

JANUARY 2011

2011 Master Trainers

Just last week 17 exceptional individuals made their way to the Z-Health Performance Training Center in Tempe, AZ for our third Master Trainer Live Training event.

It was an intense 6 days, which some called the most difficult thing they had ever done in their life. This is understandable, and exemplifies just how demanding this program is, as Master Trainers must demonstrate high levels of competence in an incredibly diverse set of skills.

Z-Health Master Trainers are tested on their knowledge of every Z-Health concept with an intense focus on: anatomy, neurophysiology, kinesiology, muscle testing, neuromechanic techniques, full-body mobility drills, client assessment skills, fitness programming, public speaking, individual and group teaching, sports movement techniques, visual system assessment, and much more.

To date, nearly 100 people have joined the program over the last three years, with 25 individuals successfully completing all the requirements to carry the title of Z-Health Master Trainer. As you can see, it is a difficult designation to achieve (read more about it [here](#)), and we congratulate this year's outstanding class!

CONGRATULATIONS

- John Mendes (Plainville, CT)
- Guy Edwards (Liverpool, UK)
- Jason Garrard (Chapel Hill, NC)
- Ken Froese (Santa Monica, CA)
- Kenneth Jay (Slangerup, Denmark)
- mc schraefel (Southampton, UK)
- Paul Ciske (Oakland, CA)
- Yousef Elfakhri (Leeds, UK)

CONTINUED GROWTH

These Master Trainers, along with the 17 who achieved their designations in the previous years, will be helping Z-Health continue its rapid growth by:

- Teaching Z-Health Certification Courses with professionalism and passion. Master Trainers are now teaching R-Phase, I-Phase, and Essentials of Elite Performance workshops around the country.

- Assisting in developing new products and materials to help clients and trainers use Z-Health to their greatest advantage.

- Working as mentors and coaches of newer Z-Health Performance practitioners, and assist them with more complicated and involved clients and teams. All Master Trainers are expected to develop what we call a

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EVENTS CALENDAR

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

Essentials of Elite Performance

Phoenix, AZ
January 21-23

Atlanta, GA
February 18-20

San Diego, CA
March 4-6

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

R-Phase

Bridgeport, CT
February 11-13 & March 18-20

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

Copenhagen, Denmark
March 7-12

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

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

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

I-Phase

San Francisco, CA
December 9-12

community of practice, and that development is a part of their requirements to maintain their status.

The Z-Health Master Trainer program has helped fully establish the Z-Health training system as a new profession — one that is separate from, but complimentary to, all other health, fitness, and athletic development professions.

Congratulations again to everyone who took part in last week's event. Being there, and finishing the event with style, grace, and professionalism was a tremendous accomplishment, and we are very proud of all of you!

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Essentials of Elite Performance

Ready to take your results to the next level?

Interested in working with a number of the top Z-Health Practitioners in the world all in one place?

Need continuing education credits?

WHAT IS IT?

Essentials of Elite Performance takes the basic principles from the first three Z-Health Certification Programs - R-Phase, I-Phase, and S-Phase – (yes, that's 14 days of professional certification training), and puts them into a comprehensive, 3-day workshop designed to show you the **step-by-step process necessary to take your life and athleticism to the next level.**

Not only do our attendees love the instant changes in themselves and the other students, but also rave about how the instructor-to-student ratio results in nearly individual attention.

WORKSHOP DATES

Phoenix: January 21-23

Atlanta: February 18-20

San Diego: March 4-6

Seattle: April 8-10

Denver: April 15-17

WORKSHOP BENEFITS

Most of our attendees go on to sign up for certification, and when they do, we give them back what they paid for this workshop (\$797, or \$647 with early registration) in the form of discounts on R-Phase, I-Phase, and S-Phase tuition.

Whether you use the course for continuing education credits, as a way to test the waters before signing up for R-Phase (the first course in the Z-Health certification process), or as a vital step in your own athletic development, the Essentials of Elite Performance course will **profoundly change your body and your approach to training in just three short days.**

P.S. As with any Z-Health course, once you have attended Essentials of Elite Performance you can **re-attend for free. For life!**

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Phoenix, AZ
February 3-6

Bridgeport, CT
May 19-22

Los Angeles, CA
June 16-19

Copenhagen, Denmark
June 16-19

S-Phase

Phoenix, AZ
February 10-13

T-Phase

Phoenix, AZ
March 31-April 3

Master Trainer

Live Training
Phoenix, AZ
January 3-8

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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