

## Weekly Training Tips

August 24, 2008

Last week's training tip reminded you of the 4 Element of Efficiency in Z-Health: Balanced Tension and Relaxation. In that tip, you also read about one of our Enemies of Efficiency: **The Startle Reflex**. This is vital to understand as all Z-Health drills have, as a foundational concept, the ability to teach you to consciously and unconsciously decrease the startle reflex in your body.

Everyone knows what the startle reflex is. If you've ever been frightened by a cat when you went to take the garbage out, you know exactly what a startle looks like. Interestingly, modern life is filled with low grade stressful and threatening events. While these "threats" aren't enough to send most people into a full-blown startle, they DO create huge amounts of unnecessary muscle tension and subsequent joint stiffness in the body.

This week, pay attention **AS OFTEN AS POSSIBLE THROUGHOUT THE DAY** to how much tension you are carrying in your startle muscles:

1. Face
2. Neck
3. Shoulders
4. Chest
5. Abdomen
6. Hips
7. Inner Thighs

A fantastic way to do this is to place a colored office sticker on your watchband, rear view mirror, keyboard, computer screen, etc. When you see the dot, take 15 seconds to quickly scan all of your muscles and release any unnecessary tension. Good luck and keep moving!

Keep Moving,

Dr. Cobb

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