



Rolling, Rolling, Rolling

Stability ball workouts provide core strengthening and more

If your workouts have been falling flat lately, take note. Stability balls, those brightly colored orbs, also known as Swiss,

fitness or physio balls, have gone mainstream as part of an effective group fitness workout or personal training session.

As the popularity of stability balls continues to grow, there are some things you should know. They are available in a number of sizes; however, one size doesn't fit all. Before you purchase your own, or use one at the gym, know that an individual's height should determine which ball to choose. Sizes range from 30 centimeters for smaller people to 72 centimeters for individuals who are over 6-feet-2. Fitness experts say that a proper fit will help you work your way to a firmer body, better posture, more defined abs, and even less back pain.

"They are the best tools that have come out in fitness," says Renée Daniels, a Brooklyn-based medical exercise specialist and

The use of stability balls (above) when stretching can enhance your exercise routine. Rod Johnson, a trainer and health producer for CNN, helps Nadine Quinland Phillips focus at his studio, Seal of Fitness, in Atlanta.

