

## Weekly Training Tips

October 26, 2008

This week, I want you to focus on taking short Z vacations. Some of our most successful clients and athletes have found that scheduling in **three to five very, very brief Z training sessions throughout the day** makes a *huge difference* in their overall health and movement quality.

On your breaks, do some lateral tilts. When you go to lunch, take five minutes and work through your hips and low back and neck. On the drive home, as you sit at stoplights, practice some thoracic anterior/posterior glides.

As you practice these movements in your daily settings, while you may get a few odd looks from passers-by, you'll **wind up feeling your best**.

Keep Moving,

Dr. Cobb

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