



Tristan Loo, Editor  
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## SCIENTIFIC SHOULDER TRAINING IS COMING (...AND SOON TO BE GONE FAST!)

I get quite a number of phone calls every day on this one, so let me answer it here. YES, Paul Chek's new Scientific Shoulder Training DVD Correspondence Course is about to be released. The official worldwide release date is March 1st, but if you order your copy during our special pre-launch week, Feb 22nd-29th, you can save up to \$100! It's a large course consisting of 6.5 hours of video and a 285-page manual and it is very comprehensive to say the least. Based on the number of people on our waiting list, I can almost guarantee you that we'll sell out of our first shipment. I recommend if you haven't done so already is to get your name on the reservation list (don't worry, there's no obligation here). You can get your name on the waiting list by clicking here: <http://tiny.cc/SSTlaunch>

**TEAM CHEK EVENTS** On February 25th, CHEK Faculty Member Mark Stone will be presenting at CanFitPro, Edmonton being held at the Grant MacEwan University. Mark will be presenting the following topics: "Does That 'Functional' Exercise Improve Function?" "How to Work In," "The CHEK Approach to Nutrition for the Fitness Professional. Then On March 3rd, Paul Chek will be presenting at the CanFitPro Toronto One-Day Event. You have to register for these events directly through CanFitPro ([www.CanFitPro.com](http://www.CanFitPro.com)).

## SUBMIT ARTICLES & GET PROFESSIONAL DEVELOPMENT CREDITS GOOD TOWARDS YOUR 2012 CHEK RENEWAL

Did you know that you can earn professional development credits (PDCs) by submitting articles for *CHEK the Pulse Newsletter*? By simply submitting an article, you can earn 5 PDCs and if your article gets published, then you will earn an additional 10 PDCs. This is a great low-cost way for you to get the needed 50 PDCs that's required in a CHEK renewal period (every 2 years). Remember that the deadline is December of this year. You can send articles to [tristan@chekinstitute.com](mailto:tristan@chekinstitute.com).

## "THE CURE IS U" A DOCUMENTARY FILM FEATURING CELEBRITY EXPERTS INCLUDING PAUL CHEK

Last year, Paul was asked to join a film project along with a panel of other celebrity experts with the purpose of producing a film that explores and teaches the relationship between our emotions and our health. The result of that project is the film "The Cure is U." Besides Paul, the other experts featured in this film are: Marianne Williamson, Gregg Braden, Bruce Lipton Ph.D., Dr. Bernie Siegel, Tony Horton, Dr. Joel Fuhrman, Deanna Latson and Dr. Sue Morter. The film is now available on DVD. You can read more about the project and get the DVD by clicking on this link: <http://tiny.cc/cureisu>. ■



## Featured Stretch



### Upper Back Stretch

#### Equipment Needed

- 1. Swiss ball

#### How to Perform the Exercise

- Kneel in front of a swiss ball and place your elbow on the ball.
- Roll the ball with your other hand, so that the arm on the ball travels across your body. You should feel a comfortable stretch in your mid-back between your shoulder blade and spine.
- Breathe in and press your elbow and upper arm into the ball for five seconds, trying to pull the ball back across the body, but not actually moving the ball.
- After five seconds, release pressure on the ball. Using your free hand, roll the ball further across your body to move deeper into the stretch.
- Repeat three to five times on each side.

Taken from The Golf Fitness Card Set

[Click Here](#)



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# Upcoming CHEK Advanced Training Programs

## USA & CANADA

### CHEK Holistic Lifestyle Coach Level 1

- San Diego, CA - March 9-11
- New York, NY - June 1-3
- San Francisco, CA - September 28-30
- Toronto, ON - November 9-11

### CHEK Holistic Lifestyle Coach Level 2

- New York, NY - June 5-9
- San Diego, CA - Nov 28-Dec 2

### CHEK Holistic Lifestyle Coach Level 3

- San Diego, CA - September 13-18

### CHEK Exercise Coach

- San Diego, CA - March 21-25
- Toronto, ON - March 23-27
- Miami, FL - May 18-22
- Denver, CO - June 8-12
- New York, NY - July 18-22
- San Francisco, CA - August 15-19
- Los Angeles, CA - August 22-26
- Chicago, IL - September 21-25
- San Diego, CA - October 10-14
- Toronto, ON - November 2-6

### C.H.E.K Practitioner Level 1

- San Diego, CA - February 24-28
- Toronto, ON - March 7-11
- Chicago, IL - May 16-20
- San Francisco, CA - June 1-5
- Miami, FL - September 14-18
- San Diego, CA - October 17-21
- New York, NY - November 14-18

### C.H.E.K Practitioner Level 2

- New York, NY - Feb 22-26
- San Diego, CA - May 2-6
- Miami, FL - September 19-23
- San Francisco, CA - October 24-28
- San Diego, CA - November 2-6
- Toronto, ON - November 14-18

### C.H.E.K Practitioner Level 3

- San Diego, CA - August 17-25

### C.H.E.K Practitioner Level 4

- San Diego, CA - July 12-20

### Golf Performance Specialist

- San Diego, CA - April 27-29
- Fort Lauderdale, FL - July 20-22
- San Francisco, CA - November 9-11

## INTERNATIONAL

### CHEK Holistic Lifestyle Coach Level 1

- Sydney, NSW, Australia - April 4-6
- Lancashire, UK - May 11-13
- Farum, Denmark - May 11-13
- VIC, Australia - May 21-23
- Sydney, Australia - June 22-24
- VIC, Australia - July 6-8
- London, UK - August 3-5
- Sydney, Australia - Sept 7-9
- Lancashire, UK - October 5-7
- Sydney, Australia - December 7-9

### CHEK Holistic Lifestyle Coach Level 2

- Sydney, Australia - October 10-14
- Halmstad, Sweden - November 21-25

### CHEK Holistic Lifestyle Coach Level 3

- Sydney, Australia - October 19-24

### CHEK Exercise Coach

- London, UK - February 15-19
- VIC, Australia - May 14-18
- Leeds, UK - May 23-27
- Dorking, UK - July 4-8
- Surrey, UK - August 6-10
- Sydney, Australia - August 13-17
- Lancashire, UK - October 10-14
- London, UK - December 5-9

### C.H.E.K Practitioner Level 1

- Lancashire, UK - March 14-18
- Sydney, Australia - May 28-June 1
- Surrey, UK - August 13-17
- VIC, Australia - August 6-10
- Dorking, UK - November 7-11

### C.H.E.K Practitioner Level 2

- Sydney, Australia - March 19-23
- Surrey, UK - August 20-24

### Golf Performance Specialist

- Lancashire, UK - March 9-11
- London, UK - July 11-13
- London, UK - November 16-18

## CONTACTS

### North America

**C.H.E.K Institute**  
www.chekinstitute.com  
info@chekinstitute.com  
Phone: +1-760-477-2620

### How to register for a course in the USA and Canada

Contact one of our Admissions Advisors. They will be able to explain our educational process in detail. The Admissions Office is open Monday-Friday (8am-5pm PST).  
Phone: +1-760-477-2620  
Email: info@chekinstitute.com

### International Affiliates

Please contact your respective International Affiliate below.

### Europe

**CHEK Europe Ltd.**  
www.chekeurope.com  
info@chekeurope.com  
Phone: +44 0870 489 0163

### Australia

**Place of Chi**  
www.placeofchi.com  
chek@placeofchi.com  
Phone: +61 02 9986 0840

### Denmark

**02 ApS**  
Tel: (+45) 02814 5131  
www.alun.dk  
alun@alun.dk

### Sweden, Norway, Finland

**Eleiko Sport AB**  
Ph: (+46) 035 17 70 70  
www.eleikosport.se  
info@eleikosport.se

Dates and locations are subject to change. Please check with the C.H.E.K Institute or International Affiliate organizing the course before making any travel arrangements.



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## The 1-3% Rule For Optimal Conditioning

By Paul Chek



Many people get frustrated because they aren't gaining strength or muscle at the rate others do, or that they feel they should be. The most common cause of this in active athletic people is overtraining.

I recommend using the 1-3% rule to prevent unnecessary setbacks in training gains. The rule is very simple, and very effective when honored. If you can't meet and exceed your previous workout performance by 1-3%, you don't belong in the gym! Take the day off, or enjoy some work-

In exercises. Work-In exercises are called "zone exercises" in my book, *How To Eat, Move and Be Healthy!* They are designed to cultivate more energy per unit of time than the exercise draws from body-mind resources, leaving you more vital than before you began the exercise.

By balancing your work-out and work-In activities, you can not only make optimal strength and conditioning gains, you can significantly slow the aging process. All that for free, and drug free!

Enjoy your new method for ensuring optimal performance!

Love and chi,  
Paul Chek

## HELP! I Exercise Consistently, but I Can't Lose these Last 10 Pounds!

By Paul Chek

There are several possible answers. One scenario is the overuse of aerobic exercise. Due to evolutionary demands, our bodies have become very efficient at adapting to any activity for the purpose of sparing energy. This occurs to an even greater degree in the female according to Australian researcher Robbie Parker. He showed that when women and men walk the same distance, a woman may use as much as 40% less calories. This is due to the fact that a woman's body is genetically programmed to keep enough energy stores on board to nourish a fetus, even in times of limited dietary intake; which was a reality a few thousand years ago!



Each time you perform the same exercise, particularly a cardio type exercise, you are becoming more fuel-efficient, burning less and less fat per mile or, getting more miles to the gallon so to speak. This is the opposite of what you want. To keep that unwanted fat off your body, you need to be fuel inefficient. You can achieve this by eating more frequent meals which will keep your metabolic

# Webinars & Coaching Calls



## UPCOMING!

### MONTHLY WEBINARS:

**Surrounding the Dragon of Low Back Pain with Paul Chek**

Thursday, Feb. 23, 2012 @ 12:00pm PST

**The Last 4 Doctors You Will Ever Need with Paul Chek**

Wednesday, March 7, 2012 @ 12:00pm PST

**Critical Program Design Strategies**

Wednesday, April 18, 2012 @ 12:00pm PST

CHEK Webinars are free for C.H.E.K Institute-trained professionals and are open to everyone else for just \$24.95 each or an annual subscription of \$19.95 per month. To register, please visit: [www.chekinstitute.com/webinar](http://www.chekinstitute.com/webinar). C.H.E.K Institute Trained Professionals will receive email instructions on how to register for each webinar.

### CHEK ITP COACHING CALLS

**For Ex. Coaches, C.H.E.K Pracs & Golf Perf.**

March 21<sup>st</sup> @ 12:00pm PST

**For Holistic Lifestyle Coaches**

April 11<sup>th</sup> @ 12:00pm PST

These special Q&A Coaching calls with CHEK Faculty are only for C.H.E.K Institute-Trained Professionals with current status. CHEK ITPs will receive email instructions on how to register for each coaching call. If you have a particular question to be addressed by a faculty member, please send them to [questions@chekinstitute.com](mailto:questions@chekinstitute.com).



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# Holistic Living



## 8 Tips for Safe Meat, Fowl, Fish and Egg Consumption

1. ALWAYS go out of your way to purchase organic, free-range products. They're far more nutritious as well as free of pesticides, hormones and antibodies.
2. If organic meats are not available, the next best choice is grass fed, free-range meats. At least they were free to roam, got exercise and ate what they were designed to eat.
3. Avoid farmed fish. As with commercial cattle, most fish farms feed their fish grains and soy and are given a wide range of antibiotics and other drugs. Also farm-raised fish run the risk of being contaminated by pesticides and industrial chemical residues.
4. Read all labels, eliminating, or at least minimizing the consumption of processed meats.
5. Minimize consumption of smoked, cured and processed meats and fish. Be especially wary of meat products containing nitrites and nitrates as test studies have shown them to cause cancer and tumors in test animals.
6. Rotate meat sources. This will minimize your chances of over-exposing yourself to any given pesticide, antibiotic, drug residues and/or heavy metals that may have tainted your food.
7. Do not fear the fat in the meat, or on the body of any protein source that is from an organic, free-range source. That is the fat that got us here!
8. Remember that an egg is only as good as the bird, which is only as good as it's environment and the food that it ate, which is only as good as the soil it was raised on.

rate elevated and your enzyme profile optimal for fat burning!

One of the simplest and most effective ways to keep the body from adapting to any exercise stimulus is to not over-expose yourself to it. This simply means, do not use the same piece of cardio equipment two times in a row. If you have been mixing cardio equipment and still haven't achieved the shape you desire, chances are good your body has plateaued. This commonly happens when anyone stays on any program too long. It doesn't matter if you are using circuit training, machines or free weight training, your body will adapt to the stress of any given training stimulus and it usually does so within as little as four weeks on any given program.

If you have reached a plateau with your training, I have the solution for you. The "Fat Blaster Circuit" will

give your body the shock it needs to up-regulate your metabolism. I was first introduced to the concept of the "lactate circuit" in 1995 by Charles Poliquin. To increase the athletes' metabolism and shock the system into responding, Poliquin designed mini-circuits of five exercises that utilized short rest periods. This resulted in the production of large amounts of lactic acid which led to an elevation in heart rate due to the body attempting to clear the metabolites from the muscles. Because rest periods between the circuits are short, there is a progressive cardiovascular demand resulting in a cardiovascular training effect from a resistance training workout. The result is increased cardiovascular fitness and muscle mass development, while reducing the need for pure cardio training! ■

## Healthy Weight Loss

By Dr. Daniel Kalish

People frequently seek out trainers for exercise programs to lose weight, increase energy and feel better. Unfortunately, strategies employed in the past by most of our clients to lose weight include calorie-restricted diets full of processed foods (bars, shakes, packaged meals) and overdone cardiovascular workouts. Both these misguided approaches lead to short-term weight loss and in the long-term damage one's metabolism to the point where future weight gain is inevitable.

As C.H.E.K Practitioners we are up against incorrect but widely accepted notions of how to lose weight and we frequently have clients that are experiencing weight loss resistance. For these people employing all the fad diets and spending hours in the



gym does not help them meet their weight goals. In reality in order to lose weight in a healthy manner people need to adopt multiple lifestyle changes and address all three body systems for an integrated approach to getting fit.

### The Three Body Systems and Weight Loss

The three body systems include the hormonal system, the digestive system



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and the detoxification system. For most people there is no simple, single solution for losing weight, all three body systems need to be addressed along with a program incorporating exercise and lifestyle changes. The hormonal system regulates our metabolic rate and controls how we burn body fat, the digestive system provides us the nutrients we need to burn body fat and the detoxification system, when not working properly, prevents the burning of fat stores. Most weight problems are brought on by years of poor lifestyle choices such as inactivity and lack of sleep combined with hormone imbalances, digestive and detoxification issues.

### The Hormonal System

With regards to the hormonal system, most weight gain can be traced to the adrenal, or stress, hormones. The adrenal hormone cortisol, best known for its pivotal role in responding to stress, also promotes the burning of body fat, helps regulate emotions, and counters inflammation- all part of the body's "fight or flight" response to threat. Cortisol levels rise under stress, but if stress continues without enough rest for recovery, as often happens with our modern pace of life, the adrenal glands become exhausted and cortisol levels drop. This has a chain-reaction impact on metabolism, slowing down our metabolic rate resulting in increased body fat. The more stress we are under, the more body fat we store.

### The Role of Cortisol

Cortisol is secreted in response to any stress in the body, physical or psychological. Excess cortisol leads to a breakdown of muscle protein, which releases amino acids into the bloodstream that are then converted by the liver into energy, our fuel for running away or fighting. After the

stressful event has passed, cortisol levels return to normal. With chronic or repeated stress the body continues to produce cortisol. If the call on the adrenal glands to produce cortisol perpetuates, the glands eventually weaken, leading to adrenal fatigue and ultimately exhaustion or adrenal burnout. Adrenal exhaustion leads to increased body fat, fatigue and depression. In fact, according to scientists at the National Institute of Mental Health, adrenal exhaustion is the leading cause of depression in the United States.

### Adrenal Exhaustion

With stress, a surge of cortisol prepares the body to fight off an attack or flee. For millennia this mechanism operated under conditions that would be followed by long periods of rest and full recovery. Today, however, we are essentially locked in a culture-wide "fight or flight" state. Poor diets, lack of exercise and sleep, and long work hours leave bodies in a chronic state of stress, with many restorative functions continually sacrificed or impaired.

Adrenal exhaustion leaves people feeling lethargic and fatigued. An abnormal adrenal rhythm also impacts:

- Skin regeneration, causing wrinkles and premature aging
- Sleep quality, leading to trouble falling and staying asleep
- Bone health, which creates osteopenia or bone loss
- Muscle and joint function, leading to achy arthritis-type joint pain and neck, shoulder, and lower back pain
- Immune function, leading to frequent illness

Reversing adrenal burnout requires a well-designed exercise program,

# CHEK Spotlight



**Brandon Alleman • CP 3, HLC 2**  
**Location: Lafayette, Louisiana**  
[www.brandonjalleman.com](http://www.brandonjalleman.com)

Brandon has been involved in athletics from a very young age participating competitively in basketball, track and field, as well as boxing. He began intensely studying nutrition, exercise, and rehabilitation at the age of 17 in order to rehabilitate himself from a debilitating back injury. Since that time, Brandon has focused on sharing his passion by specializing in helping those with chronic pain and chronic degenerative health conditions. His practice is a unique blend of physical, nutritional, and cognitive modalities used to produce the highest quality of health for all of his clients. Combining over 30,000 hours of client experience in the past 12 years with a relentless quest for applicable knowledge, Brandon's coaching has consistently produced results in the most challenging of cases.

### How has your C.H.E.K Institute Training helped your business?

My C.H.E.K Training has helped my business by giving me the tools to set myself apart from any other health, fitness, or rehabilitation professional in my area (and beyond). I remember Paul saying that the best Practitioner is s/he who can get the maximum response from the body with the least equipment. I see myself as that type of Practitioner.

When I am asked for my consultation on complex orthopedic cases and chronic degenerative health conditions by doctors, chiropractors, and physical therapists - I know that I have chosen the absolute best organization to learn from. The C.H.E.K Institute is that organization.



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improved sleep habits, stress reduction and a dose of self-realization regarding the importance of our emotional and spiritual lives. If left unchecked, fluctuations in cortisol have a profound impact on the sex hormones, leading to problems in women such as PMS and menopausal symptoms and to low sex drive in men.

## The Digestive System

The second body system, the digestive system is referred to as the “mother” system because it feeds our body tissues with the nutrients we need to function. Intestinal fungal overgrowth, which triggers over consumption of carbohydrates and sweets and digestive tract infections such as parasites and food sensitivities play a part in weight gain. Moreover, a perfectly functioning digestive system is an important first step in any weight loss program, as your body needs to absorb key vitamins, minerals, and fatty acids to properly regulate metabolism and burn fat. In the majority of patients I have treated, weight gain has been connected to a fungal, bacterial or parasitic infection in the GI tract.

Food allergies are another important digestive system factor affecting the success of weight loss programs. Sensitivity to gluten (found in many grains) is the most common food reaction triggering hormone imbalance and weight gain, yet it often goes undiagnosed or misdiagnosed. If untreated, gluten intolerance can bring low energy, depression, obesity, and diabetes as well as high risk of osteoporosis. Gluten intolerance is also seen in the majority of people with eating disorders.

Problems with the digestive system and hormonal system are the most



common underlying causes of weight gain in the patients I have treated. In other cases the underlying cause is found with the body’s third major system, the detoxification system.

## The Detoxification System

Detoxification pathways remove harmful chemicals generated from normal body functions such as physical exertion and breathing, which create waste products that need to be removed from the tissues. Detoxification pathways are also busy removing alcohol and metabolizing (breaking down) medications, chemicals in our food such as pesticides and herbicides, along with pollutants we are exposed to in our air and water. If you are taking in more toxins than you can flush out through the liver, kidneys, stool, and skin, you will have a backlog of waste products in the body that can cause a number of symptoms including fatigue, skin problems, irritability and poor concentration or memory.

Toxicity also leads to weight loss resistance. Toxins are stored in fat

tissue in the body and people who are overweight will hold on to fat tissue tenaciously in an attempt to protect the body from the damage that would be caused by the release of these stored toxins. In addition, liver toxicity leads to weight gain through fluid retention and bloating as the body attempts to buffer or neutralize the negative effects of toxins on the body. I have had countless patients quickly lose five to ten pounds of body weight that is simply excess fluid flushed out of the body as they dump out toxins. Ironically, if you are dehydrated you will also tend to retain fluid. As I’ve heard Paul Chek say many times in reference to drinking enough water, “The solution to pollution is dilution.”

Toxins build up in the body as by-products of what we consume including alcohol, prescription drugs and over the counter medications. Additionally in our daily lives we are exposed to environmental toxins in our air, water and food supply. These chemicals accumulate over the course of a person’s life and contribute to clogging the liver detoxification



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pathways, which are alternately helped by eating healthful sources of protein and vegetables. Vegetarians who eat insufficient protein are at risk for detox problems, as are people who do not eat enough vegetables. Liver detox pathways can be corrected through an organic foods diet and simple lifestyle changes such as increasing water intake.

### Improving the Three Systems

All three body systems - hormonal, digestive, and detoxification - can be improved by applying the principles

presented in the NLC courses. These changes will lead to healthy weight loss in most people. In cases where multiple problems may have been brewing for years, overcoming weight loss resistance may require working with other health professionals. This can range from dentists who practice mercury removal to chiropractors or doctors of oriental medicine who utilize food allergy testing or design herbal or nutritional programs.

It certainly takes some detective work to diagnose the causes of each persons weight gain and to determine the

best course of treatment, and it takes determination on the client's part to stay with a program and maintain it for the long term. But what better reward is there than good health? ■

### About the Author



Dr. Kalish is the author of the book, "Your Guide to Healthy Hormones" which encapsulates his approach to solving female hormone imbalances and can be found at his website drkalish.com. He works with people worldwide through phone consultations, designing lab-based nutritional programs to help patients overcome health problems and achieve optimum well being.



### Mail Room

Many thanks for all the wonderful letters, cards, faxes and emails that you all send to our office. I know that Paul, myself and the rest of the Institute staff and faculty are deeply touched by all of your kind words and I wish I could acknowledge all of you here, but there just isn't enough room. I'll share with you some of the letters that have crossed my desk recently.

**FROM JIM PERKINS** Ruth, Once again I want to thank you and Caitlyn specifically, and everyone at the C.H.E.K Institute in general. Since I attended the convention in San Diego, the course in November, and though every step along the way, everyone has been prompt, efficient, courteous, and pleasant along the way. I'm excited about the upcoming HLC 1 course, and proud to be a part of the C.H.E.K Institute family. Best wishes for 2012. Let's make it the best year of our lives so far.

**FROM HARRIET SORENSEN** Hello Paul Chek. I can't thank you enough and don't know how to express

my gratitude for your response!!! I'll follow your guidance and will continue to be inspired by you and your work. Thank you so much for the gift, "The Last 4 Doctors." This is exactly what I need as a start. You are an inspiration to so many and God bless you. Vidya, thanks to you too.

**FROM JENNIFER SHARPE** Dear Paul, thank you for today. You gave me the confidence to carry on my dream of opening a barn/fitness studio where clients come with their horses. A place where riders and horses heal, strengthen, rebalance and eat healthy. Because you are open, you are encouraging our knowledge in a loving and supportive way. You are always an inspiration to me and my goal and if it wasn't for you, I would of never of had such a dream. Thank you! Love Jennifer Sharpe and El Mirador (my horse and partner in all of this).

**FROM SANDRA BOGDANSKI PHILBIN** Thanks Penny. I look forward to the upcoming webinars and I'm so thankful to everyone at CHEK for providing them to us to expand our knowledge and keep us current...and at no additional cost to us...this is a

blessing for me. We really stretched our budget so I could attend the HLC 1 and I am leaving my part time job at the end of this month to launch into our fitness business full time again. As soon as our business begins to generate enough income, my hopes are to attend a few more tainings.... Either the HLC 2 or Exercise Coach courses.



### Recent Graduates

Darren Lague, HLC 1  
Malikce Josephs, HLC 1  
Julie Kazukiewicz, HLC 1  
Paula Schneider, HLC 1  
Sam Campione, HLC 1  
Corinne Glau, HLC 1  
Kathryn Thomas, HLC 1  
Diane Capasso, HLC 1  
Douglas Baker, HLC 1  
Deborah Dunlea, HLC 1  
Paisley Meekin, HLC 1  
Shanti Wolfe-Payton, HLC 1  
Murray Ballenden, CP 1  
Jonathan Sharp, CP 1  
Johanna Rosen, HLC 1  
Cary Yamamoto, HLC 1  
Marshall Dickholtz, HLC 1



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## Scientific Shoulder Training

**Prelaunch Special - Feb 22<sup>nd</sup>-29<sup>th</sup> • World Release - March 1<sup>st</sup>**

The latest correspondence course by Paul Chek, with CHEK Faculty and physical therapist Suzi Nevell, is about to be launched! Scientific Shoulder Training is the most comprehensive home-study course available on assessing and conditioning the shoulder, with over 6.5 hours of video plus a 285-page manual with test. Save up to \$100 if you pre-purchase your copy between February 22<sup>nd</sup> – 29<sup>th</sup>! (Prices and discounts will vary for international customers).

### Important!

You have to be on the “advance notice” list to receive the special pre-launch discount. Visit <http://tiny.cc/SSTlaunch> and fill out the short form.

[Click for more info](#)

## CHEK Photo Album



THE MAKING  
OF SCIENTIFIC  
SHOULDER  
TRAINING

HLC 1,  
AUSTRALIA



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ISSN 1937-4038

Got some interesting photos to share? Send them over to [tristan@chekinstitute.com](mailto:tristan@chekinstitute.com)