In 2014, a digital version of the Better Bones & Balance class was made available to the general public and in 2016 a user evaluation was created.

55% of individuals who purchased the digital version had a disease, injury, or chronic condition, such as osteoporosis or arthritis, before starting the program.

Since 2014, 1,000+ digital versions have been sold to individuals in every state except Alabama, North Dakota, Vermont, and West Virginia.

56% of individuals who purchased the digital version were the following ages...

- 18-49: 24%
- 50-59: 22%
- 60-69: 13%
- 70-79: 5%
- 80+: 2%

Almost all individuals purchased the digital version for the following reasons...

- Reduce fall risk: 39%
- Diagnosed with low bone mass: 12%
- Improve balance: 3%
- Other: 26%

Since using the digital version, most individuals say that they feel stronger, are less afraid of falls, and have increased balance.

Individuals who purchased the digital version were mostly female.

- Female: 97%
- Male: 3%

Videos disseminated*

- Videos have also been disseminated to Australia and Canada!

Individuals who purchased the digital version use it...

- 1-2 days/week: 37%
- 3+ days/week: 17%
- Do not regularly use: 46%

Individuals were asked if there are BBB classes located in their area. Most either did not have one (45%) or were not aware of one (22%).

Almost all individuals participate in other forms of exercise like walking, weight training, and gardening.

Individuals participating in other forms of exercise...

- 1-2 days/week: 37%
- 3+ days/week: 13%

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