



What Is Z-Health?

# Are You Looking for Better Performance Today?

**WELCOME TO Z-HEALTH** – a movement training system that is changing the way people feel and move around the world. Z-Health focuses on the nervous system: the high-speed network that controls muscles, heart, AND lungs. As a result, regardless of your age or activity, all of us have the same potential for tapping into our best performance ever!



# What is Z-Health?

Z-Health®, created by Dr. Eric Cobb, is a high tech, cutting-edge exercise system designed expressly for retraining your nervous system. Z-Health offers you an ultra-fast approach to getting out of pain, optimizing your health, and maximizing your athletic performance.

## WHY THE FOCUS ON NERVES?

In your body the nervous system rules! If you are looking to make fast changes in pain, range of motion, strength, coordination, speed, and agility the fastest path is to re-train your nervous system. In Z-Health certification we teach three vital concepts about your nervous system:

- It is the governing system of the body. In other words, it runs the whole show.
- It is the most stable system of the body. Research has repeatedly shown the nervous system can continue to learn and adapt at ANY age. Imagine being able to tell your clients that age does not matter and being able to demonstrate that fact.
- It is the fastest system of the body. Your nerves communicate at lightning speed and this means that you can help your clients make nearly instantaneous changes in their health and performance. No other system will offer you that.

## How Does Z-Health Target Nerves?

Z-Health targets the nervous system through very specific joint range of motion exercises called dynamic joint mobility drills. These exercises offer a powerful pathway to making your nervous system smarter about movement. This translates into a smoother, faster, more powerful, and more coordinated you!

## Why Use Joints First Before Muscles?

Specific joint movements are one of the best ways to communicate with the nervous system. The reason for this is that the joints have a very high concentration of nerve endings surrounding them that provide direct feedback to your nervous system.

This feedback tells your body where it is in space, how fast it is moving, and what movements are safe. By re-training and waking up these nerve endings through specific joint mobility drills, you can help your body get out of pain and learn how to perform at your true genetic potential.

## What Does Z-Health Look Like?

People say it looks like a lot of things — from yoga to martial arts to dance to stretching and every other named system under the sun. We don't consider this unusual because the body can only move in so many ways. What makes Z-Health different from so many other systems is not the exercises so much as how you perform them.

The depth and specificity of Z-Health makes it very different from many other approaches to mobility. Plus, the actual training techniques of Z - and its focus on the neural components of the process - make it extremely fast and effective.

## How Do I Learn More?

Visit us on the web at [www.zhealth.net](http://www.zhealth.net) to learn more about the system, our products, and professional education courses.

Or, if you prefer, call us **Toll-Free at 1-888-394-4198**. We look forward to working with you!

## HOW DO I REGISTER?

- REGISTER ONLINE AT [WWW.ZHEALTH.NET/STORE](http://WWW.ZHEALTH.NET/STORE)
- EMAIL US AT [INFO@ZHEALTH.NET](mailto:INFO@ZHEALTH.NET)
- CALL US TOLL-FREE AT 1-888-394-4198.



For more information about Z-Health®  
call 1-888-394-4198 or visit [www.zhealth.net](http://www.zhealth.net)