



***HEALTHY LIVING FOR ALL AGES AND ABILITIES***

Community recreation & social enterprise

## *CHANGE LIVES;* **COMMUNITIES THRIVE**

By focusing on preventative health and wellness solutions, Power Plate enables facilities to utilize proven technologies designed to enhance the overall health, quality of life, and longevity of their community.

With acceptance by major medical, rehabilitation, and therapeutic centers around the world and a universal presence in leading health, fitness, and sports clubs, Power Plate delivers proven health results.

Ever increasing levels of obesity and chronic disease combined with decreasing activity and social engagement are creating huge mental and physical health challenges in a time where there has been a great leap in concern about the health of humanity.

The whole-body vibration technology behind Power Plate is safe, effective and holistic. It helps promote engagement in healthy movement and social interaction plus decrease existing symptoms and prevent new ones in all populations.





## CHANGE LIVES; **COMMUNITIES THRIVE**

Research\* has shown that when used regularly as part of a healthy lifestyle, Power Plate delivers numerous wellness and fitness benefits for all populations.

- Increase muscle tone, strength and stamina
- Stimulate circulation
- Enhance balance and stability
- Optimise flexibility
- Improve bone density
- Boost neuromuscular function
- Encourage hormonal balance
- Promote lymphatic drainage
- Alleviate pain
- Improve joint function
- Promote faster recovery
- Strengthen cardiovascular system
- Increase range of motion and coordination
- Enhance metabolism, boost energy
- Stimulate serotonin and reduce cortisol
- Support weight management
- Re-energize body and mind
- Reduce stiffness and fatigue



# *MOVE BETTER. FEEL BETTER.* **LIVE BETTER.**

**Power Plate is a medically-certified harmonic vibration platform that helps clients feel better by stimulating natural reflexes, increasing muscle activation and improving circulation.**

Power Plate products and protocols are used around the world to deliver accelerated health, fitness and wellness results, whatever the fitness level, style or ability.

While traditional exercises require changes in load to gain improvements, Power Plate requires little to no impact on the body to get results. This is achieved by enhancing exercise through vibration. These vibrations cause multiple muscular reflexive actions to deliver a whole-body result.

Power Plate training is more efficient than any other traditional exercise, amplifying the benefits of smaller movements, without additional weights.

This makes it ideal for both active exercisers looking to increase performance without overtraining, users with limited physical mobility and higher risk of falling, or those concerned about overloading bones and joints unnecessarily.



**\*More than 200 independent studies have been conducted on whole body vibration, nearly 40 of which are on Power Plate® specifically.**



## *MOVE BETTER. FEEL BETTER.* **LIVE BETTER.**

In as little as 3 minutes, clients will feel revitalized with increased productivity by simply performing simple stretches or easy movements to counter the negative effects of inactivity on the human body.

Older adults challenged by one or more chronic conditions will significantly benefit from this evidence-backed application to improve their cardiovascular, neuromuscular and circulatory performance; significantly increasing their quality of life and improving conditions such as:

- Osteopenia/ Osteoporosis
- Balance problems (preventing falls)
- Stroke recovery
- Obesity & Diabetes management
- Heart Disease
- Parkinson's Disease
- Restless Leg Syndrome
- ALS
- Multiple Sclerosis
- Cystic Fibrosis
- Injury Recovery (specifically Peripheral Nervous System PNS)
- Other specific neuromuscular, lymphatic or circulatory disorders



## TOGETHER **WE ARE STRONGER**

Power Plate is committed to working with our partners on the successful integration of whole-body vibration for a wide and inclusive member experience. Safe and effective pre-designed programming provides solutions for fitness, health, wellness, anti-aging, rehabilitation, recovery, sports training, and athletic performance.

As one of the few medical/fitness devices that have been awarded the Class IIA MDD Certification, Power Plate has also become the only device of its kind to achieve Non-Exercise Activity Thermogenesis (NEAT) certification from the Mayo Clinic.

**Power Plate is the trusted choice in whole body vibration training by facilities offering fitness, wellness, rehabilitation, injury prevention and sports performance enhancement and is committed to supporting healthy living and strong communities.**





## SUPPORTING **YOUR INVESTMENT**

As a content and education partner, Power Plate provides facilities with evidence-based, safe and inclusive programming, training, and marketing solutions. Complimentary training is delivered both live onsite and online as part of the partnership. Ongoing education is also available online and via the Power Plate app, to help support a highly differentiated and inclusive new health solution.

With a comprehensive tool kit of support options including marketing materials, science and research, content assets, and programming, your staff are fully connected to everything they need to successfully implement and use Power Plate products to grow engagement.

Your members can also be part of the Power Plate community and improve their Power Plate experience using all the great resources provided on our App such as product guidance, on demand workouts, education modules and coaching tips and ongoing education and program content.

For further information, see [powerplate.com](https://powerplate.com)

