

Balance Training Handbook

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*NOTE: Kindly replace the "YOURCLICKBANKAFFILIATEID" with your
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Affiliates@exercisesforinjuries.net so we can bump up your commission.*

Email 1

Subject 1: My grandma fell

Subject 2: Seated exercises for older adults

- - - - - email start - - - - -

Now that my parents are in their late 60's and early 70's...

What's become a common reality is...

Falling.

It's scary...

I remember back when my grandma was alive, she fell down when she was playing with us, and...

She chipped a tooth...

Her knee and leg got swollen with huge purple and blue bruises...

And it took a long time to recover.

So as you get older, falling down can become a serious problem.

Fractured hips...

Broken bones...

And pulled muscles.

So if you're worried about your balance...

Or if you're afraid of falling...

[Here's an article that will help.](#)

It reveals two things you should know about balance problems and falling that most people (and doctors) don't know.

It also shares some encouraging news from recent scientific studies about how virtually anyone can improve their balance pretty easily.

[**10-Minute "Balance Switch" Lowers Your Risk of Falling**](#)

Talk tomorrow!

SIGN OFF

PS - One thing that'll help if you do fall is...

Having plenty of strong lean muscle tissue.

So if you're not already...

Start doing a daily walk, or even some simple bodyweight exercises...

That'll help A LOT :)

- - - - - email end - - - - -

Email 2

Subject lines:

- **Worried about your Balance? A New Solution is HERE**
- **Scared you might fall? You MUST Read *This***
- **A Bad Balance (and Fall) Can Put You in a Wheelchair For Life?**

- **Problems with your Balance? End This Critical Health Risk Today**
- **Balance Problems? Prevent a Bad Fall That Will Confine You To A Wheelchair For LIFE**
- **Afraid you might Fall? Revolutionary Solution Unveiled**
- **Bad Balance = A Bad Fall and Can Put you in a Wheelchair for Life: Learn How To Prevent It Today**
- **Exclusive New Discoveries to Improve Your Balance**
- **EXCLUSIVE: New Discoveries That Will *Drastically*Improve Your Balance**

- - - - - email start - - - - -

{Name},

Did you know over 8 million people in the United States **alone** suffer from Chronic Balance issues?

Having issues with your balance is an extremely scary thing, since, as happened to my grandfather: He fell and broke his hip and was never able to move without a walker or wheelchair again.

But thankfully, with new advancements in research, there are now ways to [significantly improve your balance](#), and keep you from destroying your quality of life like my grandfather did.

In this brand new [exclusive article](#), **2 things** are revealed that you must know about when it comes to balance problems and falling; 2 things most people, and even most *Doctors* are completely oblivious to.

Learn more about all the exclusive new scientific evidence [here](#), and be prepared to finally get your peace of mind and life back once and for all.

To A Life Filled with Amazing Health and Prosperity...

Your friend,

SIGN OFF

[\[Want To Drastically Improve Your Balance and Prevent Falls? CLICK HERE For The New GroundBreaking Solution \]](#)

- - - - - email end - - - - -

Email 3

Subject lines:

Use it or lose it

This exercise will make you feel SAFE again

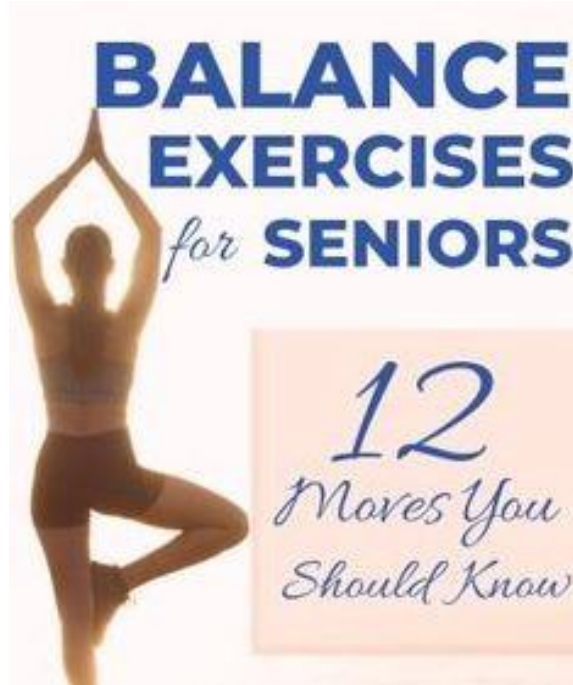
The “Balance Switch” -- lower your risk of falling in 10 minutes per day

lower your risk of falling in 10 minutes (do this daily)

- - - - email start - - - -

Use it or lose it!

Yes, your balance is something you need to work on if you want to live an independent life and prevent falling.



If you are over 55, there is one exercise you **MUST** do...

...and you won't find it in any other programs.

Because I want you to have the *best balance of your life*...

I've designed this **Balance Training Handbook** to be so simple ... and to help you to:

- speed up your senses & cut down your risk of falling
- feel more confident & secure with every step
- reduce pain in your joints and muscles
- increase flexibility and mobility
- improve your brain-body communication and balance
- make you feel SAFE again

And one more thing:

[This](#) ONE exercise takes just **10 minutes** to do from a chair, every day, to get you the results that you want.

[It's all detailed here.](#)

SIGN OFF

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