

FOR IMMEDIATE RELEASE

StrongBoard Balance Certification Course Now Accredited by NASM & AFAA for CEU's

Newest Accreditation Follows Similar Move by ACE Honoring Continuing Education for the Acclaimed Balance Board!

LOS ANGELES (March 16, 2016) – The [StrongBoard Balance®](#) Certification Course is now accredited for continuing education units for fitness professionals by the [National Academy of Sports Medicine](#), or NASM, and [Aerobics and Fitness Association of America](#), or AFAA. The action follows a similar move by [American Council on Exercise \(ACE\)](#), which accredited the certificate course in January.

The accreditations give personal trainers and instructors the necessary eight continuing education units from NASM and AFAA, which helps keep their certification in good standing, while offering access to training techniques and vital information for one of the newest fitness tools available.

The course, now available in Los Angeles, will educate fitness professionals to train and instruct using the critically acclaimed balance board. Moreover, it will give participants the opportunity to add StrongBoard Balance training to their resume in order to teach individuals and groups how to benefit from the balance board, which was named a top training tool by [ACE](#) and the Best Buy Stability Product for 2016 by [FitProf.net](#).

In an effort to keep the course personal and intimate, there are only 20 spaces available in each class. Anyone may participate in the course, but to receive a certificate and continuing education credits, participants must already hold a fitness license from an accredited organization. For a list of accredited fitness organizations, click [here](#).

To sign up, learn more, or request a certification course in a specific city, click [here](#).

“Participants in the course will develop a full training program that gives them the flexibility to fit the specific needs of virtually any client or group demographic,” said Mike Curry, fitness expert and creator of StrongBoard Balance. “The course will cover a wide range of topics, including the importance of balance training, biomechanics of StrongBoard Balance, understanding safety protocols for all fitness levels, and proper form and technique on an unstable surface.”

The StrongBoard Balance Certification Course includes a Training Course Manual and eight hours of comprehensive instruction on key elements of balance training. Attendees will learn to develop a curriculum to execute exercises, assessing clients to create a suitable training program, identifying and describing positions on the balance board, and more.

The course cost is \$295. Students wishing to purchase a StrongBoard with the certification

can save 25% on the board, bringing its cost down to \$200, and the total cost of the course and board to \$495.

Those who like to travel and are interested in teaching other fitness professionals how to implement StrongBoard Balance into their program may also apply for the StrongBoard Balance Master Trainer Program. To learn more, click [here](#).

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.

Keywords:

StrongBoard Balance, StrongBoard, Balance Board, StrongBoardBalance.com, StrongBoard Balance Certification Course, NASM, National Academy of Sports Medicine, Aerobics & Fitness Association of America, AFAA, accreditation, continuing education units, ACE, American Council on Exercise, Mike Curry, certification, certificate course, Balance Training, An Evolution In Fitness, 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, Los Angeles

###

For more information please contact:

General Information

Info@StrongBoardBalance.com

Sales, Distribution & Wholesale Inquiries

Sales@StrongBoardBalance.com

Marketing and PR Department

Chris@StrongBoardBalance.com