

Weekly Training Tips

August 3, 2008

Last week's tip began looking at the 4 Elements of Efficiency in Z-Health. The second of these elements is: **Dynamic Postural Alignment**. While this sounds like a mouthful, it's a very specific choice of words to indicate an incredibly important concept. Let's break this down into two parts.

1. **Dynamic** - This word, which means "in motion", lets you know that having great standing posture is not nearly as important as having great MOVING posture.
2. **Postural Alignment** - In Z-Health we talk about the concept of LONG SPINE in every product and DVD. What we are after here is called axial extension. This means you want to feel as if your spine is being lengthened all the way from the tailbone, up through the crown of the head WITHOUT thrusting your chest forward or tilting your chin.

For years, people have associated the word posture with a static position. This misses the point. Great posture is only truly useful if you can maintain it while in motion. This week, as you train, focus on staying long and tall not only as you perform every drill, but also as you move from one exercise to the next. The more that you do this, the more that the excellent posture you develop in your practice will carry over to your daily activities. Good luck and keep moving!

Keep Moving,

Dr. Cobb

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