

## APRIL 2010

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This month is not going to be our typical Z-Health content, instead we want to take this opportunity to raise awareness of an incredibly important issue — the health and well-being of the thousands of soldiers coming home from Iraq, Afghanistan, and elsewhere, how physical trauma and the toll of multiple deployments leave many struggling with the transition to civilian life, and what you can do to help.

## Wounded Warriors

For our newsletter we interviewed Grove Higgins and Shannon Pfeil, both advanced level Z-Health Practitioners and licensed health care providers, about their work at the non-profit LQ Transitions, which has created an innovative adventure racing curriculum to rehabilitate soldiers and facilitate the transition back to civilian life. They are working with the Wounded Warrior Project at Fort Carson in Colorado Springs, CO.

Because this work is so important, we have also provided a longer version of the interview [here](#). You can learn more about adventure racing, the soldiers they work with, the struggles soldiers face returning home, and more about Z-Health's involvement.

## THE WOUNDED WARRIOR PROGRAM

The [Wounded Warrior Project](#) began simply, the way many powerful things do, with a group of veterans and their brothers wanting to do more for the soldiers returning from war than was currently being done. The mission of the program is to, "honor and empower wounded warriors." The program has grown to include work programs, education, counseling for soldiers and families, a variety of fundraisers, community-building, and physical rehab and PTSD counseling. It's in the last few areas, the community-building, rehab and counseling, where [LQ Transitions](#) is doing its innovative work.

## WHAT IS LQ TRANSITIONS?

[LQ Transitions](#) is a non-profit that has developed an adventure-racing based curriculum as a means of facilitating the transition. This program works with individuals in the Transitional Units, which is anyone who was injured to the point that they have to be airlifted back to the States, and is in "transition" — either back to the field or in to civilian life. However, which way they go is still indeterminate. Some just have the normal aches and

## IN THIS ISSUE

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1. [Wounded Warriors](#)
2. [Z-Health's Commitment to the Wounded Warriors](#)
3. [NEW! YouTube Videos](#)
4. [NEW! 3. yes 3. 9S courses for 2010](#)
5. [Newsletter Archive](#)
6. [Become a Facebook Fan](#)

## EVENTS CALENDAR

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

### Essentials of Elite Performance

**San Francisco, CA**  
May 14-16

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**Cleveland, OH**  
June 18-20

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**Chicago, IL**  
June 25-27

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**Minneapolis, MN**  
July 16-18

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**Seattle, WA**  
August 20-22

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### R-Phase

**Denver, CO**  
March 19-21 & April 23-25

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**Phoenix, AZ**  
May 21-23 & June 25-27

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**Boston, MA**  
June 11-13 & July 16-18

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**Copenhagen, Denmark**  
July 26-31

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**Minneapolis, MN**  
August 27-29 & October 8-10

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### I-Phase

pains that military service gives you — backs and knees and stuff like that. Others have severe disabilities, missing limbs, or suffering burns, etc. Almost all of them have PTSD and many of them have traumatic brain injury.

The adventure racing model is proving to be quite effective for a few different reasons.

First, the team-based environment of adventure racing helps soldiers build a new team or unit stateside that helps overcome that sense of loss that comes from feeling they have abandoned their brethren in the field. These new teams give them a new purpose.

Second, the intensity of the adventure racing model capitalizes on the physical, competitive, and go-forward nature of soldiers. The LQ Transitions program also teaches pacing, and reteaches them how to move safely, effectively, and pain-free. It also provides an opening for more traditional rehab, because they see how rehab drills can make them more effective adventure racers.

Finally, the competitive environment provides some adrenalized stimulus that helps replace the adrenaline rush that the soldiers felt during their extended time in deployment. Without some competing stimulus, these individuals often seek out other forms of adrenaline, such as illicit drugs, negative behaviors, and worse.

## PROGRAM NEXT STEPS

LQ Transitions is currently a volunteer program. The pilot program ends in May, at which point they believe they will have the data to prove out the incredible efficacy of the program. With that, they hope to receive an Army contract and have the ability to hire full-time trainers to work with the soldiers seven days a week. The long-term vision of the program is to staff it completely with Z-Health trainers, as they can provide the high quality neurological retraining that is necessary to get results for our soldiers. Within a year they hope to expand to serve 3,000 soldiers a year, and push out past Fort Carson.

## HOW CAN PEOPLE GET INVOLVED?

There are a lot of things you can do, even if you can't volunteer at Fort Carson.

First, educate yourself and those around you about Wounded Warriors in general. The general public is often poorly educated on this topic and there are many soldiers out there who are your neighbors and family members that need your help. They oftentimes have wounds that are not visible, and unfortunately they're not going out and seeking help. We need to start reaching out and finding these individuals because most of what you hear in the news is not reality as pertains to the pain they go through, the behavioral problems to fill the void, and even the suicides. There are great programs out there that support these guys.

Second, sponsor a trainer or donate any amount to LQ Transitions. They are a 501(c)3 non-profit organization, and all donations are tax-deductible as provided under law. Even \$10 would make a difference, and a donation of a \$1000 would bring in a certified trainer donating their time for a week or more. You would directly impact the lives of several soldiers.

**San Diego, CA**  
April 8-11

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**Denver, CO**  
June 17-19

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**Phoenix, AZ**  
August 5-8

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**Boston, MA**  
September 16-19

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**Copenhagen, Denmark**  
October 21-24

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### S-Phase

**Phoenix, AZ**  
June 3-6

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### T-Phase

**Phoenix, AZ**  
April 28 - May 1

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### 9S

**9S: Strength & Suppleness**  
**Phoenix, AZ**  
July 9 - 11

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**9S: Sustenance & Spirit**  
**Phoenix, AZ**  
September 24 - 26

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**9S: Speed**  
**Phoenix, AZ**  
December 2 - 5

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[DONATE](#)

[back to top](#)

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## Z-Health's Commitment to the Wounded Warriors

Z-Health has always supported the US Military and those who serve our country. Dr. Cobb has a long history of work with and training of police, SWAT, and various military units, and we have always offered a 10% military discount on all products and certifications (call the office at 888-394-4198 for more details). So, when Dr. Higgins contacted us looking for Z-Health trainers to volunteer at Life Quest Transitions, we simply knew that we could do more.

Corporately, we are subsidizing **approximately \$50,000.00** in educational costs in order to help further this project. That is enough to bring five trainers through our first four levels of certification, and brings LQ Transitions closer to its goal of ensuring everyone working with the soldiers is Z-Health certified.

If you wish to donate, you can [click here](#) to donate directly to LQ Transitions.

[back to top](#)

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## NEW! YouTube Videos

Have you been curious about the science of WHY Z-Health works so well? Interested in seeing some demos from our courses?

In the summer of 2009 we professionally recorded one of our Essentials of Elite Performance courses, condensed the 21 course hours to 6.5 hours, and have our mini-course almost ready to release. But, because we are so excited about this product, we also had to slip you some advance clips on YouTube.

- [Z-Health in 3 Minutes](#)
- [Hamstring vs the Running Shoe](#)
- [Active vs Passive Care](#)
- [Foot to Hip Flexor Connection](#)
- [The Arthrokinetic Reflex](#)
- [What is Z-Health: Part 1](#)
- [What is Z-Health: Part 2](#)

P.S. We'll be releasing the DVD in early May, so watch for the announcement!

[back to top](#)

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## NEW! 3, yes 3, 9S courses for 2010

First, the big news. Our new course for 2010 is...

**9S: SPEED**

And, since this is Z-Health, this isn't just about linear speed. No, it's about linear speed, lateral speed, arm, leg, and implement speed (tennis or golf, anyone?).

Interested in high speed motion analysis? We've got you covered. Want to add speed boot camps to your programming? Yep, we've got you covered there, too. Think you have clients that don't need speed work? Do any of them ever worry about falling? How fast does that happen?

Because of the technology involved we have to limit the course to 50, so be sure to call TODAY to put down your deposit. This one is going to sell out — FAST.

*December 2-5, 2010*

## 9S: STRENGTH & SUPPLENESS

We will be teaching this 9S Strength and Suppleness Course for the 3RD TIME. We have taken the excellent feedback from participants and their clients and made it better - more practical and more useful than ever – regardless if you work with world-class athletes, average fitness enthusiasts, or people needing massive amounts of rehabilitation. This course will revolutionize what you do...

*July 9-11, 2010*

## 9S: SUSTENANCE & SPIRIT

Missed the course last summer? Fortunately, we're bringing this one back around sooner as opposed to later due to the glowing reviews.

We are constantly striving to improve the efficacy of what we teach and deliver, so due to the wonders of modern technology (otherwise known as the video we shot last summer), we've been able to condense the course down to three days to make it even more accessible. You will have the preparatory DVDs to study from so you are ultra-prepared — this will let us shave 2 full days off the course and have you achieving results with your clients that much faster.

*September 24-26, 2010*

**P.S.** As always, if you have attended the course, you are welcome to re-attend for free. Call the office to reserve your space. Because of the modified format, we DO expect these courses to quickly fill with new attendees, so may have to limit re-attendance, so call today!

[back to top](#)

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## Newsletter Archive

**Did you miss an issue of the Newsletter?** Our regular newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance.

**Are you receiving our Training Tips?** 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.

[back to top](#)

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## Become a Fan on Facebook

Z-Health is on Facebook, and right now it's the ONLY place where you can see photos of the Z-Health Performance Training Center and recent certifications.

If you are already on Facebook, [become a fan](#), write on our Wall, or ask a question on our Discussion board. We'd love to hear from you.

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<http://www.zhealth.net>

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[Certification](#)

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