

Weekly Training Tips

December 14, 2008

Whether you train in your basement, at a gym, in the backyard or in your office at lunch time remember to kick off you shoes for your Z-Health mobility work! In today's high-tech world it may come as a shock to some to hear that barefoot is best, but that is usually the case!

Whenever you are doing your daily mobility drills remember that one of the most important goals of the process is to make your body smarter about movement and posture. Not surprisingly, most of the nerve sensation that helps regulate our posture comes from the soles of our feet. When those nerves (think pressure sensors) are hidden from the floor behind pads, arches and cushioning, they become less active and subsequently less capable of performing their jobs. This results in posture and movement problems that can echo around your whole body.

So, remember to give your feet a real break by going barefoot whenever you can safely train that way.

Keep Moving,

Dr. Cobb

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