

**FOR IMMEDIATE RELEASE**

## **StrongBoard Balance® Launches Halloween Contest on Social Media**

***Burn All Those Candy Calories with a New Balance Board!***

**MARINA DEL REY, Calif. (October 20, 2014)** – The [StrongBoard Balance®](#) Halloween photo contest is now underway, running through the month of October. Contestants may enter via Facebook, Instagram, and Twitter to win a black or orange StrongBoard Balance, a critically acclaimed exercise device.

“Halloween is a fun month for us. We love getting photos of people in their costumes on the balance board, so it seemed natural to have a photo contest and get everyone involved,” said StrongBoard Balance creator Mike Curry. “It’s a great way to introduce people to StrongBoard Balance and to get everyone to put on a costume and have a good time.”

To enter the StrongBoard Halloween Challenge, contestants must be 18 and over, dress up in their favorite costume, strike a balance pose, and tag StrongBoard Balance in a picture on [Facebook](#), [Twitter](#), or [Instagram](#). Contestants must use the hashtag #StrongBoardHalloween, and document themselves balancing – do a favorite yoga pose, stand on one leg, walk on a balance beam, stand on a fire hydrant. It’s all about being creative and get one’s Balance on... in a costume! Contest submissions will be accepted from October 1 to October 31. The winner will be chosen by voters on the StrongBoard website from November 1 to 10. To learn more, please click [here](#).

To view a video montage of StrongBoard Balance and some of its many uses, click [here](#).

Since the product’s launch in late 2013, StrongBoard Balance has been featured in Shape magazine, About.com, Yahoo’s GrindTV.com, Examiner.com, and many others. It has attracted praise for its ability to provide 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 that rests on four compression springs that allow users 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 [Adella@StrongBoardBalance.com](mailto: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 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, Halloween, Halloween Photo 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), October 1-31, November 1-10.**

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