



BodyMind Balance News

Z-Health The Most Advanced Movement Training System

Z-Health® is a cutting-edge exercise system that helps people improve their health, alleviate their pain, and maximize their athletic performance.

Most training systems focus on muscles via resistance training and flexibility exercises or on the heart and lungs through aerobic-work. Z-Health is much more evolved. Z-Health focuses on the nervous system: the ultra-high speed network that controls the muscles, heart, AND lungs.

Created by Dr. Eric Cobb, Z-Health's nervous system-based exercise program explains how to:

Eliminate your pain (often instantaneously)

Even if you've been told you'll have to "live with it" for the rest of your life.

Perform at your best as an athlete

Learn the key pieces of the training puzzle that have been holding you back.

Enhance your health, energy, and vitality

Discover how to move and live with maximum energy on a daily basis.

Prevent injuries

Life is a full-contact sport. An injury-resistant body is essential for living life to its fullest.

Clients of all ages (from 9 to 90) are training their body's fastest reacting system through the unusual — yet surprisingly simple — movements of Z-Health. And they are seeing results ... often in just minutes. It may sound like magic, but it's not. It is just good science applied to body movement. Get started today.

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More than 30 people attended our introductory Z-Health Workshops and 17 signed up for our first 4-week Quick Start Z-Health Program. Cont'd page 2

Exercise of the Month

Towel Press – A great exercise that targets the shoulder girdle, lats, pecs and good posture.

Tension a towel in two hands. Hold it in front of your forehead. Engage your lats and press up. Move your hands back over your head and lower the towel toward the back of your neck. Don't drop your chin. Maintain good posture, keep even tension on the towel and keep it level. Press up and move forward, then lower. Repeat 8-10X. It is much more challenging than it sounds.

Z-Health Workshops & Programs

Learn about the Quick Start and 8-week Intensive programs

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Z-Health Programs



Announcements

Refer a Friend

and get a free private session. An \$85 value. Make sure your friend let's us know who referred them.

Fall Schedule

The Fall Class Schedule is now online.

8-Week Intensive Z-Health Program

Z-Health from bottom to top – optimize your joint movement and neuromuscular integration with this great program. See the schedule and description online.

Want to try Reformer

If you've never done reformer training and are interested, let us know. We are putting together new Intro Reformer groups!

Our Quick Start Z-Health workshops are well underway and we are seeing great results – increased flexibility & strength, reductions in pain & discomfort, improved body awareness. And we're having a great time achieving these things.

In this program we are focusing on a series of high-payoff joint mobilizations – teaching people how to activate the nerves in these joints and gently mobilize them – stimulating a positive nervous system response that results in the improvements noted above.

It's all skill that anyone can develop. With good instruction, practice and assessment anyone achieve fantastic results.

This fall we will be doing an 8-week Intensive Z-Health From Bottom to Top program. Sign up today!

Peter's Favorite Mango Salsa

An easy to prepare, delicious healthy salsa that goes well with many things - including fish (especially Tuna), curries, even chips. It even keeps well in the fridge.

- 1-2 reasonably ripe mangos diced
- ½ red bell pepper finely chopped
- 1-2 fresh jalapeno peppers finely chopped

Client Comments

"I would work out at BMB 6-days a week if I could!" Sharon M.

"I am stronger. I have better posture. Pilates at BMB is safe, interesting and gets results." Samantha H.

"I never imagined being able to gain more movement in my spine after a serious injury. Aside from helping with my injury, Pilates at BMB has helped me with a level of commitment to changing my lifestyle. Pilates has toned my body in a way a gym cannot." Stephanie D.

"Peter taught me that working out hard does not mean you should be in pain. Pilates at BMB taught me that it's not the quantity of reps but the quality that counts." Sarah C.



- 2 Tbs fresh lime juice (or more)
- 1 Tbs fresh lemon juice (or more)
- Optional
 - 2 Tbs chopped Cilantro
 - 1-2 green onions chopped

Mix ingredients together and let it sit covered at least 30 minutes before serving.