

# Become secure on your feet and on the street!



## My Mission

is to inspire seniors to look at exercise from a whole new perspective by combining balancing techniques with basic self-defense motions.

We build confidence and promote independence and personal safety all while exercising in a fun and practical way.

You deserve to feel safe on your feet and on the street.

## George S. Zabrecky

**Founder and Author**  
**Taekwondo Master, 5th Degree Black Belt**

## Our Motivation

By 2050, the U.S. Census Bureau estimates that the senior population 65 and older will double, reaching 82 million. This demographic shift underscores the critical demand for innovative programs that provide active exercises and social connections.

*Better Balance – Safer You* is that one-of-a-kind program.

- A fun, social activity with others
- Higher self-confidence and stronger muscles within weeks
- A program that will challenge you both physically and mentally



We understand the many challenges seniors face as their bodies age. No other program empowers seniors to learn these motions that strengthen muscles, establishes their center of mass and builds confidence, improving quality of life. These motions are designed to accommodate each student's strengths.

## The Journey



The *Better Balance – Safer You* Black Belt Journey is an exclusive program. Each fitness goal or level is identified by a colored pin that represents a belt level with specific requirements. We believe that specific goals are essential in achieving maximum results.

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## Trusted by our students

“Learning these new techniques and consciously moving my center of mass back and forth, has given me more confidence with my balance in doing everyday activities. This may sound trivial to some, but that’s important to me.”

**Pat**

“I really look forward to coming to class with my friends. I never thought I could have that much fun exercising and at the same time learn motions that give me more self-confidence to go out at my age. What Master Z is teaching is so practical.”

**Joanie**

“When I first started the class at age 90, I thought I would never do all of those motions. WOW, was I wrong. Within a few short weeks, I can do so much more and having a lot of fun too.”

**Janet**



## The Program

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This is a hybrid program designed by seniors for seniors that takes a unique approach to exercising by using self-defense motions as a means to improve balance and self-confidence.

We believe in a customized experience based on what each individual can physically do to remain self sufficient and safe for independent living.

## Contact Us

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**An exercise program for seniors that will improve their balance, self-confidence and personal safety!**