

Choosing A Fitball Fit For You

Fitballs are very versatile pieces of fitness equipment and people of all ages and fitness levels can use them. They are particularly good for core strength, balance and flexibility exercises. However, for fitball exercises to be of greatest benefit it is important to choose the right fitball for you.

As a general rule when you sit on a fitball your hips and knees should be bent at a 90-degree angle. This means your thighs should be parallel to the floor and your hips should not be lower than your knees.

The guide below based on body height may help you determine which size fitball is best for you:

55cm fitball – for people 164cm and under (5'5" and under)

65cm fitball – for people 166cm – 177cm (5'6" – 5'10")

75cm fitball – for people 178cm and over (5'11" and over)

The size marked on the fitball is the size it is when inflated to its maximum. When inflated to this point though the ball will be quite firm. If you like a softer ball you may choose a slightly bigger ball and under inflate it so that it is still the right size for you but softer to sit on. A bigger, under inflated ball is also good for those new to fitball exercising or those who have poor balance.

If you have long legs for your height and/or if you want to use the fitball for something other than core strength, balance and flexibility exercises (e.g., stretching, yoga or sitting on it as a chair) you may choose a bigger fitball fully inflated.

Whether you are using a fitball at a gym or buying your own and using it at home try and choose one that fits you. The right size fitball will help you maintain good posture and get the most out of your fitball workouts.

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