC: Jul 10-13
- Chicago, IL: Aug 7-10
- Minneapolis, MN: Aug 21-24
- Denver, CO: Oct 9-12

Ask Dr. Cobb

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

Q: I would greatly appreciate your opinion on a question I have. I am ordering the R-Phase product and am excited to start Z-Health! The question I have is about "cardio." I am not a competitive athlete and don't engage in sports of any kind. I can't stand treadmills and stairmasters and the like. Do I really need to do "cardio" to be healthy as so many claim? Thank You.

A: This is a great question – one that in today's modern fitness world needs to be asked!

First things first – from a Z-Health perspective I am not a fan of treadmills, stairmasters or virtually anything you have to plug in! There is a whole host of biomechanical and neurological reasons for this. So, rule #1 for us is "cardio" should generally take place **OUTSIDE AND UNPLUGGED!**

Next, as you mentioned, the prevailing opinion of many people is that you **MUST DO CARDIO!** There is some truth to that statement, however, if you delve a bit more deeply into the research, you can see that "cardio" does not mean what many people think it means...

Before going any further, you must understand that cardiovascular fitness IS extremely important from an optimal health perspective. The facts are that the least fit (read most sedentary on a scale of 1-5) adults are 4.5 times more likely to die than the most fit. Many people point to this statistic as proof that high levels of cardiovascular fitness are a must. However, the research shows that, by far, the biggest change in mortality statistics arise when a person moves from the "least fit" (Category 1) to the next fitness level (Category 2) which is a mild increase in weekly activity. **What this means is that to get MOST of the benefits of aerobic exercise requires very little time over the course of a given week.**

Having said that, let's take a quick look at recommendation provided by the American College of Sports Medicine and the Surgeon General: "Every American adult should participate in 30 minutes or more of moderate intensity activity on most, and preferably all, days of the week."

While that may sound difficult, check out the definition of "moderate intensity":

- Moderate Activities: activities comparable to walking briskly at about 3 to 4 miles per hour; may include wide variety of occupational or recreational activities, including yard work, household tasks, cycling, swimming, etc.
- Thirty minutes of moderate activity daily equates to 600 to 1200 calories of energy expended per week. If you are unsure of where your activities fall on the calorie usage scale, here is a very simple online calculator that can help you gauge where your activity levels fall and what your caloric expenditure is IN THOSE ACTIVITIES: <http://www.exrx.net/Calculators/Calories.html>

As you can see from these different recommendations, the general consensus is that for moderately to normally fit individuals, 3 to 5 sessions of cardiovascular exercise per week at a moderate intensity provides the vast majority of health benefits and the **BEST NEWS is that YOU DO NOT HAVE TO DO IT ALL AT ONCE!** A large number of research studies now indicate that exercise bouts as short as a few minutes can have an effect nearly equal that of a single exercise session. **So, you can get your "cardio" in short bursts throughout the day without having to endure the indignities of a treadmill or stairmaster!**

9S Certification

- Phoenix, AZ: Jun 26-29

T-Phase (Level 4)

- Phoenix, AZ: May 15-18

But, that's still not the end of the story...

Based on the available evidence there is little doubt that while some level of cardiovascular exercise is extremely valuable in preventing various diseases, research also demonstrates that as people age the primary issue that **most interferes with their quality of life is a loss of strength!** As we like to say, **there is no substitute for strength.** When you look at the "fitness" requirements of most day-to-day events, people need more raw strength than high levels of cardiovascular fitness.

However, from a Z-Health perspective we want to take this even further and ask a simple question, "At a base level, what is required to develop both strength and cardiovascular fitness?" **The simple answer is MOVEMENT** and that is where the vast majority of training programs can go astray. There is not enough emphasis on rebuilding basic movement skill and as result injuries often occur. In fact, according to current research, 80+% of adults who begin an exercise program stop within the first 3 months because of injury. Why? Because they ignored the most foundational skill of all – MOVEMENT – which is where we begin in Z-Health.

So, even if you "hate" cardio, as you introduce your body to the R-Phase program, you will be rebuilding the most important skill set you have that will serve as the perfect foundation for more activity in your life.

Thanks again for the question. Have a great month!

Keep Moving,

Dr. Cobb

New Workshops & Certifications

We have **A LOT** of exciting things to tell you about this month! We have added more dates to our already overflowing calendar and have a new workshop to tell you about. We are particularly excited about our **Elite Performance workshop**. If you have ever wanted some in-depth, hands-on time with Z-Health but aren't ready for a certification, this workshop is for you!

The Unfair Advantage - Z-Health Essentials for Elite Performance

Fri-Sun, Oct 31 - Nov 2, 2008

Minneapolis, MN

This new workshop is three full days of Z-Health -- combining R, I, & S Phases (Levels 1-3) together to create a program to help you better utilize the Z-Health material and get the most of your training. Registration is not yet available, but keep an eye on the newsletter next month for more details...

EXTENDED! Edinburgh, Scotland R-Phase Registration Now June 1

There is still time to get in to our European R-Phase certification. You've asked, and we've listened. We've extended our certification deadline to June 1.

What this means to you? If you are still considering attending, we urge you to contact kathy@zhealth.net immediately to arrange to make your deposit.

Extended Deadline: June 1, 2008

Minimum Deposit: \$695

NEW! R-Phase Certifications Added

We have now finalized our 2008 calendar, adding two more R-Phase certifications. For those of you in the northeast, here is the long-awaited certification. And, one more week-long R-Phase for International participants or anyone wanting to supercharge their R-Phase experience.

- New York, NY. Sept 26-28 & Nov 14-16.
- Los Angeles, CA. Oct 20-25.

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

From our Bookshelf: *Anatomy of Movement*

Having recently interacted with many graceful athletes at the recent Body-Mind-Expo, we pulled this book back off our shelves. *Anatomy of Movement* is written by a former dancer and dance instructor, and teaches anatomy from the perspective of how it effects movement -- across physical disciplines. The book takes a unique approach of explaining the musculoskeletal system and then immediately showing the related movements -- providing a holistic picture. With over 1000 original drawings packed in to less than 300 pages, it is truly a vivid description of how the human body moves.

Anatomy of Movement is a practical and easy-to-understand book. It's a fantastic, "so that's how it works!" primer for anyone wanting to learn to move better -- and if you are reading this newsletter, that's you! This book is even on our suggested reading list for our advanced trainers.

If you have always shied away from learning your anatomy because the textbooks were too dense and daunting, this is the book for you!

[Read reviews and purchase from Amazon](#)

Trainer Workshops: Denver, CO

Denver, CO. Wed/Thurs/Fri, May 21, 22, & 23 (evenings). Andrea DuCane & Zachariah Salazar: R, I, S, & T (Levels 1-4)

Russian Kettlebell & Z-Health Workshops

Beginner Kettlebell with Z-Health Intro: Wednesday, May 21, 6:30 - 8:00pm

Intermediate/Advanced Kettlebell with Z-Health Intro: Thursday, May 22, 6:30 - 8:15pm

Z-Health Workshop: Friday May 23, 6:15 - 8:15pm

To learn more about any of the above events and to sign up, visit <http://www.bccorefitness.com> or contact Brian Copeland at brian@bccorefitness.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](#)