



A Testament to Osteoballs

My name is Jack MacBurt, and I am a Fitness Coordinator at Ecumenical Community, a non-profit retirement home located in Harrisburg, Pa.

We have three buildings on our campus that house a total of three hundred residents. The majority of our residents are in their seventies, eighties, and nineties. We provide independent living, assisted living, and we facilitate residents with Alzheimer's disease and Dementia.

We provide a wide variety of fitness options and activities, but the most popular exercise is the Osteoball.

We introduced Osteoballs to our fitness regimen approximately two years ago. From the beginning, the Osteoballs became the favorite of our residents and the Osteoball class is our most popular class, drawing a full crowd each session. Osteoballs not only provide a great isometric workout, they are fun to use.

As a Fitness Coordinator, I am always on the lookout for exercise equipment that is fun to use, since motivating people to exercise is my greatest challenge. With the Osteoballs, all I have to do is schedule the class and the residents respond with smiles and laughter. After the classes, I receive many unsolicited compliments on the Osteoballs.

I highly recommend the Osteoball to anyone interested in exercise. Old or young, large or small, thick or thin, the Osteoball is a fun and effective way to exercise so try one soon, you'll be glad you did.

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