

# *Spirited* **BALANCE**



*A Comprehensive  
Balance, Mobility  
and Personal  
Fitness Program*

## **About Linda**

Linda Cantrill completed her Bachelors of Science in Aging and Program Planning at the Union Institute in 1983 and her AA degree in Therapeutic Recreation from Santa Monica City College in 1981. In 2000 she attended California State University, Long Beach for her Master's degree in Therapeutic Recreation/Aging. In 2003 she completed her training at California State University, Fullerton in "FallProof"™ Balance and Mobility and in 2010, she received her Therapeutic Pilates Certification from Long Beach Dance Academy under the training of Marie Jose Bloom and Yoga Certification from Loyola Marymount University under the direction of Larry Payne.

She has created programs and trained hospital and skilled nursing staff, physical and recreational therapists and personal trainers in **fall prevention, balance and mobility**. She has collaborated with physicians, hospitals and community agencies developing programs to enhance the care and services being provided to both patients and families dealing with the aging process.

She has been in the forefront as our older adult population has expanded. She has worked in both Los Angeles, California and Minneapolis, Minnesota for nearly 25 years, developing programs and advocating on behalf of older adults. She developed the first Los Angeles Nursing Home Olympics in 1981, and again in 1984 in Mankato, Minnesota. Linda believes it is *never too late to improve your health and physical wellness*.

Linda started her own company, **Spirited Balance™**, a comprehensive **balance, mobility program**, in January 2004. She teaches **Balance and Mobility classes** throughout West Los Angeles and provides **private fitness and balance training** for those who want or need one-on-one training. She is a public speaker on **Fall Prevention, Balance/Mobility and Healthy Aging**. In addition, Linda currently provides **consulting and teaching** at the Balance Disorder Institute of Los Angeles, Stroke Association, UCLA Marilyn Hilton MS Achievement Center and The Center for Healthy Aging, most recently as a featured instructor for United Health Plans DVD distributed over 300,000 members.