

Weekly Training Tips

October 19, 2008

In Z-Health we talk about the **SAID principle** -- a simple principle from physiology that says we get better at what we do. In Z-Health, because of more modern neuroscientific research, we have altered that definition to say **the body always gets better at exactly what it does**.

This week, I want you to examine what you do. In other words, keep track of how much you sit versus how much you walk versus how much you stand.

If you find that your daily activities encompass 60% to 70% seated activities, make sure that you practice Z-Health seated.

Be sure to follow the SAID principle, and begin adding Z-Health work into your weekly regimen.

Keep Moving,

Dr. Cobb

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