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## JANUARY 2010

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### T is for Threat

In March 2002, in the wake of the terrorist attacks on the United States, the president gave a directive to the Department of Homeland Security to create the National Threat Advisory. The primary job of this system is to give the general public a moment-to-moment and day-to-day "threat level" based on intelligence gathered about potential risks to our safety.

As the system is currently in place, there are five different levels of threat with each level corresponding to increased risks of danger. While you may be wondering how this relates, to Z-Health, the answer is both incredibly simple and incredibly important...

As you may have read many times in our materials, your nervous system is the Governor of your body. As the Governor, it performs a mind-boggling number of different functions. One of its most important functions, however, is that of Guardian or Homeland Security, if you will, whose primary job is to keep you safe. In acting as Guardian, your nervous system is constantly on alert, closely examining every piece of information (intelligence gathering) that it receives from your environment. Think about the guys in dark suits and sunglasses, wearing ear pieces and talking into their wrists that constantly surround the president when he's in public. They are always watching the crowd for the smallest sign of danger. That's a great picture of your nervous system guardian — right down to the sunglasses!

If we continue with our analogy, what would a bodyguard do if he sensed danger? Yell a warning to his teammates and then do anything possible to shove his principal into the nearest car and speed him away from the danger.

This is a great example of your body in action. When your nervous system senses a threat, it sets in motion a huge chain of events with one primary purpose — keeping you safe. Where this gets very complex is in the fact that your nervous system is so concerned about your safety that almost anything can be classified as a threat.

### WHAT IS A THREAT?

As mentioned above, a threat can be virtually anything. It can be an old scar causing a movement restriction, visual issues causing your brain not to trust the information coming in, something disagreeable in your lunch, poor respiratory patterns, a fight with your boss, bad lighting, extreme temperatures, a foul smell, uneven footing...

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## EVENTS CALENDAR

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

### R-Phase

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

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

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

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### I-Phase

**Copenhagen, Denmark**  
January 28-31

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### T-Phase

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

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### Essentials of Elite Performance

**London, UK**  
February 5-7

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**Phoenix, AZ**  
February 19-21

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**Boston, MA**  
March 5-7

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The list of potential threats to our body is varied and nearly infinite. The important thing to note about the list above is that many of the threats listed aren't obvious, they are really subtle. And, it's rarely one threat that makes the difference — instead it's the build-up of them all to the body, as the effect is cumulative.

And, because it is cumulative, what your body considers a threat one day may not be a threat the next. Which makes this whole threat management thing sound really complicated. But, it's not once you understand it and know what to look for.

## HOW DO I RECOGNIZE IT?

Whether you recognize it or not, you've seen this phenomena in action. You head out for your standard run, pick up your favorite kettlebell, or load up the bar with your "usual" weight, and your body is like "nope, this isn't happening today."

That is threat overload. It is your body's way of saying that what you are trying to do is simply too much. In fact, your guardian has been put on high alert by something in your internal environment and your safety has now become highest priority. If you insist on continuing, your guardian WILL find another way to get your attention and move you to "safety". And the body's favorite way of doing that? Pain...

## WHAT DO I DO ABOUT IT?

1. Build your awareness of what your guardian's danger signals are and learn to pay attention to them! If you get them while training, you should back off on whatever you are doing at the time. Reduce the mileage, slow the pace, reduce the weight. Change one or more variables until you start feeling better.
2. Learn how to do better intelligence gathering. There are numerous ways to find out how your body is responding to exercise, long before your guardian feels compelled to step in. In Z-Health we call these neural self-assessments. We teach many of these self-assessments at the [Essentials of Elite Performance](#) workshop, including strength, range of motion, rate of perceived exertion, and peripheral field testing. Once you have these intelligence gathering tools at your disposal, you can learn to keep your threat levels at a safe level with little effort — leading to life-long, pain-free high performance!

Keep moving and stay safe!

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## Essentials of Elite Performance

Getting good results from the Z-Health products, but ready to take it to the next level? Interested in working with a number of the top Z-Health Practitioners in the world all in one place? Need continuing education credits?

## WHAT IS IT?

Essentials of Elite Performance takes the basic principles from the first three Z-Health Certification Programs - R-Phase, I-Phase, and S-Phase – (yes, that's 14 days of professional certification training), and puts them into a comprehensive, 3-day workshop designed to show you the step-by-step process necessary to take your life and athleticism to the next level. Not only do our attendees love the material and how it changes them instantly, but we consistently hear that they LOVE how the instructor-to-student ratio results in nearly individual attention, as well as the consistent answers from instructors indicating an in-depth understanding of the system.

## WORKSHOP DATES

London: February 5-7

Phoenix: February 19-21

Boston: March 5-7

## WORKSHOP BENEFITS

Most of our attendees go on to sign up for certification, and when they do, we give them back what they paid for this workshop (\$797, or \$647 with early registration) in the form of discounts on R-Phase, I-Phase, and S-Phase tuition.

Even if you don't continue on with certification, you still have ongoing Z-Health benefits. Everyone who attends our Essentials of Elite Performance workshops are eligible for our referral program. Once only for certified Z-Health practitioners, anyone who attends this course becomes eligible for our generous referral program where you can earn over \$1000 for every person you refer -- should they attend our first four levels of certification!

Whether you use the course for continuing education credits, as a way to test the waters before signing up for R-Phase (the first course in the Z-Health certification process), or as a vital step in your own athletic development, the Essentials of Elite Performance will profoundly change your body and your approach to training in three short days.

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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.

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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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