

JUNE 2009

NEW! S-Phase: The Complete Athlete, Volume 1

INTRODUCING THE NEWEST Z-HEALTH EDUCATIONAL PRODUCT

We're incredibly excited to announce the release of the latest Z-Health Performance Solutions Educational Training DVD and Quick Start Guide.

We love it and are certain you will as well. Featuring Dr. Cobb and seven advanced-level Z-Health trainers, this instructional two-DVD set is a goldmine of information about the Z-Health approach to optimal athletic development. Here's a quick peek at just a few of the topics covered:

- Static and Dynamic Stances. It all starts with a good stance
- 6 Visual Training Drills designed to improved field vision
- Plyometric Training for developing explosive movement skill and speed
- 4 drills for creating explosive Linear Speed
- 3 Ground Speed Drills. Losing your balance or being knocked to the ground is part of the game. Learn to recover quickly
- 6 Athletic Transition Steps for maximum speed and quickness

We've also included a handy, pull-out Quick Start Guide for you to take to the track or gym with general training tips and two sample training programs to jumpstart your practice and creativity.

To get your copy today call the Z-Health office toll free at

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EVENTS CALENDAR

Be sure to check [our website](#) regularly for updates.

Conferences & Workshops

Minneapolis, MN

July 15-17 - Essential Secrets of Elite Performance (sponsored by DragonDoor Publications)

[Register Online](#)

R-Phase

Denver, CO

May 29-31 & July 24-26

San Diego, CA

June 15-20

Atlanta, GA

Aug 7-9 & Sept 25-27

Minneapolis, MN

Aug 14-16 & Sept 18-20

Denmark

November 2-7

888-394-4198, or [purchase online](#). We're very excited about this latest product and can't wait to hear about your latest athletic accomplishments as you learn the new movement skills in the DVD.

[Purchase online](#)

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Summer — The Most Dangerous Season

Ahhh... Summer. Longer days, hotter weather, kids are out of school, vacations, boating, hiking, summer picnics, summer sports, and household projects. It's also trauma season. Summer brings an increase in both adult and youth injuries. Emergency rooms typically see a 20% increase in trauma visits from people of all ages, and injury rates approximately double in adults.

To stay out of the ER and avoid becoming a statistic, the most important thing to remember is the SAID Principle. SAID stands for "Specific Adaptation to Imposed Demand", or as we like to say, "the body always gets better at exactly what it does." It can also be understood this way, if you take the body out of its comfort zone too quickly the likelihood of getting hurt or things going badly rises accordingly.

What does this mean practically? Let's take a quick look...

Since Z-Health is all about movement, you can bet we aren't going to tell you to sit on the sidelines. Instead, here's a Z-Health approved map to work from:

1. Be smart! Regardless of your summer activities, be it new sports, housework, gardening, landscaping or simply chasing the kids, never forget that you must allow time to adapt. Give yourself a week or two to ease your way into it as this will give your joints, connective tissues, and muscles a fighting chance to adapt safely. If you, like most of our readers, are already practicing Z-Health, you know that we often tell our clients to slow down or reduce the range of motion while doing Z drills to stay out of pain, and the same idea applies here. Rather than feeling like a wimp for taking it slow, follow this advice and know that your knees and back will thank you later, and you won't be the one limping into the office Monday morning.
2. Move well! If you are looking to stay injury-free and get a leg up on the competition, do joint mobility work both BEFORE and AFTER your activities. Pull out your [R-Phase](#) and [I-Phase](#) DVDs every day

I-Phase

Denver, CO
October 8-11

San Diego, CA
November 12-15

Minneapolis, MN
November 19-22

S-Phase

Phoenix, AZ
June 25-28

Phoenix, AZ
December 3-6

T-Phase

Phoenix, AZ
October 22-25

9S: Sustenance

Phoenix, AZ
July 8-12

before you play. Do the drills. Not only will it prep you for your activity, you will likely find that your performance is better than ever. Also, if you've already spent time with both of these products, pick up the new S-Phase product to take your movement and your game to an entirely new level. Finally, if you are trying to condense both your pre- and post-activity exercise, remember that we have the incredibly fast and efficient R-Phase and I-Phase Neural Warm-Up DVDs available as well.

3. Remember to stay cool! While everyone knows it, it's important to remember that the summer sun can be a killer, literally, and if you are one of those people that gets in the sun for a day here and there, you need to be careful. Drink plenty of water, limit your time in the direct sun, and watch for things like fatigue, headaches, and irritability. However, the SAID principle also applies to temperature, so if you are on a summer's sports team or working on a summer-long house project, with time the body will adapt to the heat, and you will be able to put in longer and longer days in the sun and heat.

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Workshop: Essential Secrets of Elite Performance

With the success of last year's workshop, we've again partnered with DragonDoor Publications for the Essential Secrets of Elite Performance.

This three-day workshop compresses 14 days worth of certification material in to 3 movement-and-information filled days. You will walk out with a host of skills and drills, in an immediately usable format, that will supercharge your training and active lifestyle.

Minneapolis, MN

Friday, July 17, 2008 - Sunday, July 19, 2008

Friday: 9:00am–12:30pm & 2:00pm–6:00pm

Saturday: 9:00am–12:30pm & 2:00pm–6:00pm

Sunday: 9:00am–12:30 pm & 2:00pm–6:00pm

To register, contact Dragon Door at www.dragondoor.com/wz02.html or call 1-800-899-5111.

Workshop Code: WZ02

Workshop Reference: Z-Health Seminar: The Essential Secrets of Elite Performance, Minnesota, April 2009

Tuition: \$697, or \$647 if you register by June 18th.

Here are a few of the many rave reviews of this three-day

course:

"The best student/teacher ratio I have ever experienced at a workshop put this experience as the best fitness industry workshop I have attended. This component was the key to why I learned so much. Attention was given to all the attendees, and plenty of it." — John Rock, RKC II, Personal Trainer; Arden Hills, MN

"This is the absolute best investment I have ever made. This has opened my mind to a new level of training. To be a trainer without this knowledge severely limits that trainer's ability to be effective. I have always been asked to train other people, but I have been hesitant to do so. I knew the knowledge I previously held was not sufficient to be ethical and effective, therefore I rarely trained others Not anymore!" — Lucas Guili, St. Louis Park, MN

"I think it is the best possible introduction to levels 1-3, providing powerful tools for everyone. The principles are clearly presented with lots of demos and practice to back it up. Dr. Cobb did an amazing job. A fantastic general public course and will give anyone who attended an unbelievable jumpstart in to the certification process. Really, really well done." — Jennifer Waak, RKC Seattle, WA

[Detailed syllabus as well as photos and reviews from last year.](#)

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Newsletter Archive

Did you miss an issue of the Monthly Newsletter?

Delivered on the 15th of every month, the newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance Solutions.

Are you receiving our Weekly Training Tips? Delivered to your inbox every Sunday, these brief training nuggets will be sure to enhance all of your activities.

Catch up on all of [our back issues](#) on the Z-Health web site or click on the "Manage your Subscription" link on the bottom of this email to ensure you are getting the latest news.

<http://www.zhealth.net>

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[Calendar](#)

[Certification](#)

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