

## Weekly Training Tips

July 13, 2008

This week, keep the **SAID Principle** in mind. SAID is an acronym used in human physiology that means **Specific Adaptation to Imposed Demand**. The SAID Principle is the governing **LAW** of human physiology and it is inescapable! It means that you are hard-wired to get better at exactly what you practice - you don't have a choice in the matter.

Because your nervous system is governed by the SAID Principle, when you practice Z-Health, you cannot afford to ignore anything. If you practice in poor posture, you will become better at performing the movements in poor posture. If you practice sloppy shoulder circles, you will get better at doing sloppy shoulder circles! You must pay attention and monitor what you do.

For many athletes, this is where a mirror comes in handy. Performing your drills in front of a mirror, particularly in the beginning stages of your Z-Health training, can be extremely beneficial. This week, find some way to monitor yourself as you perform the Z-Health drills to ensure that you are not building compensations and poor movement patterns into your body. Good luck and keep moving!

Keep Moving,

Dr. Cobb

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