

**FOR IMMEDIATE RELEASE**

## **StrongBoard Balance® Continues Holiday Fitness Promotion with Social Media Contest**

### ***Participant with Best Answer to Christmas/Hannukkah Contest Question Will Win New Balance Board!***

**MARINA DEL REY, Calif. (December 9, 2014)** – [StrongBoard Balance®](#) is doing its part to keep fitness in the forefront of the holiday season with a special, year-end contest running through December 31. The winner will receive a StrongBoard Balance, the critically acclaimed balance board.

Contestants may enter via Facebook ([www.Facebook.com/StrongBoard](http://www.Facebook.com/StrongBoard)).

“The responses we received to our last contests were amazing, so we wanted to do one with a Christmas/Hannukkah theme!” said StrongBoard Balance creator Mike Curry. “For us, exposing people to an exciting new tool in fitness is a life changing experience. StrongBoard Balance has brought results to so many people, and we want to continue to spread the message of holiday fitness through this contest.”

To enter the StrongBoard Holiday Contest, visit the StrongBoard Balance page on [Facebook](#) and click the tab, “December Contest.” Once there, participants must answer the question “Dear Santa, All I want for Chrismukkah is...?”

Contest submissions will be accepted from December 5 to December 31. All entrants must provide at least a one-word answer, their email address, and “Like” the StrongBoard Balance [Facebook Page](#). Contestants must be 18 and over.

StrongBoard Balance was created by Mike Curry, an ACE Certified Personal Trainer in West Los Angeles with nearly 20 years of experience. Since launching in November 2013, it has been featured in Shape magazine, About.com, Yahoo’s GrindTV.com, Examiner.com, and many other media outlets.

The innovative balance board has gained much attention and praise for providing an efficient method to strengthen and train the entire body. It improves proprioception, intensifies floor workouts, tones and sculpts, and expedites results, all while increasing fat burning and weight loss. Created for every body,

from young and old, fitness experts, nine-to-fivers, those recovering from injury, or in top physical condition, StrongBoard Balance is a fun, effective, and innovative way to workout.

StrongBoard Balance is a portable, electricity-free platform resting on four compression springs, which allows people to train by using their own body weight for resistance during full-motion exercises.

For more information about StrongBoard Balance and where to purchase it, [click here](#).

Media wishing to attend a StrongBoard class, or review StrongBoard Balance, may contact [Chris@StrongHoldFitness.com](mailto:Chris@StrongHoldFitness.com).

**About StrongBoard Balance:**

StrongBoard Balance is a one-of-a-kind, premiere balance platform for all levels of fitness enthusiasts. Designed to complement and intensify users' favorite workout routines, StrongBoard Balance's patented 'multi-spring technology' provides full-body fitness to increase muscle activation and calorie burn. As a portable and electricity-free platform, it allows users to train using their own body weight for resistance during full-motion exercises. Paired with a licensed physical therapist, StrongBoard Balance aids in the recovery of many injuries created by imbalance. It gently increases the patient's flexibility, range of motion, and strength. Over time and with repeated use, exercising with StrongBoard Balance helps rebuild the bridge between the brain and the injured muscle. As users regain strength and decrease the pain associated with the injury, their range of motion increases allowing for increased blood flow and further healing. For more information, visit <http://StrongBoardBalance.com>, [www.Twitter.com/StrongBoard](http://www.Twitter.com/StrongBoard), [www.YouTube.com/user/StrongBoardBalance](http://www.YouTube.com/user/StrongBoardBalance), or [www.facebook.com/StrongBoard](http://www.facebook.com/StrongBoard).

**Keywords:**

**StrongBoard Balance, StrongBoard, Balance Board, Balance Training, holiday contest, StrongHold Fitness, An Evolution In Fitness, Group X, physical therapy, balance board, platform, springs, exercise, workout, fitness, evolution, revolutionary, strength, agility, flexibility, endurance, healthy, coordination, muscles, injury, rehab, rehabilitation, sports, athletes, physical trainer, motion, core strength, Mike Curry, [StrongBoardBalance.com](http://StrongBoardBalance.com), December 31.**

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