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Power-Plate® - The Ultimate Anti-Ageing Solution

Power-Plate® is one of the most exciting developments in the field of anti-ageing and health, is now available in Australia. Based on Whole Body Vibration technology, Power-Plate® boasts a number of benefits for users, including significant improvement in the skin's appearance and texture, and a reduction in the appearance of cellulite.

Whole Body Vibration training on the Power-Plate® creates an intense workout that affects virtually every muscle in the body. This causes the brain to produce enormous blood flow throughout the entire body while also causing a dramatic spike in Human Growth Hormone (HGH) which is key to the repair and regeneration of tissues. At the same time there is a rise in testosterone, and significant elevation of neurotransmitters and endorphins which help to suppress pain and elevate one's mood respectively.

During the first 90 seconds of use the Power-Plate® will begin to boost the body's production of collagen, as well as work to increase flexibility and range of motion. These elements combine to give the user a marked advantage in the fight for a firm, 'bust booty'!

GOOD BYE CELLULITE - HELLO TAUT SKIN!

Scientific research has shown that Power-Plate® produces a positive effect on lymphatic drainage as well as helping to improve blood circulation. Power-Plate® assists the body in producing collagen, and will also enhance the production and release of key regenerative hormones such as HGH. In combining these four elements Power-Plate® is leading the fight against cellulite! People who use Power-Plate® for just 10 minutes, three times a week, also report a fast improvement in areas where fat is typically stored - ie thighs, stomach and buttocks!

Study: Impact of Power-Plate® on Cellulite An established and respected dermatology centre in Germany studied the effects of Power-Plate® on cellulite levels in 60 women. After 6 months, the participants showed a significant decrease in cellulite levels by exercising only 3 times a week for an average of just 11 minutes on the Power-Plate® per session. A group combining Power-Plate® with cardio-Aerobic took four times as long to achieve only a marginally better result, proving that the most of the result can be attributed to the Power-Plate®!

The Power-Plate® will also leave it's users with an overall feeling of youth and energy thanks to its effects on increasing serotonin (the happiness hormone) in the body. This means greater mental stimulation and improved basic brain functions (such as better concentration). Almost immediately you will notice positive influences to your overall strength and well-being. By decreasing cortisol levels, the Power-Plate® helps eliminate the effects of stress making the Power-Plate® a great tool for relaxation.

For more information on Power-Plate® visit www.powerplate.com.au or for stockist information call 1800 633 009.

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