

# **FitMamas** *On the Ball!*

**Benefits of  
the Ball!**  
**The Ball is  
your friend. 😊**  
**It provides  
maximum  
functionality  
in daily living  
and maximizes  
your work-out  
effectiveness!**



Promotes mental relaxation.

Relieves stress held in neck, shoulders, and back.

Minimizes muscle soreness.

Provides blood flow to the muscles.

Improves posture and corrects posture deficiencies.

Reduces lower back pain.

Maximizes activities for daily living (bending, lifting, pushing, pulling, and reaching).

Improves performance in sport activities.

Delays onset of muscle fatigue for more productive strength training.

Delays onset of muscle fatigue for increased energy throughout the day.

Increases functional range of motion for optimal movement without placing stress on the joints.

Allows for stretching in multiple planes of motion for a greater degree of movement.

While stretching one or more muscle groups the co-activated muscles are reinforced in balance, control, strength and stability.

Promotes “core” strength.

Promotes good coordination, body awareness and control.

Helps to prevent injury in day to day living due to the increase of flexibility, range of motion, posture correction, balance, body awareness and control.

Provides the needed element of stretching to enhance performance in strength and conditioning for a comprehensive conditioning program.

Maintains elasticity of muscles around the joints enhancing function and promoting structural integrity.

A total body conditioning with moves that increase flexibility and enhance joint range of motion. Therapeutic stretches for all muscle groups to help relieve or eliminate aches and pains. Good for beginners, intermediate level or advanced on the ball. Different from what you may expect, there are absolutely no crunches! Class structure includes proper use and safety as well as Personal Training attention. For long, lean and feel-good bodies, let's get *On the Ball!*