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Vibration Training Fitness Equipment is Shaking up the Health & Fitness World

Vibration machine fitness has been shown in many studies to be not only as effective as traditional training at a gym but that it has many other benefits that are not achieved with normal workouts.

/24-7PressRelease/ - Vancouver, BC, Canada, June 14, 2008 -- Vibration Fitness for years has been leading the fitness industry in growth here in the USA and Canada for both home and commercial use. Vibration fitness growth has exploded over the past few years and been adopted by doctors and trainers alike. Users are using the vibration machine in droves largely due to the quick results that can be gained. Another attractive feature is the 10 minutes a day routine that is very easy to maintain, unlike long gym workouts.

According to top health professionals like Chantal Vella, an exercise physiologist and associate scientist in the Department of Internal Medicine at the University of New Mexico, "It requires relatively little exertion compared with traditional forms of exercise; yet studies comparing this training method to traditional strength training have found similar gains in strength and, in some cases, more gains in explosive power." In Europe, they've been using vibration fitness for decades. Now vibration therapy is making inroads in the U.S. and professional sports teams and doctors were among the first to embrace the technology

Vibration machine fitness has been shown in many studies to be not only as effective as traditional training at a gym but that it has many other benefits that are not achieved with normal workouts. Further, it is a much more enjoyable workout and therefore, one that you can stick with. This advanced vibration exercise technology allows you to burn fat and cellulite, increases Human Growth Hormone, increases muscle strength, increase metabolism, builds bone density, and improves flexibility.

The Vibration Exercise Machine, is an automatic reflex and stretch response exercise, has been designed in such a way that it puts into exercise all the body's muscles at the same time minus the tiresome feeling. Traditional training at the gym will most likely exercise less than half of your entire body's muscles. But the Vibrating Exercise Machine puts your muscles in constant interaction with gravity and acceleration several times in every second. With your body adapting to this stimuli much quickly, it is able to more effectively achieve more fitness targets in lesser fractions of time and gives you a more thorough workout.

Whole Body Vibrating - The History

Vibration Fitness Exercise technology started when Russian scientists discovered that cosmonauts that spent extended amounts of time in space experienced significant loss in bone density and muscle tissue in zero gravity. Russian researchers found that by using this vibration equipment they could not only stop the loss, but incredibly, increase bone density and strengthen muscles.

The Russians were able to set a record of more than 420 days in outer space in 1994/1995 using Whole Body Vibrating. Our American astronauts were forced to return after just 120 days due to bone and muscle degeneration. After the fall of the Iron Curtain, Vibration Exercise technology found its way to other countries. Today NASA uses Vibration Exercise technology in their regular space training program.

Whole Body Vibration exercise is a fast and effective way to get in shape and lose weight. Just 10 minutes a day gives you the results you are looking for.

Vibration exercise equipment is the application of variable vibrating frequencies to the entire body's muscular, skeletal, organ, glandular and nervous systems. These vibrations usually range from 21 hertz to as high as 65 hertz depending on the type and brand of machine used. The differing vibration frequencies have different effects on body function. Typically in Whole Body Vibration, lower frequencies are very effective for strength training, warming up and cooling down while higher frequencies are usually used for massage and increasing blood circulation to peripheral body tissues. These Whole Body Vibrations are created by a vibrating platform and transferred through the body through the feet. The body automatically

adjusts to these vibrations by responding with a stretch reflex. This stretch reflex in the muscles is actually a reflexive adjustment that is occurring in the brain. Consequently, Whole Body Vibration causes the muscles to contract very rapidly, burning fat and calories while building muscle.

With prices for a Vibration Machine ranging from \$1000, and as high as \$15,000, it really pays to shop around. Many of the cheap machines are not effective due to improper design and weak motors. Stick to the quality name brands and you will not be disappointed.

Read the Vibration Fitness Buyers Guide

<http://www.vibrationexercise.ca/vibration-exercise-machine-buyer-guide.htm>

For more information about Vibration Exercise training visit <http://www.myvibraslim.com> or <http://www.myeuroplate.com> or <http://www.vibration-exercise-store.com>

Image: <http://www.myeuroplate.com/images/euro-machine-med.jpg>

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