



Perfect Balance at Seaforth is Sydney's first Power Plate studio.

Power Plate your way to fitness

MANY people dream of improving their health and fitness levels, but fail to realise their ambition. There are numerous improvements that exercise can make to both body and mind, and these are well documented. However, many people have difficulty in finding sufficient time and energy to achieve their health and fitness objectives.

The thought of spending hours working out is always less appealing after a hard day's work, which is why Power Plate training is so effective.

Enjoy many of the benefits of regular exercise – a toned body, improved flexibility, better circulation and increased stamina and fitness levels – in just three 30 minute sessions per week.

Developed to optimise the effects of Acceleration Training exercise, Power Plate technology works by transferring vibrations to muscles in the body, caus-

ing them to contract naturally in a reflex action.

A Power Plate training program delivers a full body workout in just 30 minutes.

Its efficiency dictates that only three sessions per week are required before you will notice the positive differences in your appearance, muscle tone and energy levels.

Acceleration Training exercise is low impact and enables anyone, regardless of their age or fitness level, to benefit without applying strain on joints or other parts of the body.

Perfect Balance at Seaforth is Sydney's first Power Plate studio and owner Michelle Buley has been Australia's Power Plate Master Trainer for three years.

So, give Perfect Balance a call on 9949 7435 and make a booking today.