



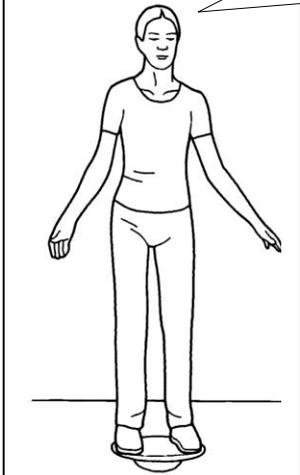
Made In Denmark

Wobblesmart® combines all the best qualities of wobble boards in one.

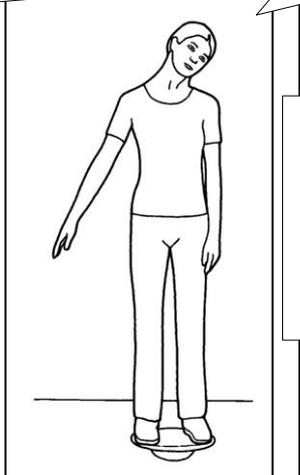
You can increase balancing difficulty levels by turning the gauge button at the bottom of the Wobblesmart or just simply close your eyes.

or just stretch your head & arm side to side.

Simply turn your head aside can make a difference.



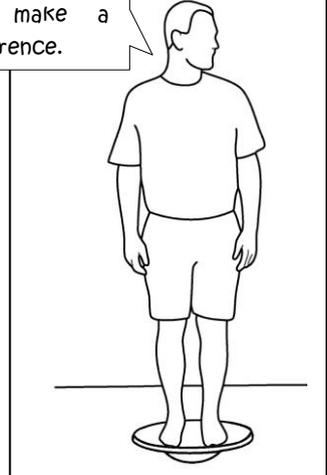
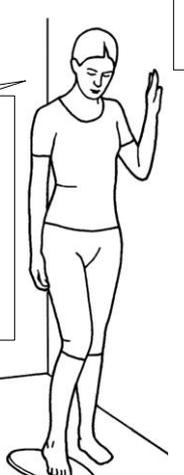
Basic Posture



Stretch – arm & neck

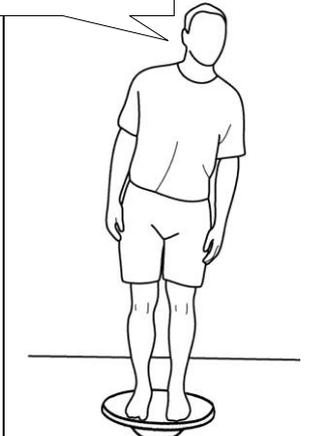
If you have difficulty to stand alone in the beginning, you can try to lean against a wall.

Lean against a wall



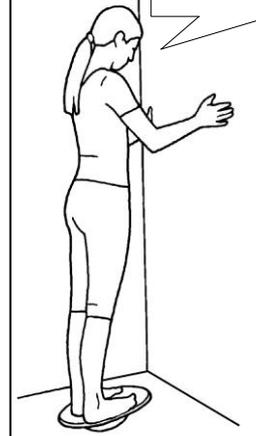
Head Turn

To lean sideward, backward or forward is even more challenging.

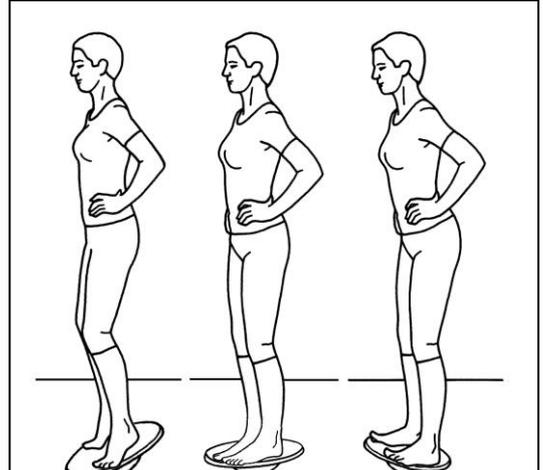


Leaning

Leaning against the wall is always a good aid to challenging movement.

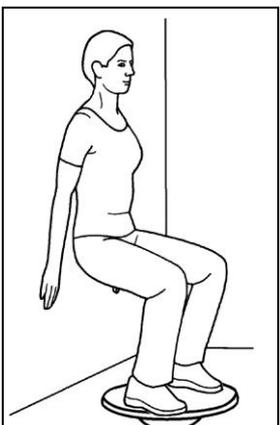


Ankle Flexion

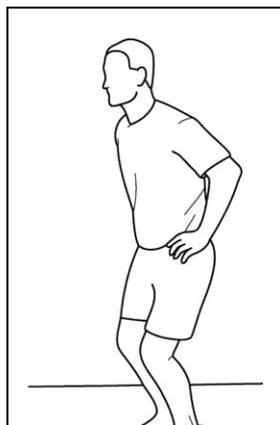


Ankle Extension

Ankle Flexion



Semi squat



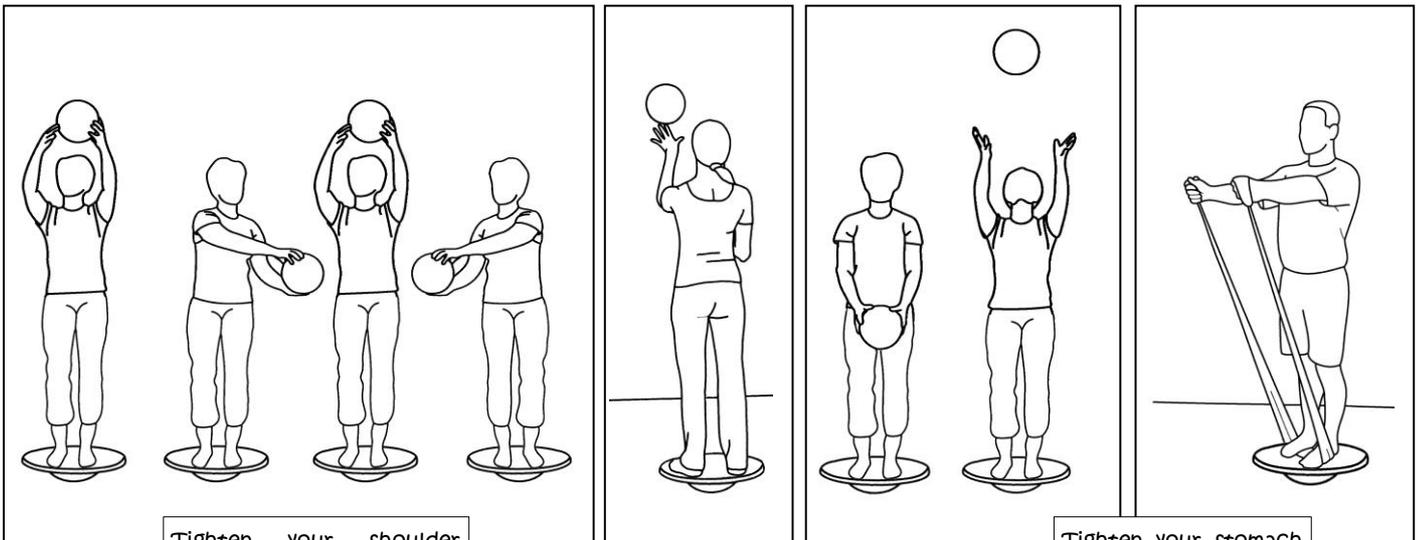
Slightly squat

Balance Exercises can be playful and fun for kids, challenging for young people and athletes, and it can be of great help to the elderly to prevent them from falling during daily activities.

To keep ourselves in a balance position all the time, enhance our body to remain alert and sensitive, so we become more conscious of our posture throughout the day.

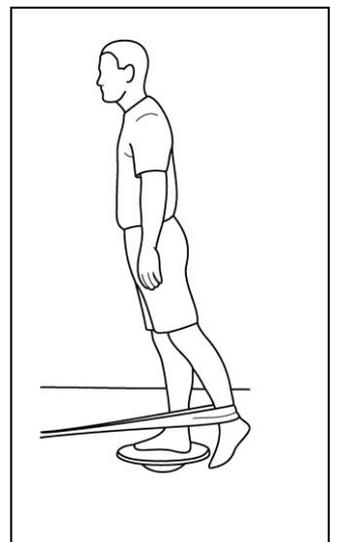
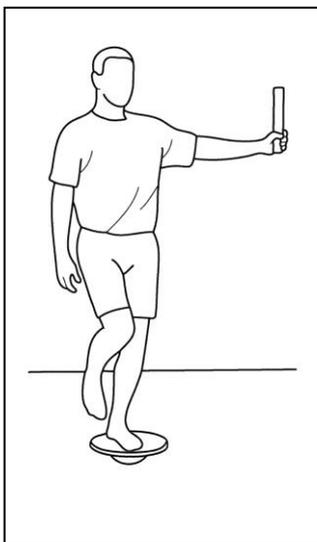
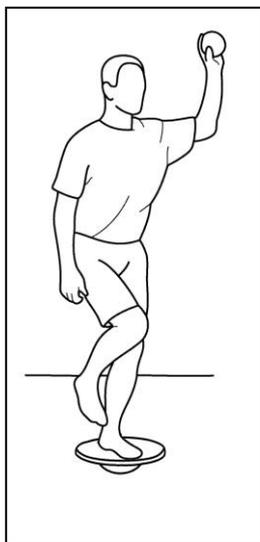
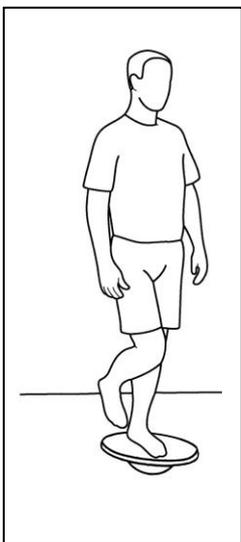
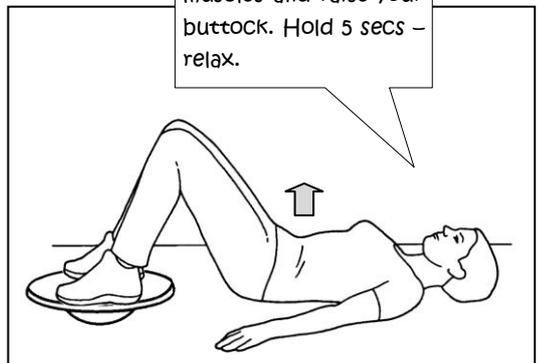
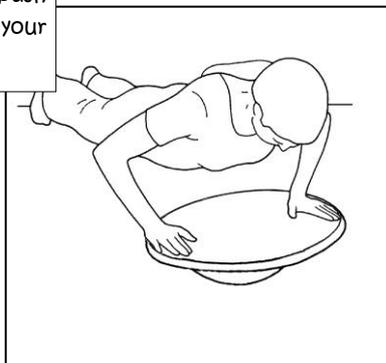
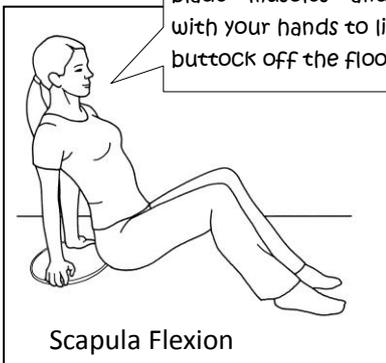
Most people spend the majority of our day sitting, and our bodies were not designed for this. Sitting and being still allows some muscles to weaken and others to shorten which forces our body out of its natural alignment.

Our body functions better with good posture, allowing the organs space to work, making the joints robust, and most importantly, keeping the spine strong and supple.



Tighten your shoulder blade muscles and push with your hands to lift your buttock off the floor.

Tighten your stomach muscles and raise your buttock. Hold 5 secs - relax.



Balance Exercises increase our ability to recognize different parts of our own body, and their relative positions. Balance in movement as occurs in walking or other daily activities is a process of constantly and consciously losing our balance and regaining it quickly. The quicker we can regain our balance, the safer our movement will be. Through these constant changes of our body's centre of gravity, children begin to aware of their own body and learn to control their body movement. In old days, we become skilful in controlling our body by daily activities such as, climbing trees, swimming in the river, running in the fields etc. With modern lifestyle, to remain skilful, we need to perform predesigned workout. And balance exercise happened to be an important, but easily neglected one.

The ability to control our body will deteriorate due to aging. Lacking of balancing ability, the elderly becoming easily hurting themselves unconsciously and even tend to fall down. According to research, the sensitivity of body awareness increases with practice, even in old age.

Wobblesmart® Board is an invaluable tools for the young and the old, to gain or regain the ability of controlling their body.