

SEPTEMBER 2009

A New Place: The Z-Health Performance Training Center

Z-Health is extremely excited to announce the opening of its flagship 7,400-square-foot Performance Training Center next month in Tempe, AZ. Our rapid company growth over the last several years has made this landmark event in the evolution of Z-Health, both as a system and company, possible. We look forward to sharing the many incredible benefits with you that the new facility will provide. As you would expect, we are going to put the facility to extremely good use in three primary ways:

Education: In addition to hosting our R, I, S, T, and 9S certifications at the center, we will also now have the opportunity to provide much-requested additional educational events, including internships, teaching programs for our Master Trainers, and specialty training courses taught by Z-Health Master Trainers and other select individuals.

Training: For years, athletes and professionals have been asking to train and work in a dedicated Z-Health Performance facility among like-minded individuals focused on providing the best available programs built around Z-Health concepts. The new center will be staffed exclusively by Z-Health certified professionals creating this exact training environment. We are extremely excited to watch the incredible results that this type of synergy will create.

Elbow Room: With the growth of our product sales and educational offerings, our corporate staff has been getting crowded! The new center provides us much-needed space to accommodate our on-going growth and increased staffing needs.

Thank you for helping us make this new facility a reality. We look forward to seeing many new faces pass through

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EVENTS CALENDAR

Be sure to check [our website](#) regularly for updates.

R-Phase

Atlanta, GA
Aug 7-9 & Sept 25-27

Minneapolis, MN
Aug 14-16 & Sept 18-20

Denmark
November 2-7

I-Phase

Denver, CO
October 8-11

San Diego, CA
November 12-15

Minneapolis, MN
November 19-22

the doors in 2010.

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A New Look: How the Z-Health Facelift Can Help You Save

Many of you will have noticed the ongoing changes to the Z-Health “brand” over the last six months. Our new website, logo and other brand improvements continue at a breakneck pace and you can be the beneficiary! We have reached the point in our re-branding process where we are changing the look and feel of our products. We are repackaging them all with new covers, emphasizing our new look and feel. At this point we still have some of the current stock left and we would like to make room in our shelves for a complete change over. The great news for you is that you can save a boatload of money in the process as the following products are being offered at a massively reduced price:

Quick Start: \$25

Neural Warm-Up 1: \$49

I-Phase: \$59

Neural Warm-Up 2: \$49

Level 2 Package (I-Phase & Neural Warm-Up 2): \$99

Understand that the CONTENT of the products has not changed – just the external packaging. So, this is your chance to purchase our programs for a massive discount. The available quantities are limited so be sure to order today!

No coupon necessary, the discounted price is reflected on the [web site](#).

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A New Face: Z-Health Performance Is Hiring

Opening our new facility not only means great things in the training and education arena, but also means that there are opportunities available for smart, fitness-focused individuals to help us fill some of those roles. If you are interested in working for a dynamic company, learn more at <http://www.zhealth.net/employment> or click on the links below:

[Sales & Marketing Executive](#)

[Administrative Assistant](#)

S-Phase

Phoenix, AZ
December 3-6

T-Phase

Phoenix, AZ
October 22-25

[Z-Health Performance Coach](#)

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Z-Health Trainer Workshop

No Core without the Floor Workshop with Master Trainer Theresa Nesbitt

Learn the importance of the pelvic floor in regards to strength and performance.

October 3-4, San Diego, CA

Cost \$199

[To register and for more information](#)

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U.S. Open Highlight

[This clip](#) falls in to the "you have to see it to believe it" category.

Roger Federer, in the U.S. Open semi-final on Sunday, delivers an amazing backwards, under-the-legs shot that exemplifies everything about being a great athlete. Even he calls it the best shot of his life.

Last summer we highlighted a similarly amazing shot of Rafael Nadal's against Federer in Wimbledon – you can read our breakdown of it [here](#).

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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.

Are you receiving our Weekly Training Tips? 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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