

Anti Aging



VibroGym improves your health and fitness:

- gentle training with no physical strain of the joints
- improve flexibility
- stimulate metabolism and lymph drainage
- improve muscle strength particularly the back
- strengthen bone tissue
- improve balance, coordination and mobility
- highly effective body fat combustion

VibroGym improves your wellbeing:

- reduce stress
- increase energy levels
- create a balance of body and mind

VibroGym improves your beauty:

- reduce cellulite
- improve skin quality
- visibly firmer skin and tissue
- more efficient collagen storage

VibroGym Whole Body Vibration is ideally suited to baby boomers as it is a non-invasive, non-strenuous method of training and a simple, easy solution to preventing age-related muscle loss. VibroGym uses rapid vibrations to stimulate a reflex contraction within the muscle which leads to a high level of muscle activation and exertion.

VibroGym is also the original, the one backed by most of the published research and the only vertical vibration platform with TGA approval and MDD Certification.

Increase Bone Density

*In a 24 week study 70 post-menopausal women performed squats and lunges on the VibroGym. Results showed a net increase of 1.51% in bone mineral density of the hip. **Journal of Bone and Mineral Research, v19, no3, 2004***

Improve Balance and Mobility

A study of the feasibility of VibroGym in institutionalised elderly and its influence on muscle performance, balance and mobility found that subjects using VibroGym improved significantly and maintained their baseline level of balance. Whilst the control group did not improve and their balance worsened. It was concluded that static VibroGym exercise is beneficial to balance and mobility

BMC Geriatrics 2005, 5:17

Improve Circulation

A study of VibroGym indicated that vibration training leads to greater improvement in the circulation system than conventional methods.

J Kelderman, Groningen College of Higher Education, 2001

Increase Flexibility

A study on the impact of VibroGym into flexibility was conducted on a group of AFL players. The research showed that the group using VibroGym in conjunction with PNF (contract-relax) stretching achieved an average increase of 19.8% in hamstring flexibility. The group that only undertook PNF stretching showed only a 9.2% increase.

Edith Cowan University, Biomedical and Health Sciences, Perth, WA

Reduce Stress

The Societa Stampa Sportive in Rome carried out a test among 14 young men following a training program using VibroGym. After the training sessions the level of the stress hormone cortisol had decreased by an average of 32% in all participants

European Journal of Applied Physiology, 2000 Apr;81(6):449-5

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Wellbeing

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