

SEPTEMBER 2010

Real-World Balance Training

Falling is a huge fear in a lot of people (right up there with public speaking, spiders, snakes, and believe it or not, clowns).

Balance training is a great way to help prevent falls.

We have a simple, but not easy, balance training program that we teach in our [Essentials of Elite Performance](#) workshop.

It doesn't involve Bosu balls, wobble boards, or any other training device. While these are great tools, they aren't the Z-Health favorite for balance training.

Why?

Because unless you spend the rest of your day living on a Bosu ball, wobble board, or other similar device – by doing balance training on one, all you are doing is getting better at balancing on that device. Most of us spend our time on a (relatively) stable surface called planet Earth. So, since that is where we spend our time, that is the type of surface we should use for our balance training.

THE DRILL

1. Make sure there is something nearby to grab on to for balance
2. Stand on one leg
3. Turn your head to the left, and hold for 10-15 seconds
4. Bring your head back to neutral
5. Turn your head to the right, and hold for 10-15 seconds
6. Bring your head back to neutral
7. Tilt your head forward, chin to the chest, and hold for 10-15 seconds
8. Bring your head back to neutral
9. Tilt your head backwards, and hold for 10-15 seconds
10. Bring your head back to neutral
11. Tilt your head to the left, and hold for 10-15 seconds
12. Bring your head back to neutral
13. Tilt your head to the right, and hold for 10-15 seconds
14. Bring your head back to neutral

Switch legs and repeat.

Many people, when they start, can't hold any of these positions for more than a few seconds without having to hold on to something or touch the other foot down. That's a very normal place to start, but 10-15 seconds is where you eventually want to be.

IN THIS ISSUE

1. [Real-World Balance Training](#)
2. [Essentials of Elite Performance](#)
3. [See Dr. Cobb and Dan John at NPE Mega Training](#)
4. [Newsletter Archive](#)
5. [Become a Facebook Fan](#)
6. [Learn More on YouTube](#)

EVENTS CALENDAR

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

Essentials of Elite Performance

El Segundo, CA
November 12-14

Orlando, FL
December 10-12

Phoenix, AZ
January 21-23

Atlanta, GA
February 18-20

San Diego, CA
March 4-6

Denver, CO
April 8-10

Boston, MA
May 13-15

Cleveland, OH
June 10-12

San Francisco, CA
June 24-26

R-Phase

San Francisco, CA
July 30 - August 1 & September 10-12

Minneapolis, MN
August 27-29 & October 8-10

New Jersey
February 11-13 & March 18-20

Los Angeles, CA
February 18-20 & March 25-27

Denver, CO
April 29-May 1 & May 20-22

Phoenix, AZ
May 13-15 & June 10-12

EYES CLOSED

Now, start over, but this time with eyes closed!

Why eyes closed? Because we blink, sneeze, get stuff in our eyes, and squint in to the sun. It's important to be able to do this eyes open and eyes closed.

P.S. About those Bosu's... we're not saying throw them out. They are fun to play on and can be a valuable rehab tool in the right context, so they have a place. But, for balance training, give this a try and see what you think.

If you have any questions about anything in this article, give us a call at 888-394-4198 or email us at info@zhealth.net and we can give you a hand.

[back to top](#)

Essentials of Elite Performance

Ready to learn more about balance training? Looking to master sport essentials?

Imagine a single course that teaches injury rehab and pain relief, sensory integration training, AND athletic transitions, linear speed, and lateral speed.

Add to that 6 different self-assessments so you know immediately whether what you did benefitted your performance or not – and you now have a powerful system in your hands.

Because we know you expect more from yourself and your clients, we are teaching this program around the country so you have every opportunity to get to this clinic. Be sure to watch the calendar over the upcoming weeks for our 2011 dates. We'll be adding new cities so we can bring this revolutionary program to more people!

ONLY 2 WORKSHOPS LEFT IN 2010!

- Los Angeles, CA. November 12-14.
- Orlando, FL. December 10-12.

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.

[back to top](#)

See Dr. Cobb and Dan John at NPE Mega Training

Are you a personal trainer looking to grow your business?

Then you won't want to miss the NPE Mega Training in Orlando in October.

Dan John, former S&C Coach, elite athlete, motivational speaker, and all-around nice guy will be keynoting the event, plus, our own Dr. Cobb will be speaking on "**Pain Relief and Peak Performance PROFIT CENTERS Unlike Any Other**".

[Click here for more details](#)

[back to top](#)

Newsletter Archive

Did you miss an issue of the Newsletter? Our regular newsletter is filled with interviews, articles, reviews, and

Copenhagen, Denmark
May 23-28

I-Phase

Boston, MA
September 16-19

Copenhagen, Denmark
October 28-31

San Francisco, CA
December 9-12

S-Phase

Phoenix, AZ
October 14-17

Phoenix, AZ
June 2-5

T-Phase

Phoenix, AZ
November 4-7

Phoenix, AZ
March 31-April 3

9S Certification Series

9S: Sustenance & Spirit
Phoenix, AZ
September 24-26

9S: Speed
Phoenix, AZ
December 2-5

Master Trainer

Live Training
Phoenix, AZ
January 3-8

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.

[back to top](#)

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.

[back to top](#)

Learn More on YouTube

Interested in the science and theory behind Z-Health?

Want some athletic performance tips and tricks?

Check out our growing video library on [YouTube](#). Our most popular clips include:

- [Hamstring vs. the Running Shoe](#)
- [Jump Landing Training](#)
- [Z-Health in 3 Minutes](#)

Enjoy!

[back to top](#)
