

# Shake Up a Typical Exercise Routine with VibraWav

## The new approach to therapeutic exercise



What's the deal with whole body vibration? Whole body vibration is a revolutionary form of low-impact exercise that promotes health and fitness allowing you to get a full body workout with less time and effort. The vibration does the work and your body simply responds, melting away fat, relieving chronic pain, increasing bone density and joint stability, stimulating circulation and lymphatic drainage, soothing muscles and improving overall well-being. Whole body vibration is the hottest and latest technology in fitness and is ideal for all ages, lifestyles and physical abilities.

While the platforms are becoming more widely available at many therapy clinics and gyms (even some at-home practitioners are using them), many have questions about how the platform fits into a regular exercise routine and the types of benefits they add. According to several recent articles, when used as part of an overall exercise regimen and in conjunction with a healthy diet, WBV can help build strength, reduce pain, serve as an effective warm-up or cool down, and even improve overall bone health in older adults.

According to the Mayo Clinic, these platforms can be part of an overall exercise regimen: Some research does show that whole-body vibration may help improve muscle strength and that it may help with weight loss when you also cut back on calories.

Whole-body vibration may also have a role beyond sports and fitness. Some research shows that whole-body vibration, when performed correctly and under medical supervision when needed, can:

- Reduce back pain
- Improve balance in older adults
- Reduce bone loss

### **Weight Management:**

Effective method of muscle stimulation and toning

- Accelerates fat loss
- Reduces cellulite
- Decreases toxins and the stress hormone - cortisol
- Increases blood flow oxygenation
- Enhances body metabolism
- Improves lymphatic drainage
- Increases core conditioning

### **Beauty & Well-Being:**

Aids your total beauty and well-being management

- Visible firmness and smoother skin due to increased collagen production
- Reduces muscle tension
- Passively works body muscle groups
- Reduces stress levels
- Balance of body and mind

### **Everyday Fitness:**

Provides active people with a fast and effective workout

- Increases muscle strength
- Improves overall body tone
- Increases core conditioning
- Release of natural 'feel good' hormones
- Improves balance and flexibility
- Better range of motion

### **Injury Recovery:**

Assists in injury prevention and muscle recovery treatment

- Allows people with personal physical limitations a way to exercise
- Low-impact vibration training strengthens muscles with minimal joint and ligament strain
- Promotes healing by increasing blood circulation and helping bring oxygen to inflamed area

### **Active Aging:**

Enhancing wellness and the overall quality of life

- Provides a low-impact way to exercise
- Increases circulation
- Improves balance & stability
- Improves muscle tone & strength
- Increases energy levels
- Aids bone mineral density which helps fight the effects of osteoporosis



Yahoo Shine includes WBV machines in their roundup of the best gym equipment that people aren't using:

These vibrating platforms give your strengthening and stretching moves a boost by preventing or repairing muscle damage while fast-forwarding the results. The high speed vibrating workout

stimulates the contraction and relaxation of your muscles, increasing the amount your muscles contract per second from once or twice to 30-50. You can control the intensity of vibration (30 to 50 vibrations per second is suggested for beginners) and how long you hold your poses for. One thing to keep in mind though: bend your knees to avoid jarring the joints.



And the New York Times indicates that WBV can boost bone health, particularly in women at risk for osteoporosis:

So-called odd impacts, created when you move in a direction other than straight ahead, can initiate remodeling throughout the hipbone and spine in older people, a few recent studies suggest.

In a 2013 study, 28 postmenopausal women were randomized to use a vibration platform for five minutes, three times a week, or not to shake and pulsate. After six months, the vibrating women had 2 percent more spinal bone, while the control group had lost about half a percent. Not all studies to date of vibration training show bone benefits, but none have found harms, so you might investigate the option if, because of your health, balance or natural sense of dignity, you do not hop.

If you would like to learn more on this marvel of a machine, give our office a call today. We can set up an appointment for you to give it a go!



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