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Z-Health Newsletter - September 2008

Your monthly insight to Life in Motion

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Calendar of Events

Our 2009 schedule will be released soon and announced in the October newsletter. You can also check our [website](#) for updates.

Conferences & Workshops

- Minneapolis, MN: Oct 31 - Nov 2 - The Essential Secrets of Elite Performance www.dragondoors.com/zhealth

R-Phase (Level 1)

- Fremont, CA: Jul 25-27 & Sept 19-21
- Edinburgh, Scotland: Sept 1-6
- New York, NY: Sept 26-28 & Nov 14-16
- San Diego, CA: Oct 20-25

I-Phase (Level 2)

- Denver, CO: Oct 9-12

ABCs of Movement

The Z-Health certification process is all about learning the language of movement. Each of the certifications provides a new level of movement fluency. As with anything, true mastery is a lifelong journey, even for the most dedicated student.

Letters (R-Phase: Rehabilitation, Restoration, Re-Education)

The first morning of an R-Phase certification, Dr. Cobb explains that in this course you are there to learn the ABCs of movement -- the basic alphabet, if you will. Here, the emphasis is on isolating movement and practicing with intent. In the beginning, all movements are done from a neutral stance position. In addition, anatomy, kinesiology, and basic neuroscience are introduced and discussed – to lay the foundation for the "whys" of the system.

R-Phase, even though it's "just" the ABCs, often brings dramatic changes in people, and provides trainers with a set of assessment tools and protocols to bring immediate results to their clients.

Words & Sentences (I-Phase: Integration)

Because life doesn't happen in neutral stance, I-Phase expands on the R-Phase drills to include "real-world" athletic positions and stances. It also moves past the joints (and the idea of posture from proprioception) to look at the roles of the visual and vestibular (inner ear/balance) systems on movement – and we guarantee the results will surprise you.

The governor for all of this resides in the brain, so considerable time is spent discussing HOW we learn and what needs to happen to replace bad movement patterns (or any other unfavorable pattern) with something else. It really is "all the body all the time," so you can't overlook any system when it comes to pain, performance, and movement. This integrated approach to movement fluency, if you go back to the language analogy, provides our first words, and then sentences.

A New Language (S-Phase: Sports)

S-Phase is all about sports basics. The 101, if you will, of everything athletic. In I-Phase we built an athletic movement foundation; in S-Phase we actually do the basics

- Fremont, CA: Nov 6-9

S-Phase (Level 3)

- Phoenix, AZ: Dec 4-7

of all sport mechanics: sprinting, cutting, linear and lateral speed, plyometric drills, and upper/lower body differentiation. And we spend an awful lot of time just playing. As we learn at I-Phase, vision training should be at the heart of any great athlete's program if he/she is going to be the best they can be, so new visual drills and new assessment protocols provide more great tools for participants and their athletes.

At the last S-Phase certification, Dr. Cobb asked how many people had taken up a new activity since starting with Z-Health. Virtually everyone in the room raised their hand. Because of the skills we had developed through the Z-Health principles, we all had the courage and the confidence to try something new. Fluency of movement opens the door to new things and makes life a whole lot more fun.

A Higher Level Vocabulary (T-Phase: Therapy)

Every language has a wide variety of specialized vocabularies. Z-Health is no different. T-Phase continues to dive in to the systems of the body, including the lymphatic, nerves, respiratory, cranial, and of course, dermal and fascial. By better understanding the inner workings of the body, we can more effectively communicate with the nervous system. Previous injuries and surgeries can have tissue that is still impacting your movement and performance years later. Chronic pain is not the same neurologically as acute pain. By better understanding these complex relationships, we have yet more words in our movement and performance vocabulary.

Remember, it's always "all the body, all the time" – so it ALL affects pain, injury prevention, and athletic performance. As famous strength coach Pavel Tsatsouline says, "Your muscles are already capable of lifting a car. They just do not know it yet." Our bodies are capable of an awful lot more than just feats of strength, they just "do not know it yet."

Everyone is an Athlete

Jen Waak is a Level 4 trainer located in Seattle, WA. This is her story of learning the language of movement.

One of the foundational principles of Z-Health is that everyone is an athlete. It sounds like a horrible cliché, and I can assure you, prior to starting my Z training, I sure didn't feel like an athlete. I grew up with serious asthma in a two-smoker household and never set foot in a gym until college. To paraphrase Carrie Bradshaw, my idea of cardio was shopping.

When friends would ask if I wanted to go on a hike, I'd agree, since I knew I should, but never actually enjoyed the experience. I was afraid of most physical activity because I was sure I'd get hurt. I knew, however, that I didn't want to end up like my 92-year-old grandfather, barely able to get out of his chair or walk through the grocery store. I knew I HAD to find something to just prepare me for LIFE.

I had my first private session with Dr. Cobb in Feb 2007, INSTANTLY knew that this was what I had been searching for. I began the certification process and while R-Phase and I-Phase were great, and I felt better than I probably ever had, S-Phase is where things really took off for me. By the end of S-Phase, I couldn't stop smiling because for the first time in my life I actually felt like an athlete and like I could move well. I gave Dr. Cobb a HUGE hug at the end of cert for giving me that gift. I'm constantly amazed that the fear has disappeared and that things that would have left me sore, hurt, and frustrated in the past no longer bother me. Instead, I'm exhilarated by what I've accomplished and how good I feel!

In the past month alone, I've...

- Hiked the Skyline Trail at Mt. Rainier, a challenging trail with significant elevation gain – twice. My first trip I was with another Level 4 trainer, and while we were RUNNING back down, were stopped by two 20-something guys who were impressed with our "parkour skills". They asked us how often we did this, since we made it look easy. We stopped, looked at each other, I yelled back "never", and we continued down the mountain.
- Gone on multi-hour kayaking trips three times – after only having gone one other time in the past 10 years. Most recently, I went on a 5-hour, 8-mile open-water ocean kayaking tour with a friend who is an avid kayaker, and I more than held my own with her.

- Set a handful of new personal records (PRs) in various kettlebell drills.
- Signed up for a trekking tour in western Africa (Mali) early next year.
- Made plans to summit Kilimanjaro in 2010.

Rather than avoiding activity, for the first time in my life, I'm asking, "that's all that you got?" It's fun!

Workshop: The Essential Secrets of Elite Performance

The Essential Secrets of Elite Performance is a MUST if you want to begin your journey to movement fluency.

Join us for three full days of Z-Health that will supercharge the future of your training and active lifestyle. This course will present, in an immediately usable format, the drills and skills of R, I, & S Phases (Levels 1-3) of Z-Health that are the foundations for healthy, pain free movement and outstanding athletic performance.

Sponsored by Dragon Door Publications, this is the most complete introduction ever presented to the Z-Health system and the amazing, often instant, results that it produces. If you are an athlete, trainer, or just looking to improve the quality of your life, this is simply an event that you can't afford to miss.

Minneapolis, MN

Friday, October 31, 2008 - Sunday, November 2, 2008

Friday: 9:00am–12:30pm & 2:00pm–6:00pm

Saturday: 9:00am–12:30pm & 2:00pm–6:00pm

Sunday: 9:00am–12:30 pm & 2:00pm-4:00pm

Concepts and benefits include:

- Why the nervous system rules (this is the secret to instant results)
- The 4 elements that you must master to maximize the results of any training program
- 7 ways to get out of pain in less than 5 minutes
- How to harness your body's drive for survival to melt away excess body fat
- Hundreds of movement drills and how to apply each of them
- The Z-Health Movement Template approach - Create perfect training sessions on the fly
- How vision and balance problems can put the brakes on strength and movement -- and what to do about it
- Master key Visual Drills that create lightning-fast responsiveness.
- Develop linear and lateral speed that leaves your opponents in the dust.
- Uncover explosive power, the Z-Health way

To register, contact Dragon Door at www.dragondoor.com/zhealth or call 1-800-899-5111.

Workshop Code: WZ01

Workshop Reference: Z-Health Seminar

Tuition: \$797, or \$747 if you register by September 25th.

NEW! Certification Price Increase for 2009

All good things must come to an end, including our current certification pricing!

Secure 2008 pricing on 2009 R, I, S, T and 9S certifications by making a deposit TODAY.

By making your deposit before the end of 2008, you will be guaranteed a 2009 certification at a 2008 price. Call the office at 888.394.4198 or email info@zhealth.net to sign up or for more information.

Our 2009 calendar will be published soon.

P.S. We have five more certifications yet in 2008. It's not too late to begin/continue your journey to movement fluency yet this year.

Newsletter Archive

Did you miss an issue of the Monthly Newsletter? Delivered on the 15th of every month, the newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance Solutions.

Did you forget to sign up for the Weekly Training Tips? The Weekly Training Tips is a new series that started on June 22nd. Delivered to your inbox every Sunday, these brief training nuggets will be sure to enhance all of your activities.

Catch up on all of our [back issues](#) on the Z-Health web site or click on the "Manage your Subscription" link on the bottom of this email to ensure you are getting the latest news.

<http://www.zhealth.net>

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