

New Exercise Program Benefits Everybody

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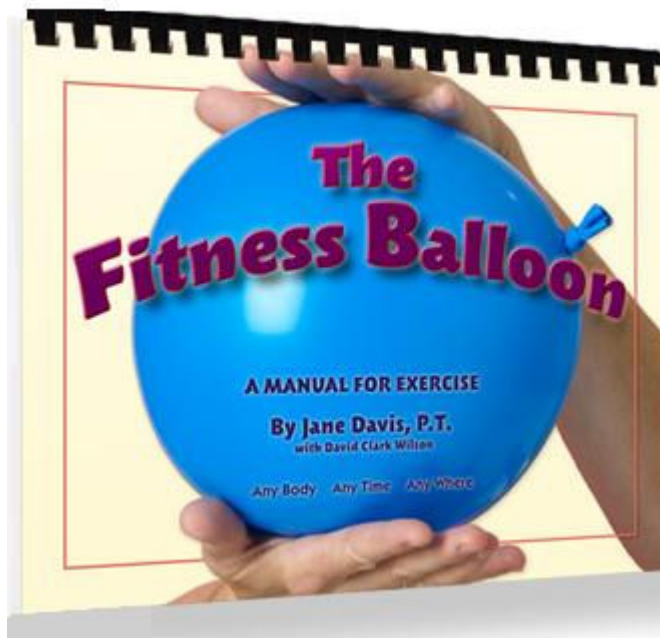
[The Fitness Balloon - A Manual for Exercise](#)

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October 24, 2007 - A new exercise program offers benefits to individuals of all ages and physical and mental abilities.



From children to seniors, the exercises in [The Fitness Balloon - A Manual for Exercise](#) are "simple to perform, inexpensive, and fun," according to author and physical therapist Jane Davis.

On the April 9 edition of "CNN Larry King Live: Living Longer Than Ever," CNN senior medical correspondent Dr. Sanjay Gupta listed "resistance training" as part of a medically proven plan to extend the quality and longevity of life.

In accordance with Dr. Gupta's recommendation, [The Fitness Balloon](#) promotes exercises that are "powerful for muscles, gentle for joints." This new program differs from many exercise manuals. It enables people to engage in safe and effective exercises with ease and confidence.

A recent post-surgical back patient of Davis' voiced his resistance to exercise. "Don't you even try to make me do any exercises," he declared. "I've been in rehab for a month. Their exercises didn't help, and the only thing I want you to help me do is walk with my walker because I might fall down," he explained.

Fifteen minutes later, this retired engineer was simultaneously strengthening his arms, trunk and hip stabilizer muscles by kneading the heavy-duty punch ball balloon. "I never would have imagined you could do so much with a simple balloon," he said. "I can really feel my abdominals working, and it doesn't hurt my back at all."

After years of similar responses to her innovative exercises, Davis strongly feels that almost anyone can benefit by performing the appropriate parts of the program, from the deconditioned bed-bound patient to the seasoned athlete.

Davis wrote [The Fitness Balloon](#) as a manual for therapists and other professionals to use as a tool for teaching patients and encouraging them through rehabilitation. However, it also is designed for the layman to easily understand and safely carry out the exercises independently. Hundreds of patients and their families, doctors and therapists attest to the benefits of the techniques illustrated and described in [The Fitness Balloon - A Manual for Exercise](#).

Jane Davis is a physical therapist with over 40 years of experience treating patients of all ages and conditions in hospitals, rehab centers and through home health. Davis is currently scheduling seminars on the use of the exercises in [The Fitness Balloon](#), and she also available for television, radio and newspaper interviews.

More information about the book and upcoming seminars is available on book's website at www.blueballoonpress.com.