



# Article Side

How to Choose Correct Exercise Balls by [Julia Roger](#)

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Exercise balls are an important part of physio supplies in gym and personal usage as well. You can find different types of exercise balls in gym. Each of them is prepared for different purposes including regular workouts, bending, yoga, and Pilates etc. Choosing a wrong exercise ball may lead to serious injuries like misalignment of the spinal cord and similar injuries. The size and weight of exercising balls is even more important in muscles workouts. An undersized ball will not activate your muscles properly whereas an oversized one may lead to some injury. Make sure that the ball may not appear too soft or mushy while using it; it should be properly inflated and should have a firm feel.

Generally, these exercise balls are available in different size and shapes including core balls, pilates ball, stability balls, Swiss balls, and fitness balls. These balls are designed and named according to their use and application. For instance, yoga balls helps in supporting different poses of yoga, stability balls are used in balancing exercises, and therapy balls are used for different types of physical therapies. There are some important points that must be considered before choosing exercise ball and the most important is the size of the ball. Make sure to consider the size and strength provided by the ball rather than its color. These factors are more important in providing a healthy workout for your whole body than its color.

It is important for you to know your requirements and choose physio supplies accordingly. You can go for the brand names because their products are tested for safety and performance rather than looks or colors. Keep in mind that branded balls have better burst resistance and stress qualities than other local supplied balls.

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