

ExerciseBall Safety

- Use away from objects with edges that could puncture (furniture)
- Use slow and controlled movements
- Bounce only when spine is straight
- Develop balance before bouncing
- Breathe deeply throughout movement
- If uncomfortable stop movement
- Wear slip resistant shoes or yoga socks with gripper bottoms
- Store ball away from sun, heat ducts, lamps or heating elements
- Beginners and the elderly should have someone “spot” them (offering a hand for balance and control)
- Survey your working space to be sure you have enough room when rolling out on the ball
- Know how you are going to exit the ball movement prior to beginning the exercise



PennyFlora **ACE** → Certified Personal Trainer