

FEBRUARY 2010

2010 Master Trainers

Last month 12 exceptional individuals made their way to the Z-Health Performance Training Center in Tempe, AZ for our second ever Master Trainer Live Training event. It was an intense 6 days, which some called the most difficult thing they had ever done in their life. This is understandable and exemplifies just how demanding this program is, as Master Trainers must demonstrate high levels of competence in an incredibly diverse set of skills. Z-Health Master Trainers are tested on their knowledge of every Z-Health concept with an intense focus on: anatomy, neurophysiology, kinesiology, muscle testing, neuromechanic techniques, full-body mobility drills, client assessment skills, fitness programming, public speaking, individual and group teaching, sports movement techniques, visual system assessment, and much more.

Of the 35 individuals who started the program this past year, 12 made it to the live training. To date, 76 people have joined the program over the last two years, with 14 individuals successfully completing all the requirements to carry the title of Z-Health Master Trainer. As you can see, it is a difficult designation to achieve (read more about it [here](#)), and we congratulate this year's outstanding class!

CONGRATULATIONS

- Court Wing (New York, NY)
- Daniel Omid (Vancouver, BC & Seattle, WA)
- Jen Waak (Seattle, WA)
- Leslie Cordova (San Pedro, CA)
- Sara Cheatham (Pope AFB/Fort Bragg, NC)
- Scott Marion (Menlo Park, CA)
- Scott Peery (Bend, OR)
- Shannon Mauck (Phoenix, AZ)

CONTINUED GROWTH

These Master Trainers, along with the six who achieved their designation last year, are now helping Z-Health continue its rapid growth by:

- Teaching Z-Health Certification Courses with professionalism and passion. Master Trainers are now teaching R-Phase, I-Phase, and introductory workshops around the country.

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EVENTS CALENDAR

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

R-Phase

San Diego, CA
January 15-17 & February 26-28

Atlanta, GA
February 5-7 & March 12-14

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

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

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

I-Phase

San Diego, CA
April 8-11

Atlanta, GA
May 13-16

S-Phase

Phoenix, AZ
June 3-6

T-Phase

Phoenix, AZ
April 28 - May 1

Essentials of Elite Performance

London, UK
February 5-7

Phoenix, AZ
February 19-21

- Assisting in developing new products and materials to help clients and trainers use Z-Health to their greatest advantage.

- Working as mentors and coaches of newer Z-Health Performance Solutions practitioners, and assist them with more involved clients and teams. All Master Trainers are expected to develop what we call a community of practitioners, and that development is a part of their requirements to maintain their Master Trainer status.

The Z-Health Master Trainer program has helped fully establish the Z-Health training system as a new profession — one that is separate from, but complimentary to, all other health, fitness, and athletic development professions.

Congratulations again to everyone who took part in last month's event. Being there, and finishing the event with style, grace, and professionalism was a tremendous accomplishment, and we are very proud of all of you!

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Go Olympians!

As you probably know, Z-Health is a system that promotes and believes whole-heartedly in life-long athleticism — while also pushing the edge of athletic performance for those who want to reach their absolute potential.

Because of this focus, we believe the Olympic Games stand for something much bigger than individual medals and glory, but instead serve to show us all that the extraordinary is possible to achieve through dedication, intelligent practice, and hard work. Please join us in saluting all the competitors at the games and thanking them for their examples.

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Affiliate Program

Did you know that Z-Health has an affiliate program?

Our affiliates earn 25% on product purchases and \$79 for each person who signs up for Essentials of Elite Performance through your link.

Signing up is easy!

1. Click on [this link](#)
2. Fill out the very short application
3. Wait for your approval email — usually the next day
4. Select your banners or text links and add them to your web site
5. That's it!

From there, we take care of the rest. We track all purchases and send you a check each month once the total gets above \$50.

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Newsletter Archive

Boston, MA

March 5-7

San Jose, CA

May 14-16

Minneapolis, MN

July 9-11

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.

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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.

<http://www.zhealth.net>

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[Calendar](#)

[Certification](#)