

About Balan

The design of the Balan Chair is simple and versatile; it can easily be incorporated into various home settings. Its foundation is similar to that of an exercise ball, but it includes additional safety features that deem it suitable for bariatric users. The Balan Chair is intuitive and flexible to use, it can easily be adjusted for use with weights or resistance bands.

Obesity is a key contributor to poor balance and mobility, with secondary implications such as increased risk of falls and decreased physical fitness.

For bariatric users, the Balan Chair is an apparatus that promotes enhanced mobility via balance and muscle strength training. The chair is aesthetically pleasing and suitable for use in diverse contexts.

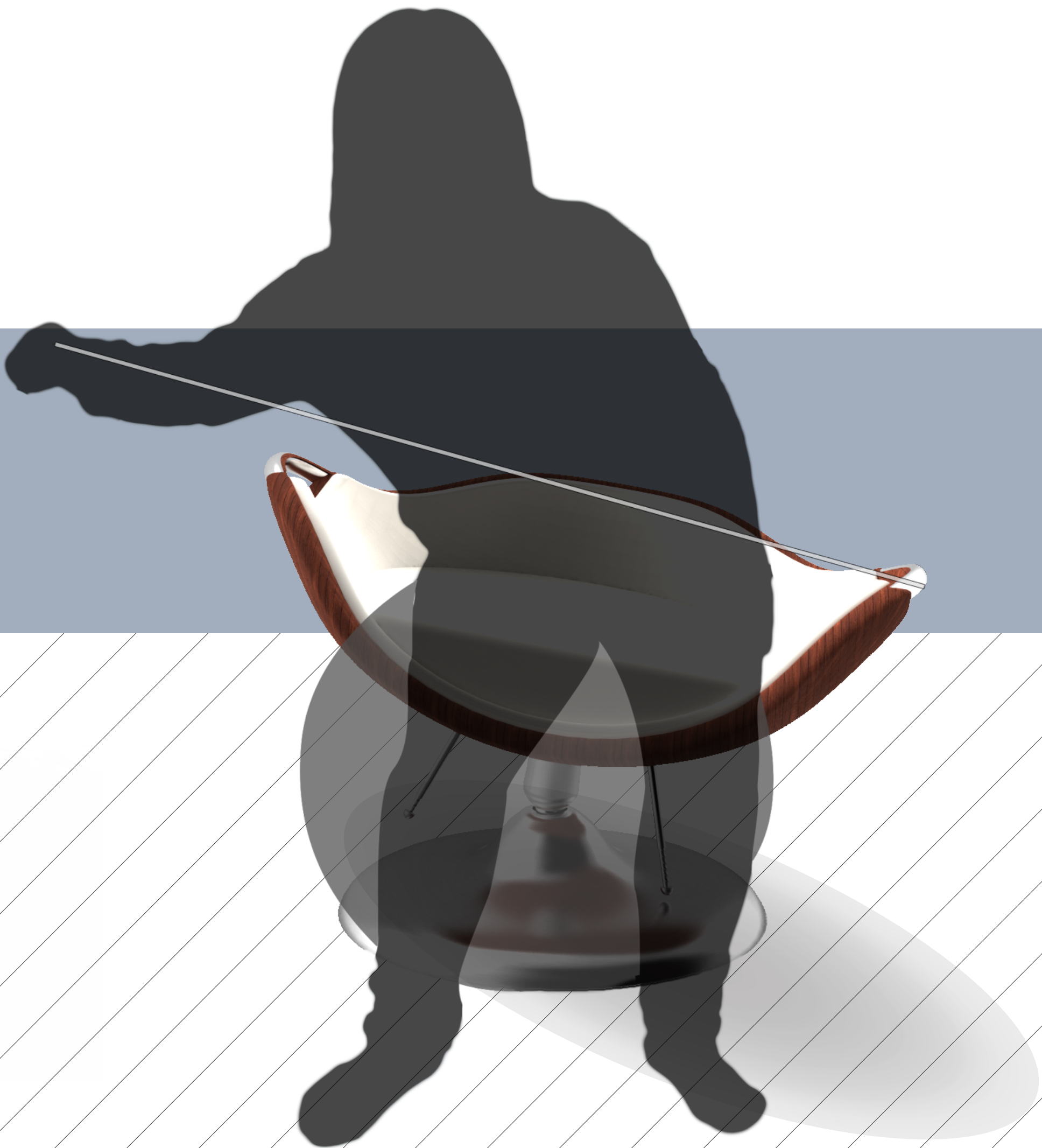


K.A.D.S.

Balan Chair

Balance + resistance exercises = Balanced life

The Balan chair functions similar to an exercise ball in that the user has to balance his or herself on a pivot point. This requires the individual using the chair to engage their core muscles in a balanced full-body workout. The adjustable bumpers at the bottom of the chair function to allow the user to tailor the level of difficulty to their experience level and/or unique needs. As the user progresses in making the bumpers shorter, the demands placed on the body increases. Over time this will result in improved strength and balance contributing to improvements in the overall mobility of the individual. Resistance bands can be attached to the chair for a more challenging workout experience. Using the Balan chair will not only increase the user's strength over time, but will also improve their balance and sense of physical well-being.



Jenna Dacyk
Allison Chen
Sally Kong
Suki KaYan Li

