

Weekly Training Tips

November 9, 2008

As you practice Z-Health this week, **pay attention to what you're thinking about**. Many people have begun to look on exercise as an escape.

While there is nothing wrong with using exercise to de-stress, take a mental break from all the daily activities and all the distractions that you have going on and **simply focus on what you're doing and what you feel**. The motor learning process -- how quickly and how well do you own movement -- is absolutely enhanced by you paying attention.

Put down the newspaper, turn off the TV, and as you do your drills, focus on the feeling. You will find that as you do this, *your movement skill, your health, your vitality and energy will be tremendously enhanced*.

Keep Moving,

Dr. Cobb

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