

## Health Benefits at the touch of a button

### **The 10 minute result**

Just 10 minutes of Power-Plate per session, 2 or 3 times a week, is enough to achieve your desired results. Most people still believe that getting fitter is about the duration of the training, but it's the intensity of the training that gives the result. By assuming various positions on the Power-Plate you can stimulate different muscles and muscle groups. Power-Plate makes it possible to achieve fast and easy results in almost every part of the body.

### **Increased muscle strength**

During a Power-Plate programme almost 100% of all muscle fibres in all muscle groups involved are activated. Clearly increasing both strength and muscle stamina.

### **Activated circulation**

During a Power-Plate programme the muscles work as a pump that introduces blood into even the smallest blood vessels at up to 50 times per second. This ensures that cells are provided with fuel very rapidly. As a result, the body will also carry off waste products much faster, leading to improved regeneration.

### **Improved coordination**

Since all receptors in the body are stimulated simultaneously, both the inter- and intra-muscular coordination will improve. Reactions and sense of balance are also developed causing an immediate improvement.

### **Pain dampening**

Due to increased blood circulation and the extra stimulation of the nerves, pain is diminished. The increase in muscle tension during training often leads to a reduction of residual tension which also reduces pain

### **Improved flexibility**

Intense circulation and warming of the muscles and tendons will enhance flexibility of the body as well as loosening tension, coagulation and adhesion of body tissues.

### **Increased bone density**

The Power-Plate stimulates the growth of bone tissue. Scientific research has shown that bone-density increases after training on the Power-Plate. Combined with stronger muscles and an improved sense of balance it offers a positive contribution to the battle against osteoporosis and reduces the risk of falling for the elderly in particular.

Improved fitness

### **Improved Fitness**

As the muscle tissue gets stronger more will be required of the supply systems in the body, including the heart. This will lead to improved efficiency of all of these systems.

### **Cellulite and cosmetic consequences**

Massage programmes on the Power-Plate loosen up coagulated tissues and adhesions, break down fat cells and improve the mobility of tissue layers. As cellulite is broken down and the connective tissue is reinforced, the skin tone will improve.

### **Increased metabolism**

Using the Power-Plate® will intensify fat burning and improve the basic metabolism, reducing the subcutaneous layers of fat. Special massage exercises will also target specific problem areas.

Call us now on 01384 441400 or 01384 444642 to find out more.

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[www.thefitnessfactory.info](http://www.thefitnessfactory.info)