



# *Balance Testing*

**June 15th - 18th  
FIT@PRC**

- *Walk up event - no appointment necessary*
- *Test takes around 3 minutes*
- *Uses MFT Challenge Disc Digital*
- *During open hours 6am - 7pm*



Balance is essential for preventing injuries and performing daily tasks efficiently. It improves posture, enhances coordination and strengthens core muscles. Balance is crucial for athletic performance, enabling precise movement control and agility.

