

Avatar...

Name: Sarah

Age: 35

Weight: 150 lbs

Height: 5'6"

Job: Executive Assistant

Pain Points: Sarah spends long hours at her desk, hunched over her computer, and constantly typing away. She often experiences neck and shoulder pain, which leads to headaches, and lower back pain that makes it difficult to sit for extended periods. She also struggles to maintain energy throughout the day and feels drained by the time she gets home.

Ideal Outcome: Sarah wants to feel confident and comfortable in her body, be able to sit at her desk without pain, and have the energy to pursue her interests outside of work. She wants to feel motivated and productive throughout the day, and enjoy quality time with her family and friends.

Roadblocks:

Lack of time: Sarah may struggle to find time in her busy schedule to fit in regular exercise or workouts.

Limited knowledge of fitness: Sarah may not have a lot of knowledge about fitness and may find it overwhelming or intimidating to start a new exercise program.

Chronic pain and discomfort: Sarah may experience chronic pain and discomfort due to her sedentary lifestyle and poor posture, which could make it difficult for her to perform certain exercises or workouts.

Limited social support: Sarah may not have a lot of support or encouragement from friends or family members to adopt a healthier lifestyle, which could make it difficult for her to stay motivated and on track.

Why Performaball is Ideal: Performaball provides Sarah with a comprehensive solution to her pain points. Its innovative design targets the muscles that are weakened or strained from prolonged sitting, while also improving posture and core strength. With regular use, Sarah will experience reduced pain and discomfort, increased energy, and improved overall health and wellness. Performaball will allow Sarah to achieve her ideal outcome, and live her best life.

H.S.O. Email

Sarah was a hard worker, spending long hours at her desk, typing away at her computer. But one day, an intense pain shot up her back, like hot lava from her low back to her feet. She was forced to leave work early, fearing the worst.

As a once-active person, Sarah felt stuck at home taking days off work, feeling like a burden on everyone. Pain medication and leg massages couldn't alleviate her burning, shooting discomfort. She missed her team's deadlines and family and friends began asking how she was feeling every day. This was not the life she expected in her 30s.

One day, scrolling through social media, Sarah saw something that caught her eye. She was skeptical at first, but curious as to how so many others had overcome the same discomfort she was dealing with. She realized her daily routine was killing her.

Find out the one thing Sarah changed to get herself back to a healthy lifestyle. Discover the root cause of her harrowing discomfort and how she fixed it.

Don't let chronic pain control your life like it did for Sarah. Take control of your life. Say goodbye to pain and hello to a rejuvenated and healthier of yourself today!