

Z-Health® Introduction



I first heard about Z-Health in May 2008. After two years of observing Z-Health, I too have begun implementing this useful system to help my corporate clients, athletes, family, and even my own body move better with greater efficiency. Initially, I was frustrated trying to answer the question "What is Z-Health?" It's very difficult to grasp at first. I hope this brief intro helps you become acquainted with Z-Health and its potential benefits; however, I strongly urge anyone interested to take an introductory Z-Health workshop or participate in one-on-one setups with a Certified Z-Health Movement Coach to get a first hand view of Z-Health in action Enjoy! –RJ

What is Z-Health? Z-Health is a comprehensive system utilizing current neuroscience research and other methods to optimize movement. At the onset, Z-Health is great for improving joint mobility and decreasing pain. At the more advanced levels, Z-Health can also be helpful for optimizing athletic movements, vision, strength, speed, power, and overall control of movement.

Who can use Z-Health? Everyone can use Z-Health with a few exceptions for medical contraindications. It is the most non-invasive and low-risk system I've ever seen for optimizing movement and decreasing pain. Z-Health is very safe and good for the general population no matter what the age or ability level.

What does it look like? In the initial "R Phase," Z-Health uses very small and precise movement patterns for all the major joints in the body from your foot/ankle all the way up to your neck/jaw. These are called the "ABCs" of movement. Before you can write a novel, you have to learn your ABCs, how to spell, write sentences, paragraphs, short stories, and then finally the novel. Movement is addressed the same way with the Z-Health system—learn the basics well joint by joint then the rest of the movement process will be optimized in advancing stages of development.

Start Up? The first of four phases of Z-Health is the "R-Phase" which stands for Rehabilitation, Restoration, & Re-Education of nervous system—this is where you need to begin. There are 23 different dynamic joint mobility drills in R-Phase, but 4-6 "High Pay Off" drills have been highlighted that work the best for most people. This is where I like people to start at the minimum. The first two target feet and ankles then one for hips, one for thoracic mid back, then wrists and hands.

Now What? Take an introductory workshop on Z-Health basics, work one-on-one with a Z-Health certified pro, or buy your own R-Phase DVD/Workbook. Ideally, you have your own DVD/Workbook and a personal set up with a Z pro.

Coach Tips! ☺ The two "Rules" for Z-Health are: NO Pain and NO Threat while performing the exercises. Using these rules, just about anyone can engage in some level of dynamic joint mobility and pain relief with Z-Health.

More Info? www.ronjones.org/Coach&Train/Z-Health/index.html

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