

**FOR IMMEDIATE RELEASE**

## **Elevate your Exercise Moves with StrongBoard Balance on Facebook LIVE March 30**

*The Online Event will be Hosted by Missy Berkowitz, NASM and StrongBoard CPT (Certified Personal Trainer)*



**LOS ANGELES (March 29, 2022)** - The founder of [Dig Your Deepest](#) and [StrongBoard Balance](#) certified personal trainer Missy Berkowitz, will be hosting a [Facebook LIVE event](#), “Elevate your Exercise Moves with StrongBoard” on March 30 at 6:00 pm PST. The stream will be part of a free series of events organized by the StrongBoard team with the aim of promoting a healthier and more active lifestyle.

Members of the media, fitness professionals and enthusiasts are invited to tune in to learn how they can elevate their workout and expedite results using StrongBoard. Anyone interested in learning more about StrongBoard Balance, its adaptable fitness programming, or Missy’s group StrongBoard classes, may contact [madison@strongboardbalance.com](mailto:madison@strongboardbalance.com).

“I’m thrilled to be able to connect with the StrongBoard audience through this Facebook LIVE event,” said Missy Berkowitz. “I can’t wait to meet everyone and share new ways, tips and movements to become more mindful and present using StrongBoard Balance.”

During the half-hour event, the Facebook community will have an opportunity to practice, interact and learn more about how to activate the core musculature and small stabilizing muscles to trigger dynamic awareness of their physical body. The purpose of the broadcast is to both motivate and support a healthier lifestyle through education.

More than a balance board, StrongBoard is the only stability trainer to utilize patented MULTI SPRING TECHNOLOGY. The elasticity of its springs provides constant instability to its users, and a 360 degree range of movement across multiple planes, also known as Unlimited Dynamic Articulation™. Various positions allow users to isolate specific muscles, or engage in aerobic and anaerobic combinations to activate all muscle groups simultaneously. Check out the [science behind StrongBoard](#) and learn more about it [here](#).

For more information, visit StrongBoard's [Instagram](#), [Facebook](#), [YouTube](#) or official [website](#).

#### **About StrongBoard Balance:**

StrongBoard Balance is a one-of-a-kind, premiere stability 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 [StrongBoardBalance.com](#), [Instagram](#), [Twitter](#), [YouTube](#), or [Facebook](#).

#### **About Missy Berkowitz:**

Missy began her journey by becoming a Certified Personal Trainer through NASM in February of 2018, she received her Behavior Change Specialist certification as well as StrongBoard Personal Trainer and Group Instructor certifications. In 2022, Missy was named StrongBoard Balance Trainer of the Month (January). Missy advocates for moving correctly, and that is why her training style focuses on knowing where each client is in terms of fitness and confidence, and progresses each client methodically.

Her workout styles vary from session to session and from client to client, but some of her favorites are HIIT, Tabata (set work and set rest), EMOM's (Every Minute On the Minute), and AMRAP's (As Many Reps As Possible). Missy loves getting creative, and her programming is evolving. Workouts are always challenging and different.

#### **Keywords:**

**StrongBoard Balance®, stability trainer, Dig Your Deepest, Facebook Live, exercise programs, skill levels, Missy Berkowitz, active lifestyle, muscles, fitness, Unlimited**

**Dynamic Articulation™, certified personal trainer, MULTI SPRING TECHNOLOGY™, StrongBoard classes**

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