

APRIL 2011

Is Your Training Making you Sick?

Do you even know?

Exercise, like all things, is best done in moderation. Too much exercise leads to a wide range of both short and long-term health effects. Conversely, too little exercise leads to immobility and many of the lifestyle diseases sweeping our planet. But, when you get it right – when you hit that sweet spot – you feel great, move great, and significantly improve your longevity.

TOO MUCH

Overtraining. Overtraining is one of those fairly nebulous terms that basically means, "you have overdone it." But, overtraining isn't the result of a single hard training session – rather overtraining "is a physical, behavioral, and emotional condition that occurs when the volume and intensity of an individual's exercise exceeds their recovery capacity."

One of the more interesting aspects of overtraining is if you are chronically stressed, you might be overtraining even with relatively little physical activity. That is because your body is already in a fatigued state, and isn't in a condition to withstand more stress, in the form of exercise, added to it. Fun, low-to-moderate intensity and enjoyable training programs are great in this case.

Long-Term Endurance Training. Conventional wisdom would dictate that people that strenuously work out over years and decades – life-long, competitive endurance athletes – would have healthier hearts than the general population. That actually turns out not to be true. A February 2011 study found that half of these veteran athletes had muscle scarring, fibrosis, on their hearts – a sign of heart damage.

A New York Times article summed it up nicely when they said that, "the emerging science does suggest that there may be a threshold of distance, intensity or duration beyond which exercise can have undesirable effects."

TOO LITTLE

You probably already know that we are firm proponents of regular movement, and believe that the body you have is the body you have earned through the way you move.

And, we also believe that it's never too late to create a new beginning for yourself, as we are constantly changing and adapting – right up until the day we die.

JUST RIGHT

The key, of course, is to find the right amount – and right kind – of exercise FOR YOU.

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EVENTS CALENDAR

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

Essentials of Elite Performance

Seattle, WA
April 8-10

Denver, CO
April 15-17

Boston, MA
June 3-5

Cleveland, OH
June 10-12

Oakland, CA
June 24-26

Bayville, NJ
July 15-17

Minneapolis, MN
July 22-24

Chicago, IL
August 26-28

Legnano, Milan, Italy
September 16-18

Dallas, TX
September 16-18

Philadelphia, PA
September 23-25

R-Phase

Orlando, FL
April 8-10 & May 13-15

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

Seattle, WA
June 24-26 & July 29-31

A recent [Finnish study](#) found that the same 21-week training program administered to a wide range of individuals led to a wide range of results – anywhere from a 42% increase in overall conditioning to an 8% DECREASE in conditioning. As the [New York Times](#) summarized, "Only a fortunate few became both fitter and more buff."

That study proves what we at Z-Health have long known – and your intuition has been telling you for years – that there is no one-size-fits-all answer to any of this. The only way to know is to continually assess and re-assess.

But, how do you do that?

It's a lot easier than you might think. The key is to find a repeatable and reliable movement (range of motion or peripheral field, for example) and use that assessment before, during, and after each and every training session. When your results degrade you know you are done. If you haven't yet downloaded our [free report](#), we explain these self-assessments in detail in one of the bonuses. You can download the report [here](#).

If you still want more, we teach 6 different self-assessments in our Z-Health World Tour: [Essentials of Elite Performance](#). Not only will you learn the six self-assessments, you will also get 21 hours of advanced training on neurology and kinesiology combined with hours of movement and assessment practice – all designed to make you a better athlete before the end of the first day.

To learn more or register for the 3-Day World Tour, email us at info@zhealth.net or call us at 888-394-4198.

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Coming Soon! Updated Web Site

Research archives, reading lists, videos, articles, success stories, and a simpler navigation are all included in the **completely revamped Z-Health web site** that will be launching in the next few weeks.

The new site will **make it easier than ever for you to find the science and references** you need to better understand Z-Health (and share with the skeptics). The hardest part for us has been narrowing down the list of hundreds – if not thousands – of books and articles into a few lists of "must reads." But, we've done it – be sure to look for them on the new site.

Not quite sure how our trainers use Z-Health with their clients? We've interviewed several of our advanced trainers, and now have both video and written success stories to share with you (and for you to share with the skeptics around you).

We'll be sure to send out a special announcement when it launches, and we can't wait to get your feedback. Stay tuned...

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Announcing the Newest Z-Health Master Trainers

I wanted to take a quick moment to let you all know that Ed Connors and Jason Wood have completed all of their outstanding work to be recognized as having full Z-Health Master Trainer status.

Please join me in congratulating Ed and Jason in achieving the designation of Z-Health Master Practitioner!

Keep Moving, Dr. Cobb

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Denver, CO
July 15-17 & August 19-21

Oakland, CA
July 22-24 & August 26-28

I-Phase

Bridgeport, CT
May 19-22

Los Angeles, CA
June 16-19

Copenhagen, Denmark
June 16-19

Orlando, FL
July 28-31

Seattle, WA
September 29 - October 2

S-Phase

Copenhagen, Denmark
September 1-4

T-Phase

Phoenix, AZ
March 31-April 3

9S Certification Series

9S: Strength & Suppleness
Phoenix, AZ
July 8-10

9S: Sustenance & Spirit
Phoenix, AZ
September 23-25

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.

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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!

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