



Better Bones & Balance®

exercise for lifetime health

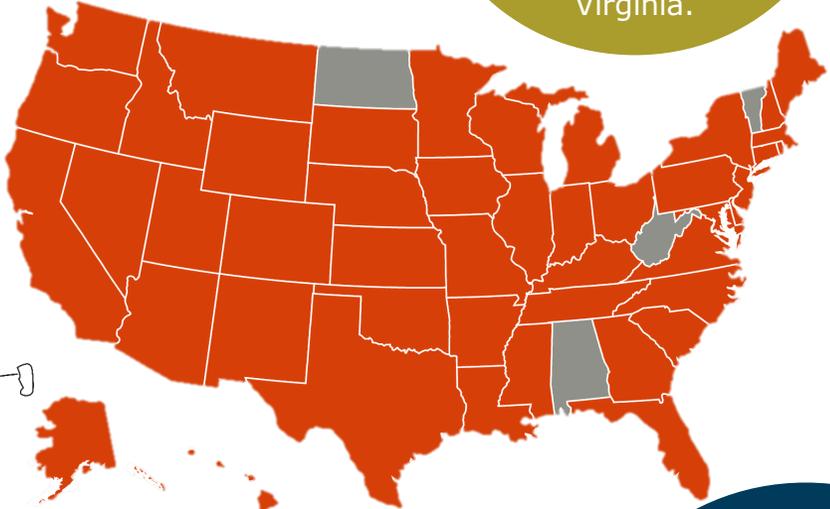
Since 2014, 1,000+ digital versions have been sold to individuals in every state except Alabama, North Dakota, Vermont, and West Virginia.

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.

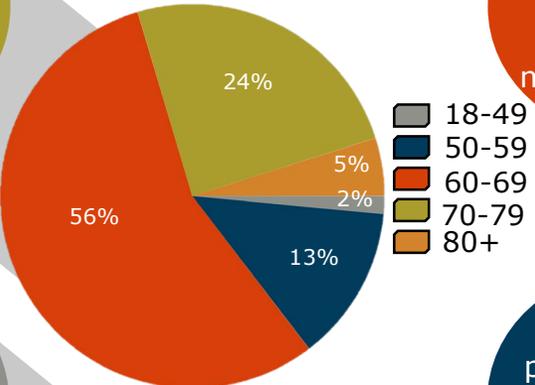
55% of individuals who purchased the digital version had a disease, injury, or chronic condition, such as osteoporosis or arthritis, before starting the program.



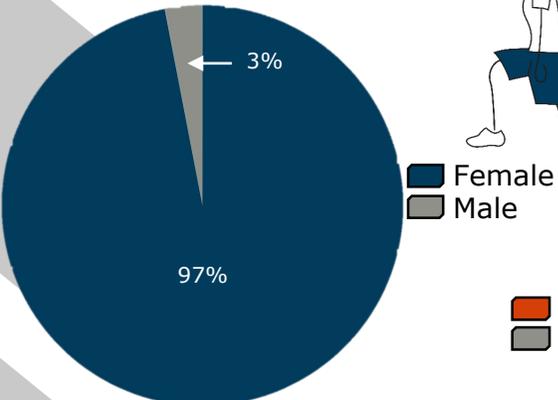
Almost all individuals participate in other forms of exercise like walking, weight training, and gardening.



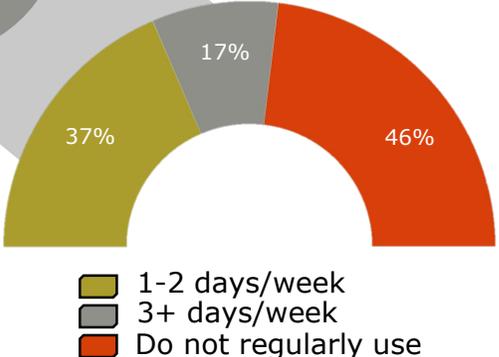
Individuals who purchased the digital version were the following ages...



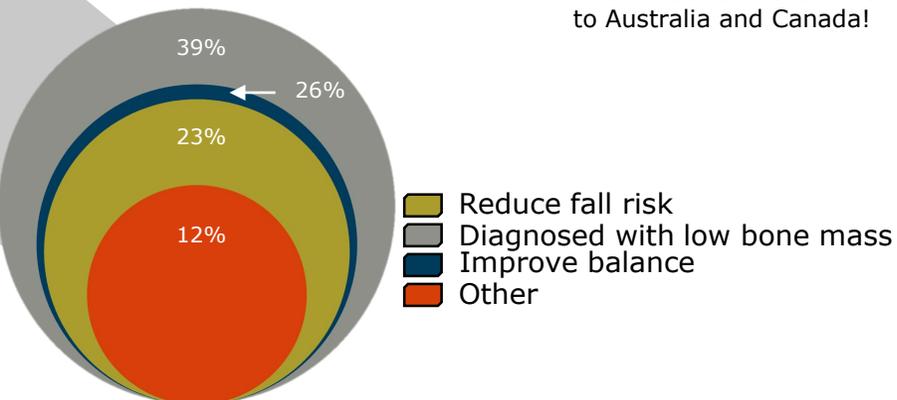
Individuals who purchased the digital version were mostly female.



Individuals who purchased the digital version use it...



Individuals purchased the digital version for the following reasons...



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

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%).