

**FOR IMMEDIATE RELEASE**

## **StrongBoard Balance® Is ‘Yogi Approved’**

***Premier Balance Board Named One of the ‘12 Products to Help You Achieve Your Health and Wellness Goals’ by YogiApproved.com!***

**MARINA DEL REY, Calif. (January 7, 2016)** – [StrongBoard Balance®](#), the critically acclaimed balance board, is listed among the “12 Products to Help You Achieve Your Health and Wellness Goals” by YogiApproved.com. The popular yoga site is a trusted source for everything yogi, “on and off the mat.”

In a recent article, available [here](#), StrongBoard Balance was cited for its ability to target specific muscles, burn calories, and provide a full-body workout.

In the article, the YogiApproved.com Editorial Staff wrote: “StrongBoard Balance Board is a balance board with an unstable base to intensify your workout. The board helps you locate, utilize, and strengthen your stabilizing muscles, achieving full-body fitness by maximizing your muscle activation and calorie burning potential.”

“Standing on the board is a workout in itself, so imagine the intensity level when you attempt, for instance, Tree Pose on the StrongBoard Balance,” added the site’s editors.

“We’re very pleased to see StrongBoard Balance recognized by YogiApproved.com,” said Mike Curry, fitness expert and creator of StrongBoard Balance. “As a fitness trainer, I originally saw StrongBoard’s potential for improved aerobic and strength training, as well as its obvious balance benefits. It was really the foresight of my clients and other fitness professionals who saw the limitless possibilities when combining yoga with StrongBoard – I am extremely grateful to see how the yoga community is embracing our board.”

The recognition comes on the heels of StrongBoard Balance being named Best Buy Stability Product for 2016 by [FitProf.net](#), which followed a similar recognition in the May/June issue of [Vegan Health & Fitness](#) magazine. Additionally, the ACE (American Council on Exercise) [Fitnovatives Blog](#) named StrongBoard Balance among its top training tools for 2015.

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.

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:**

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