

Benefits Of Using Balance Boards



Builds upper body
and leg strength



Promotes better
body coordination



Contributes to the
development of
the core



Improves the
response of the
nervous system



Improves
standing balance
among the older
people



Helps reduce the
risk of falls among
older people

References

1. Teaching Balance Training to Improve Stability and Cognition for Children; Institute Of Education Sciences
2. Effects of balance training using wobble boards in the elderly; National Library of Medicine
3. The Effects of a Multi-Axis Balance Board Intervention Program in an Elderly Population; National Library of Medicine