

FOR IMMEDIATE RELEASE

StrongBoard Balance® Featured on ABC TV Host Linda Cooper's Blog

Dallas Lifestyle Expert & Television Personality Promotes Revolutionary Balance Board as New Year's Resolution Solution!

January 7, 2014 --- MARINA DEL REY, Calif. --- [StrongBoard Balance®](#) -- “An Evolution in Fitness™” – is featured on *ShoppingIsMyCardio* TV show host Linda Cooper's blog of the same name. Cooper, who is also the co-host and Executive Producer of the show *Live Laugh Love Today*, which airs on ABC Network WFAA in Dallas, Texas, praised the revolutionary balance board, as a highly effective addition to her home gym.

“Easy to use, this cool balancing platform provides a complete core workout that requires very little else...PERFECT for those at home gym days,” writes Cooper on her [blog](#). “[StrongBoard Balance] is a must-have to liven up and enhance your fitness routine at home, and it doesn't break the bank.”

Of the fitness routines possible on StrongBoard Balance, Cooper writes, “[There is an entire index on the] [exercise learning center](#) on their website...I especially like the [Paddle Board](#) technique.”

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

[StrongBoard Balance creator Mike Curry](#) says, “We're thrilled when StrongBoard Balance is featured by lifestyle gurus, such as Linda. Physical therapists, gym owners, trainers, athletes, and ‘everyday people’ have all provided great feedback and praise about the product – but when a public figure uses her platform to mention how effective StrongBoard Balance is, it means we have really created a product that works. Thanks, Linda, for letting your viewers and readers know how much you like StrongBoard Balance. It really means a lot!”

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/>.

About Linda Cooper:

TV Host/ Writer/ Producer and "Retail Therapy Expert" Linda Cooper hosts the hit TV segment *Shopping Is My Cardio*, which airs on ABC affiliate WFAA, Channel 8 at 11am on selected Sundays on *Designing DFW with Jocelyn White*. A native of Los Angeles, Linda majored in Radio-TV-Film, graduating with a BA in Broadcasting from California State University Northridge. Combining her obvious love for shopping, her signature television segment evolved from the popularity of a "Shopping Is My Cardio" t-shirt line that she created in 2001. The bestseller statement tank from her line is the very same she wears on the show, and is available for purchase on her website and blog. Showcasing unique boutique and lifestyle places discovered across the Metroplex, Linda Cooper "shops till she drops" in her signature segments and now shares her shopping secrets, tips and featured items that are blogworthy on SHOPPING IS MY CARDIO - THE BLOG. Linda has been a featured Host on a variety of television shows including Good Morning Texas, Hot! On Homes, Inside DFW covering celebrity red carpet events for SuperBowl 2011 and Home and Lifestyle Television. For more information, visit <http://shoppingismycardiotv.blogspot.com>.

Keywords:

StrongBoard Balance, StrongBoard, Balance, StrongHold Fitness, An Evolution In Fitness, Mike Curry, review, reviews, 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,
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