



# STABILITY<sub>home</sub>

Unlock your body's secrets for balance and mobility

# Take control of your balance in 3 easy steps

## 1 Measure your balance with purpose

- Get your baseline score and fall risk - 1 is bad balance and 10 is like an acrobat on a good day!
- The Stability scale detects small changes in your balance that you can't feel yourself.
- Measure again in different scenarios to see what affects you personally. See the back of this flyer to get started.



**MYTH**  
High risk means I will fall down this week.

**FACT**  
Your fall risk is a probability of you falling down in the next 12 months. 78% of people who will fall in the next 12 months score 1-4 on the ZIBRIO Stability scale.

## 2 Use the app to get answers

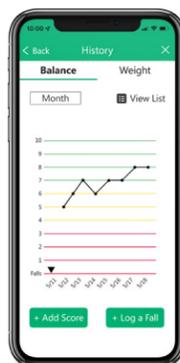
Download at [zibrio.com/app](http://zibrio.com/app) or type "BalanceCoach" in the app store or play store.



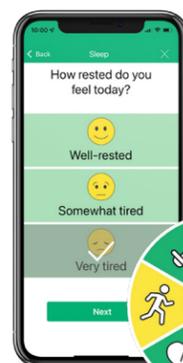
**Visual Timer**  
Know when the test is done



**Percentile**  
See how your score compares to others your age



**Balance History**  
See your score change over time and find out if your intervention is helping



**Questionnaire**  
Know which habits are helping, hindering or hurting your balance and get advice on where to start



**MYTH**  
"I'm healthy, so I am low risk."

**FACT**  
Balance is difficult to 'feel' and even people following healthy lifestyles can have poor balance if they haven't been working their balance system specifically.

Q: How often should I check my balance?

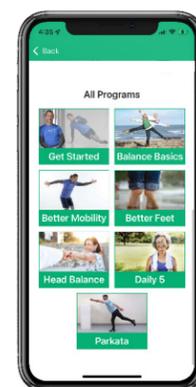
A: We recommend testing every day for the first week with exploration tests you can find on the back of this flyer. Then, if you have a specific balance goal, it can be helpful to continue testing daily or weekly. If you're in the low-risk zone, testing weekly or monthly can be good for maintenance purposes. When something changes in your life, increase the frequency to see the effect of these changes.

## 3 Boost your balance with sensorimotor training

- Learn balance techniques you can use in your daily life
- Helps you move the way your body is designed to
- Learn which senses and muscles to focus on to get better balance



Available directly within the BalanceCoach app



Coach Roman has trained everyone from pro athletes and celebrities to older adults who want to keep their mobility.

This program is not "exercise", it's specific sensorimotor techniques built on scientifically-proven methods and uses the 3-2-1 balance training method to train:

- 3 key body areas for balance: feet, center, and head
- 2 body areas paired together in movements
- 1 smooth, confident, balanced body



### BetterBalance training reviews

"Everything was simple and well explained."  
 "I had never considered any of these in regards to affecting my balance."  
 "Coach is very understanding and considerate."  
 "1 month of BetterBalance training has done more than a year of Pilates."  
 "These exercises can be used at any time and any place. Having some stiff and damaged joints, I found these exercises to be very beneficial."



# My Balance Exploration

## STEP 1: Baseline score

Take a balance test and circle your score.



### TIP

If you moved your head, spoke, or twiddled your fingers, retake the test. The Stability scale is a highly sensitive medical device.

## STEP 2: Explore

Surprised by your score? Most people are! Try the comparison scenarios below to unlock your body's balance secrets. Have fun with it, and feel free to try your own scenarios.

	<b>1 Finger</b> Take a balance test. For the second test, use 1 finger to touch a sturdy surface for the entire 60 second duration.	<b>Normal Test</b>	<b>1 Finger Test</b>
	<b>Shoes</b> Take a balance test with shoes and one without shoes. If you are curious, try different shoe styles!	<b>Shoes</b>	<b>No Shoes</b>
	<b>Fitness</b> Take a balance test before and after your normal exercise. <i>Do not engage in exercise you would normally not be comfortable doing.</i>	<b>Before Exercise</b>	<b>After Exercise</b>
	<b>First Thing in the Morning, Last Thing at Night</b> Take a balance test first thing in the morning and then again as the last thing you do at night.	<b>First Thing</b>	<b>Last Thing</b>

## Why did my score fluctuate?

Your balance is affected by your lifestyle. Exercise might affect your balance differently compared to someone else. Learn about why you scored higher or lower in the above scenarios at [zibrio.com/secrets](https://zibrio.com/secrets) - just follow the steps below.

1. Open the camera app on your phone.
2. Hold the camera so you can see the barcode on your screen.
3. A message should appear on your screen. Tap on it to launch the page.

