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StrongBoard Balance® Featured in May/June Issue of Vegan Health & Fitness Magazine

Article Demonstrates Balance Board's Ability to Enhance Yoga Poses & Workouts!

MARINA DEL REY, Calif. (May 12, 2015) – StrongBoard Balance®, the critically acclaimed balance board, is featured in a 7-page layout in the May/June issue of [Vegan Health & Fitness](#) magazine, available now on newsstands.

The article, written by noted vegan fitness model [Mindy Collette](#), is her first-hand account of her introduction to the StrongBoard Balance while at the World Vegan Summit in Los Angeles.

“My heart was exploding with joy for this newfound toy! Unable to curb my enthusiasm, I broke away from the booth I was working to take a 30-minute class with the founders of StrongBoard! Within ten minutes my glutes were shaking and my core was feeling the burn,” Collette wrote. “They led us in pushups, tricep dips, squats, lunges, and I even gave ‘surfing’ a whirl. I could not believe how fatigued my muscles were from doing these traditional exercises that I normally do every week at the gym with weights!”

Created by Mike Curry, an ACE Certified Personal Trainer in West Los Angeles, 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.

Collette explained how the next day she used two boards to practice her yoga poses, including plank, along with the upward-facing dog pose and others where she could feel immediate benefits!

“At no point was I able to just go through the motions. I was focused and aware as I struggled to stabilize and keep both boards flat at the same time,” she wrote.

A certified fitness trainer and model, Collette discovered the power of StrongBoard Balance to provide an effective way to strengthen and train the entire body.

“The beauty of the StrongBoard is that no matter how great you think your balance is, you will be challenged!” she added.

"We're very thankful to Vegan Health & Fitness Magazine and Mindy for her insightful article in the June issue," Curry said. "Like Mindy, many first time users have found the powerful benefits of using StrongBoard Balance as a part of their daily workout routine."

For more information about the May/June issue of Vegan Health and Fitness, click [here](#).

Since its debut in November 2013, StrongBoard Balance has gained the attention of the fitness world and media alike, having been featured in Shape magazine, ABC, Fox, KTLA-TV, ACEFitness.org (American Council on Fitness), About.com, Yahoo's GrindTV.com, Examiner.com, and many other media outlets.

The innovative balance board continues to garner attention and praise for providing an effective way to strengthen and work 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 work out.

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 board 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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