

FOR IMMEDIATE RELEASE

StrongBoard Balance® Valentine's Day Contest Offers Lovers a Chance to Get Fit

Winner to Receive Revolutionary Balance Board to Help That Special Someone Achieve Their Fitness Goals!

MARINA DEL REY, Calif. (February 4, 2015) – This Valentine's Day, forget the chocolate and flowers. [StrongBoard Balance®](#) is giving lovers a chance to get fit with its February contest. The promotion, running through February 28, will give the winner a StrongBoard Balance, the critically acclaimed balance board.

“At StrongBoard Balance, we're suckers for romance, so we thought, why not create a contest where the lovers out there can give their sweetheart a chance to get fit with one of the most effective fitness tools on the market, StrongBoard Balance!” said its creator Mike Curry.

“It's a great way to show you care when you give that special someone a tool that will literally change their lives for the better! StrongBoard Balance gives you a better workout, trains your whole body, increases fat burning and more,” added Curry.

To enter, contestants must say why the person they love should win the gift of fitness – StrongBoard Balance – via [Twitter](#) @StrongBoard, [Facebook](#): @StrongBoardBalance, or [Instagram](#): @StrongBoardBalance using hashtag #LoveFitness. The winner will receive a red or white StrongBoard Balance.

To respond, contest participants must use the hashtag #SelfLove and tag StrongBoard on [Facebook](#): @StrongBoard Balance, [Twitter](#): @StrongBoard, or [Instagram](#): @StrongBoardBalance

Each answer received will be automatically entered to win StrongBoard Balance!

Entries will be accepted February 1, 2015 until February 28, 2015 at 11:59 p.m. PST. One winner will be chosen in a random drawing. All entrants must provide the first name of the person they want to win, use the hashtag #LoveFitness, and tag StrongBoard Balance on Facebook, Twitter, or Instagram.

Contest entrants must be 18 years or older, and a U.S. Resident. Employees and previous StrongBoard Balance contest winners are ineligible to enter.

StrongBoard Balance creator Mike Curry is an ACE Certified Personal Trainer in West Los Angeles with nearly 20 years of experience. Since launching in November 2013, StrongBoard Balance has been featured in [Shape Magazine](#), [KTLA Morning News](#), [Good Day LA](#), [About.com](#), [Frontiers magazine](#), [ABC7 Eyewitness News](#), [Examiner.com](#), [ACEFitness.org](#), and many other media outlets.

The innovative balance board continues to garner 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.

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.

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evolution, revolutionary, strength, agility, flexibility, endurance, healthy, coordination, muscles, injury, rehab, rehabilitation, sports, athletes, physical trainer, motion, core strength, Mike Curry, Valentine's Day, lovers, StrongBoardBalance.com, Shape Magazine, KTLA Morning News, Good Day LA, About.com, Frontiers magazine, ABC7 Eyewitness News, Examiner.com, ACEFitness.org, February 28.

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For more information please contact:

General Information

Info@StrongBoardBalance.com

Sales, Distribution & Wholesale Inquiries

Sales@StrongBoardBalance.com

Marketing and PR Department

Chris@StrongHoldFitness.com