

**FOR IMMEDIATE RELEASE**

## **StrongBoard Balance® Creator & Celebrity Fitness Trainer Mike Curry Holds Reddit AMA**

***Reddit Community, Public Invited to Q&A Session Related to Fitness Industry & Bringing New Products to Market, 5:30 pm PDT, March 11!***

**MARCH 11, 2014 – Marina del Rey, CA** – Mike Curry, celebrity fitness trainer and the creator of [StrongBoard Balance®](#) -- “An Evolution in Fitness™” -- will hold a [Reddit “I Am A: Ask Me Anything”](#) Q&A session online this evening at 5:30 pm PDT. Curry will be chatting with the Reddit community and general public about his invention, StrongBoard Balance, fitness, celebrity training, exercise routines, and topics related to health and nutrition.

“I’m looking forward to the Q&A on Reddit this evening,” says Curry, who posted his photo evidence for Reddit on [StrongBoard’s Twitter page](#). “It’s always fun to share experiences in and around the fitness industry, especially all the nuances of bringing a new product to the market. Please ask me anything, seriously.”

The “I Am A: Ask Me Anything” with Mike Curry will occur from 5:30 pm to 6:30 pm PDT on Tuesday, March 11. A link to his AMA will be available via the company Twitter account, [@StrongBoard](#). Those wishing to participate may also find Curry’s AMA by clicking [here](#) and searching the menu.

[Mike Curry](#) is a Certified Fitness Coach in Los Angeles with nearly 20 years of experience. He has true passion for his work and takes pride in generating long term results for his clientele, which includes a host of professional athletes, Hollywood celebrities and renowned physicians.

Curry is also co-owner of Stronghold Fitness, LCC, producer of revolutionary fitness equipment items, StrongBoard Balance and the upcoming StrongBoard Bench®. The products employ Curry’s expertise in utilizing balance techniques to strengthen the core, build stronger stabilizing muscles, and increase neuropathic communication. Curry is also an expert in nutrition counseling and motivation towards adhering to a healthy lifestyle.

StrongBoard Balance is a one-of-a-kind, premiere balance platform for all levels of fitness enthusiasts. The revolutionary balance board increases strength and stamina, while optimizing physical health – all through balance and focused weight training. Designed to compliment and intensify users’ favorite workout routines via a portable and electricity-free platform, StrongBoard Balance’s patented “multi-spring technology” provides full-body fitness to increase muscle activation and calorie burn. Visit [www.StrongBoardBalance.com](http://www.StrongBoardBalance.com) for options, pricing and more information.

StrongBoard Balance will be exhibiting at the 2014 IHRSA in San Diego, March 13 and

March 14 at booth #757. The 33<sup>rd</sup> annual International Convention & Trade Show will be held at the San Diego Convention Center, offering four full days of events for health and fitness industry professionals. While at the booth, attendees have the opportunity to meet with the StrongBoard Balance team to discuss any questions they have about the board, from workouts and education to wholesale and distribution opportunities.

Industry members and media interested in meeting with StrongBoard Balance executives Mike Curry and Adella Curry at IHRSA 2014 may email [chris@strongholdfitness.com](mailto:chris@strongholdfitness.com) to schedule a time.

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).

### **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, StrongBoard, Balance, StrongHold Fitness, An Evolution In Fitness, Mike Curry, Reddit, AMA, IAmA, Q&A, review, reviews, 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, IHRSA, IHRSA 2014, 33rd Annual International Convention and Trade Center, Health and Fitness convention, [StrongBoardBalance.com](http://StrongBoardBalance.com)**

###

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

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

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