**Balance University**

By: Chris R. Williams

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**Naples, FL**– Emeritus Health, LLC. is happy to announce the launch of its first book, Balance University. Balance University is a 10-week program that focuses on improving balance, posture, flexibility and joint strength. According to the CDC, 10,000 Americans turn 65 everyday! As we age, our balance deteriorates due to several factors, such as inactivity and the aging process. My name is Chris R. Williams and I have been a personal trainer for 16 years and am certified through the National Academy of Sports Medicine (NASM) in numerous fields. In my career, I have worked with hundreds of clients with varying goals.  My clientele has included world ranked boxers, world champion ballroom dancers and all the way to regular folks like me and you.  My focus has shifted in the last six years to those with balance and stability issues, as well as those that have dealt with muscle atrophy due to a sedentary lifestyle.

Dr. Obayduer Khan, MD, a geriatric provider, helped me to see the great need for America's aging population to get active. Activity is important in order to increase flexibility, improve balance and increase lean muscle mass.  I opened *Emeritus Health* to focus specifically, on ALL the health and fitness challenges that the 'aging' population face in their daily lives.  I work with many clients after surgeries and physical therapy to continue the progress that was being made.

**About Balance University**

This program is the summation of 16 years in the fitness industry. I have tested different methods, ideas, programs and tests. I have worked with hundreds of clients through thousands of sessions and have created a balance program unlike anything that you will and anywhere! “BU” is different because it focuses on all three aspects essential to balance: strengthening the body, increasing the flexibility of the muscles and giving you the exercises in the proper order needed to ensure steady and consistent results.

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