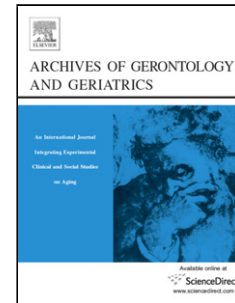


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The Use of Step Aerobics and the Stability Ball to Improve Balance and
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Exploratory Study

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Short Title: STEP AEROBICS AND STABILITY BALL FOR BALANCE
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