

FOR IMMEDIATE RELEASE

StrongBoard Balance® Develops Mind-Body Connection for All Ages, Fitness Levels

Revolutionary Balance Board Used in Exercise & Rehabilitation to Help Users Reach Their Full-Body Health Goals!

December 23, 2013 --- MARINA DEL REY, Calif. --- [StrongBoard Balance®](#) -- “An Evolution in Fitness™” – continues to garner positive reviews from users of all age groups and fitness levels. Since the product’s launch in October, the one-of-a-kind premiere [balance](#) platform has attracted attention and acclaim for its ability to provide an efficient method to strengthen and train the entire body.

Allowing for an unlimited capacity and range of workout combinations for every muscle group in a fun, effective, and innovative way, [StrongBoard Balance](#) can be utilized by a wide range of users, from trainers and professional athletes to housewives, physical therapy patients, kids, elderly persons, and more.

The ease of use of StrongBoard Balance has been a functionality of note for many, including seniors and those seeking [physical therapy and rehabilitation from injuries](#).

55 year-old [Rodger Thomason](#) was looking for a way to regain his “cat-like balance and quickness,” something he was known for when he was a gymnast.

“When I turned 51 years old, my shoulder joints, knee joints, and lower back were giving me signals that I was getting to the age where I had to give up gymnastics. After a short layoff from the sport, I started doing distance running along with weight training. Running was great, but I had a tendency to roll my ankles because of previous gymnastics injuries. This forced me to have long periods of time when I couldn’t run at all.”

Thomason sought out StrongBoard Balance inventor and personal trainer Mike Curry’s guidance

“When I told Mike [Curry] I was interested in trying to regain some of my balance and coordination, he suggested that I try StrongBoard Balance. For the past two years, I’ve built StrongBoard Balance into my workout routine, and I’ve noticed my knee joints don’t hurt, my ankles have gotten much stronger, and they don’t roll at all.”

Since training with SBB, Thomason has participated in semi-marathons and obstacle mud runs, finishing third in his division, and continues to use the StrongBoard Balance into his regular workout regimen.

68 year-young Santa Rosa-based registered nurse, [Madi Major](#), is experiencing similar strides in her overall health with StrongBoard Balance. She uses the balance board during workouts at [Team LP Fitness Playground](#), which recently started offering

StrongBoard Balance Stations.

“I would recommend StrongBoard Balance to anyone looking to liven up or enhance their routine and for all ages. Balance is very important, especially as we age. Falls are the number one hazard, as we get older; using StrongBoard Balance has been an outstanding method to enhance your balance while having fun. I felt that I had good balance, but I have noticed I even have better balance since incorporating StrongBoard Balance with my workouts.”

As someone whose family mantra is that health is a person’s number one asset, Madi says StrongBoard Balance has proven to be an important way to keep fit and help her enjoy life, in all its many shapes and forms.

[StrongBoard Balance creator Mike Curry](#) says, “We need to maintain our sense of balance every single day; from hiking, biking, even simple tasks as walking and standing rely on our proprioception. As we age, we naturally experience deterioration of the sense of balance. Osteoarthritis and other geriatric diseases may also speed up the loss of balance, as well as neurological diseases such as Parkinson’s.”

“Use of StrongBoard Balance helps not only with general balance, because it creates strength for variable surface movements by the body by strengthening muscles, tendons, and ligaments, but also with the mind-body connection, by training the complete body to communicate better between synapses and musculature, leading to full-body health,” explains Curry.

A video of StrongBoard Balance in use by people of all fitness levels and age groups can be seen [here](#).

Media wishing to review StrongBoard Balance may contact Adella@StrongBoardBalance.com

About StrongBoard Balance:

StrongBoard Balance is a one-of-a-kind, premiere balance platform for all levels of fitness enthusiasts. Designed to compliment 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, www.YouTube.com/user/StrongBoardBalance, or www.facebook.com/StrongBoard.

About StrongHold Fitness:

We are a health and wellness company, which concentrates on making the best fitness products on the planet. We care deeply about the connection between mind and body

and assert everyone has the right to be fit. This is why our products are designed for every BODY; young and old, gym rat and nine-to-fiver, those in peak physical condition, or recovering from injury. We believe BALANCE is the key to radiant life energy. With compassion for ourselves, and our planet, we can collectively achieve any goal we desire. All StrongHold Fitness® products are proudly made in America. For more information, visit <http://strongboardbalance.com/about/>.

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