

FOR IMMEDIATE RELEASE

StrongBoard Balance® to Exhibit & Host Session at IDEA World Fit Convention 2015

Attendees Invited to Meet Balance Board Executives, Participate in Demos at L.A. Convention Center

MARINA DEL REY, Calif. (June 1, 2015) – [StrongBoard Balance®](#), the critically acclaimed balance board, will be showcased at the [IDEA World Fit Convention 2015](#). The annual event will be held on July 15-19 at the Los Angeles Convention Center, 1201 S. Figueroa St., Los Angeles, CA 90015.

The annual fitness convention and trade show offers a variety of events for health and fitness industry professionals, including keynote speakers, networking opportunities, and educational workshops. This marks the second year in a row StrongBoard Balance will be one of the featured products.

During the expo, Mike Curry, StrongBoard Balance creator and ACE Certified Personal Trainer in West Los Angeles, will lead the two-hour seminar, "[StrongBoard Balance®: A Guide to Balance Therapy and Training](#)." The seminar will take place from 8:00 to 9:50 a.m. on Friday, July 17.

Curry's seminar will delve into the anatomy and biomechanics critical to balance training. Participants will be put through an intense workout designed to strengthen and engage the entire body by challenging the stabilizing muscles and targeting the weakest muscles of the body. Those attending will also gain an understanding of how core balance training can be used with everyday clients, as well as post-injury rehab patients and top athletes.

"After our amazing experience last year, we're very happy to join the IDEA World Fit Convention for the second time," Curry said. "It's the ideal place to meet some of the most imaginative people in the industry and show how the StrongBoard Balance is an effective and efficient balance board for all levels of users, and a vital tool for trainers everywhere."

Accredited members of the media are invited to visit the StrongBoard Balance booth to demo the balance board and learn more about its unique capabilities and wide appeal. There will be boards in the booth and demonstrations all day long throughout the four-day convention.

To schedule an interview with StrongBoard Balance executives, email Chris@strongholdfitness.com.

StrongBoard Balance is a portable, electricity-free platform resting on four compression springs, which allows people to train by using their own body weight for resistance during full-motion exercises.

The revolutionary balance board has been gaining much media attention since its 2013 debut. Most recently, it was featured in the May/June issue of Vegan Health and Fitness. To read the story, click [here](#).

StrongBoard Balance has also been featured in Shape magazine, ABC, Fox, KTLA-TV, ACEFitness.org (American Council on Fitness), About.com, Yahoo's GrindTV.com, Examiner.com, and many other media outlets.

Users of StrongBoard continue to praise the innovative board for providing an effective way to strengthen and work the entire body. It improves proprioception, intensifies floor workouts, tones and sculpts, and expedites results, all while increasing fat burning and weight loss. Created for every body, from young and old, fitness experts, nine-to-fivers, those recovering from injury, or in top physical condition, StrongBoard Balance is a fun, effective, and innovative way to work out.

For more information about StrongBoard Balance and where to purchase it, [click here](#).

Media wishing to attend a StrongBoard class, or review StrongBoard Balance, may contact Chris@StrongHoldFitness.com.

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.

About IDEA Health & Fitness Association:

IDEA Health & Fitness Association is the world's leading organization of fitness and wellness professionals. IDEA delivers world-class content and continuing education to fitness professionals through three channels: seven publications, including the award-winning IDEA Fitness Journal; world-class fitness conferences; and hundreds of streaming videos and DVD courses available on its website, www.ideafit.com. Additionally, with IDEA FitnessConnect, IDEA has created the largest national industry-wide directory linking over 250,000 fitness professionals to over 16 million consumers. Through IDEA professionals in over 80 countries, IDEA inspires the World to Fitness®.

Keywords:

StrongBoard Balance, StrongBoard, Balance Board, IDEA World Fit Convention 2015, seminar, model, fitness model, 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, Mike Curry, StrongBoardBalance.com

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