



The more you use a balance board, the better your agility and reaction skills become. This leads to improved posture and greater confidence in sports and daily activities! It's more fun to stand and move on a balance board than to stand on the floor. The more you use them the more you'll like them!

About Core Stability and Why it is Important:

Core stability in your body can be compared to the foundation of a building. It is a stable muscle base, consisting of the abdominal group of muscles, the gluteal muscles, and the erector spinae up the sides of the spine. Core stability gives you the 'trunk strength' and flexibility needed to function both injury and pain free in day-to-day living. Using Fitterfirst Products will help improve the harmony of your muscle movement and core stability!

About Proprioception and Why it is Important:

Proprioception is the body's ability to react appropriately to external forces. Often referred to as 'muscle memory' or 'neuromuscular awareness', proprioception is instrumental to an active, injury free lifestyle. Highly skilled athletes develop superior proprioception to help them use their muscle strength and endurance more efficiently. Proprioceptive exercises help form the basis for balance, coordination, strength and agility which are required to overcome injury and improve sports performance. Fitterfirst's Balance Boards all integrate muscle development and proprioceptive training efficiently into one activity.



"Elite athletes depend on Wobble Boards and Bongo™ Boards to train dynamic balance. Now, these tools have been brought to the mainstream, offering functional training for all populations. These highly effective tools are fun to use and my clients love them."

Keli Roberts, Calif., Fitness Trainer to the Stars



The Balance Game

As each 24-hour period passes we all get one day older and one day wiser. This wisdom helps us make key decisions that pave the way for a happy and healthy future. We balance our financial affairs, we balance our diets, our exercise programs and we even attempt to keep that fine balance between our work and personal life.



But the most fundamental type of balance, that innate human function that we depend on each day, to get out of bed, walk, play sports or to dance the night away - is taken for granted. That is until an injury, health problem or sedentary life style degrades it. Like maintenance on our cars and houses, balance maintenance helps prevent premature problems.

The best way to approach balance maintenance, regardless of your age or fitness level, is to enhance it a little bit each day. It is easy to incorporate simple balance tasks into your existing daily routine.

For example, I heard of an 88 year old gentleman, Sam, who is a great golfer with an unbelievable drive. Sam's secret is that since his army days he has put his socks on while standing and balancing on one foot. At 88 years young, Sam is still maintaining his balance one sock at a time.

Sounds easy. Give it a try, and you'll realize that it is easier on one leg than the other. To spice up the challenge, try it with your eyes closed. Want more? Try standing on a pillow and doing it in slow motion. The point is that daily balance enhancement can be as easy as getting dressed. Here are a few more daily balance opportunities:

- At work, stand up and balance on one leg when on the phone;
- At home try sitting on a fitness ball instead of a chair;
- In the gym, stand on a wobble board for some dumbbell exercises;
- Out walking, pretend to be a tight rope walker along curbs;
- Use the swings, slides and teeter totter in your local park;
- Play catch with a ball or Frisbee standing on one leg (do both sides).

These are just a few of the returns you will get by investing a little time each day into balance maintenance. Young or old, it's never too late to start, and once you experience the benefits of it, you will be hooked on the balance game for the rest of your life!

*Louis Stack, President, Fitter International Inc.
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◆ Exercises for your Weeble Boards

These advanced balance boards give independent action under each foot at a fixed 24 degree angle. Use these boards for advanced balance and proprioception training for a high carry over to sports and active living. Perform similar exercises to the Wobble Board but with a greater challenge, the name of the game is always control.



LUNGES

Begin with your front foot on a single Weeble Board. Lunge forward until your front knee reaches 90 degrees. Add weights for an increased challenge.



PUSH UPS

This is similar to regular push ups, but requires improved core stability. Start with your wrists centered on each board. Use caution and be aware that the wrist is in a full flexion position for this activity. Experiment with different width and staggered board positions. Try one foot to decrease your stability.



WEIGHTED SQUAT

Perform a squat while attempting to keep the edges of the boards from touching the floor.



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