

MARCH 2010

IMPORTANT NEWSLETTER NEWS: Many of you have asked to hear from us more often, so we will be increasing the frequency of this newsletter, which may include special announcements of new workshops. If you do not wish to receive more frequent emails from us, you may unsubscribe at any time using the link at the bottom of this newsletter.

Buzzer Beaters

NCAA tourney time makes for drama on the court and clips for the highlight reel. There are always countless last-minute half-court shots at the buzzer — the vast majority of which fall short of the net and never change the outcome of the game. But, just every once in a while one of those shots makes it through — and that is exactly what happened during the Big 10 tourney over the weekend. ([See the shot on YouTube](#))

The Ohio State Junior responsible for that shot is Evan Turner, the Big 10 Conference Player of the Year. Turner is widely believed to be one of the top NBA Draft Picks in this upcoming draft.

What makes this shot special is that in early December Turner broke two bones in his back (the transverse processes of L2 and L3) and was expected to be out for 8 weeks, and then slowly recovering for the remainder of the season.

So, how does someone go from broken vertebrae to playing at an elite level just 4 months later?

1) Practice. Lots of practice. Turner loves the game, and spends a lot of time on the court. "I just really want to be really good at basketball ... All I really like is just gym shoes and Waffle House."

Turner had thousands of hours of practice in prior to the injury, and his injury recovery time gave his entire body time to heal and recover. Additionally, Turner was probably at many of the practices and games, watching, and visualizing himself on the court.

2) Attitude. Turner was expected to be out for 8 weeks, but instead returned to the game after 6. He wanted to be back on that court to support his teammates — they had a tough road game coming up, and "would be the ideal game they might need me for."

Studies consistently show that individuals who are optimistic about their recovery times recover quicker than

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EVENTS CALENDAR

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

R-Phase

Atlanta, GA
February 5-7 & March 12-14

Denver, CO
March 19-21 & April 23-25

Phoenix, AZ
May 21-23 & June 25-27

Boston, MA
June 11-13 & July 16-18

Copenhagen, Denmark
July 26-31

I-Phase

San Diego, CA
April 8-11

Denver, CO
June 17-19

Phoenix, AZ
August 5-8

Copenhagen, Denmark
October 21-24

S-Phase

Phoenix, AZ
June 3-6

T-Phase

those who believe in the worst-case scenario. Turner clearly wanted to return to the game as quickly as he could and immediately begin playing at an elite level – and he did.

3) Technique. As he goes to make the shot first he:

1. Stops in an athletic ready stance. He stopped quickly in a strong stance that set him up to take the shot.
2. Explodes up in to the air to get the ball off. Jumping is all about the landing and your body knowing it can land safely again. And, that is about owning the mobility throughout your body to take the impact.

4) Vision. Watch his eyes. He keeps his eyes on the basket the ENTIRE time — even after the ball has left his hands and he follows it all the way through to the basket.

Turner demonstrates all of the basics of athleticism that we teach in our [S-Phase DVD](#) and [S-Phase certification](#). Being great involves deep and deliberate practice, a belief in yourself, excellent technique developed through precision and repetition, and great sports vision. These are all trainable skills.

If you want to learn how to take your performance to the next level, email us at info@zhealth.net or give us a call at 1-888-394-4198 and we'll help you get started.

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More Cities for Essentials of Elite Performance

Have you been intrigued our Essentials course, love the idea of a 100% money back guarantee, but also want us to come to you? Well, now we are!

We are expanding the Essentials of Elite Performance in to MANY more cities around the country to accommodate increased demand.

- San Francisco, CA. May 14-16.
- Chicago, IL. Summer 2010.
- Ohio. Summer 2010.
- Minneapolis, MN. July 16-18.
- Seattle, WA. August 20-22.
- Orlando, FL. Fall 2010.
- Southern California. Fall 2010.
- Philadelphia, PA. Fall 2010.

If a city is listed without a date, we haven't secured a facility so the exact date isn't final, but will be soon.

You can learn more about the course [online](#), call us at 1-888-394-4198, or email info@zhealth.net, and we'll be happy to help you decide if Essentials is right for you.

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Attending Body-Mind-Spirit or IDEA Fitness Fusion?

Phoenix, AZ
April 28 - May 1

Essentials of Elite Performance

Boston, MA
March 5-7

San Francisco, CA
May 14-16

Minneapolis, MN
July 16-18

Seattle, WA
August 20-22

SO ARE WE!

Be sure to stop by our booth to say HI. You could:

- Win a FREE Essentials of Elite Performance course (a \$797 value)
- Win Z-Health DVDs and Manuals
- Get your Z-Health questions answered
- Take part in one of our many demonstrations

EXCLUSIVE OFFER: Available only to newsletter subscribers, receive your FREE Sports Vision or Balance Assessment when you stop by our booth with a copy of your newsletter. (\$50 value)

We look forward to seeing you there!

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Newsletter Archive

Did you miss an issue of the Newsletter? Our regular newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance.

Are you receiving our Training Tips? 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.

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Become a Fan on Facebook

Z-Health is on Facebook, and right now it's the ONLY place where you can see photos of the Z-Health Performance Training Center and recent certifications.

If you are already on Facebook, [become a fan](#), write on our Wall, or ask a question on our Discussion board. We'd love to hear from you.
