

**FOR IMMEDIATE RELEASE**

## **StrongBoard Balance® Named Best Buy Stability Product for 2016 by FitProf.net**

### ***Leading Source of Unbiased Fitness Equipment Reviews Honors StrongBoard Balance***

**MARINA DEL REY, Calif. (December 22, 2015)** – [StrongBoard Balance](#), the critically acclaimed balance board, is the Best Buy Stability Product for 2016, as determined by Fit Professor Review of [FitProf.net](#). The organization is recognized as the leading source of complete and unbiased reviews of fitness equipment.

“We are proud to have received this accolade from Fit Professor Review,” said Mike Curry, fitness expert and creator of StrongBoard Balance. “This recognition confirms our plight to improve the quality of lives through balance training. We care about the health of our people and our planet, and we take the opportunity to make a difference very seriously.”

In its report, Fit Professor Review hailed the StrongBoard Balance’s ability to provide a challenging workout on a solidly-constructed platform: “Of the few products on the market that meet that specific criteria, there is only one that deserves to win our 2016 FIT PROF Best Buy award: the American made StrongBoard! We could sing its praises here all day long, however we want you to feel how different it is and how well it works. Experience ‘strong’ for yourself!”

To read the full article on FitProf.net, click [here](#).

The review follows similar honors such as the [Fitnovatives Blog](#) on the ACE, American Council on Exercise website, which in February named the StrongBoard Balance among the top training tools for 2015. May/June issue of [Vegan Health & Fitness](#) magazine also hailed the balance board for its effectiveness in a seven-page layout about StrongBoard Balance written by vegan fitness model Mindy Collette.

Moreover, noted MMA fighter [Uriah “Primetime” Hall](#) endorsed StrongBoard Balance earlier this year. The endorsement prompted an agreement with the fighter – the first for the company – and the release of the limited edition [Primetime StrongBoard Balance](#), honoring Hall.

In addition, [MyMMAnews.com](#) published an article in May about the increasing popularity of StrongBoard Balance in the workouts of top MMA fighters.

StrongBoard Balance is a portable and electricity-free platform that rests upon four compression springs, allowing individuals to train using their own body weight for resistance during full-motion exercises.

The recently released [StrongBoard Mini](#) features four-inch springs – two inches shorter than those on the original board. It is designed for those who are afraid of heights, seniors, or anyone living with a neurological disorder. It is also a great starter board for anyone new to balance training and wishing to strengthen the communication between body and mind.

For more information about StrongBoard Balance and where to purchase, click [here](#). 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 [Chris@StrongBoardBalance.com](mailto:Chris@StrongBoardBalance.com).

Fitness trainers interested in bringing StrongBoard Balance classes to their area may email [Info@StrongBoardBalance.com](mailto:Info@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, An Evolution In Fitness, Fit Professor Review, FitProf.net, Best Buy Stability Product for 2016, StrongBoard Balance Mini, Mike Curry, four-inch springs, balance board, spring board, fitness board, balance training, platform, exercise, workout, fitness, evolution, revolutionary, strength, agility, flexibility, endurance, healthy, muscles, trainer, motion, core strength, StrongBoardBalance.com, Mindy Collette, Uriah Hall, Fitnovatives Blog, ACE, American Council on Exercise, Vegan Health & Fitness**

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For more information please contact:

General Information

[Info@StrongBoardBalance.com](mailto:Info@StrongBoardBalance.com)

Sales, Distribution & Wholesale Inquiries

[Sales@StrongBoardBalance.com](mailto:Sales@StrongBoardBalance.com)

Marketing and PR Department

[Chris@StrongBoardBalance.com](mailto:Chris@StrongBoardBalance.com)