

STUDIO FITNESS @ SIXTH AVENUE



THE NEWEST INNOVATION IN HEALTH

Technology originally developed by the Russian space program and adopted by NASA

GET THE BENEFIT OF A 1-HOUR WORKOUT!

IN JUST 10 MINUTES

Worldwide advances mean
now you can effortlessly:

- Burn fat
- Increase muscle strength
- Tone and firm specific areas
- Improve flexibility
- Increase bone mass density
– lessens osteoporosis concerns
- Raise base metabolic rate
- Decrease cellulite
- Stimulate lymphatic system
- Rehabilitate muscles after injuries
- Massage muscles – whole body massage
- Enhance balance and co-ordination
- Low impact – kind to joints



**In just a few minutes a day with almost no effort at all, it can transform your health and fitness.
No need for traditional exercise • Maximum results, minimum effort**

Contact : Beth Bedard (692-4203) b.bedard@hotmail.com

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What's the history of
Vibration Technology?

Vibration Technology was developed several years ago in Russia, for their astronaut program. The idea was to find a way to stimulate the astronaut's muscles even in a zero gravity environment, within limited space. Several years later the technology has been refined and perfected. Now it is available for the general population.

How does it work?

The science is simple. Vibrations at a specific frequency stimulate the body into activating muscles, giving your whole body an easy and pleasant workout. Basically these controlled vibrations induce the body to work harder without your conscious effort.

Your muscles are forced to contract to maintain stability, building strength and balance. The gentle vibrations also massage muscles and stiff joints, making this a very low impact, gentle way to get faster results than you ever thought possible.

What do I have to do?

Using vibration technology couldn't be easier. In fact, all you have to do is stand around, or just sit!

The machine does the rest. Your body will get a concentrated workout without complicated movements or even much thought on your part. And the best part is the amount of time it takes - 40 minutes a day a few times a week will get you great results.

What does it do?

There's no technical training needed to start benefiting. You can get the following just by standing:

- | | |
|---------------------------------|--|
| Osteoporosis prevention | Increase blood flow |
| Increases blood flow to muscles | Improve flexibility |
| Prevents muscle soreness | Massage muscles |
| Strengthens knee joints | Naturally encourage human growth hormone |



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