

Weekly Training Tips

October 12, 2008

If you are struggling with any particular Z-Health drill, **have a seat**. One of the things that many people overlook in Z-Health is that you are not required to perform the exercises standing in neutral stance.

You want to begin to think about the Z-Health drills simply as templates -- you can perform them seated, lying down, on your stomach, on your back, or on your side. **Make sure that you explore the exercises in different positions because they will have very different effects.**

Many of our happiest clients feel that the greatest benefits from Z-Health drills came about when they began *applying the drills to their everyday situations*. The office worker who practices Z-Health while seated will often see a fantastic effect from that during the course of their normal day.

Keep Moving,

Dr. Cobb

<http://www.zhealth.net>

[Subscribe](#)

[Calendar](#)

Copyright 2008 - Z-Health Performance Solutions, LLC