

FOR IMMEDIATE RELEASE

StrongBoard Balance® Promotes Fitness with Thanksgiving Social Media Contest

Participants Are Encouraged to Burn Turkey Day Calories on a New Balance Board!

MARINA DEL REY, Calif. (November 25, 2014) – Promoting fitness throughout the holidays, the [StrongBoard Balance®](#) Thanksgiving Day contest is currently underway and running through November 30. Contestants may enter via Facebook to win StrongBoard Balance, a critically acclaimed balance board.

“We’ve had an amazing year promoting a product we love, and we are thankful for our supporters, friends, and the entire StrongBoard team,” said StrongBoard Balance creator Mike Curry. “In honor of Thanksgiving, we are giving everyone a chance to win a new StrongBoard Balance by telling us what they’re thankful for this year.”

To enter the StrongBoard Thanksgiving Day Contest, visit the StrongBoard Balance page on [Facebook](#) and click the tab November Contest. Once there, answer the question “What are you thankful for?” Contest submissions will be accepted from November 17 to November 30. 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.

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

The innovative balance board attracts 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 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.

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, www.YouTube.com/user/StrongBoardBalance, or www.facebook.com/StrongBoard.

Keywords:

StrongBoard Balance, StrongBoard, Balance Board, Balance Training, Thanksgiving Day 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, November 30.

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