



VOGUE HEALTH

GOOD VIBRATIONS

The latest fashion accessory isn't a bag or shoes. Celebrities including Madonna, Claudia Schiffer and cover-girl Kylie Minogue have embraced the Power Plate machine – a device that promises to tone and strengthen muscles in a fraction of the time it takes to do traditional weight training. First developed by Russian scientists for use by their Olympic athletes in the 1970s and later used to train cosmonauts, the Power Plate, priced from \$6,100, has a platform that vibrates as you perform a series of simple exercises. The experience isn't painful, but it does feel as if every muscle and organ is humming along with the machine.

A recent study by Leuven University in Belgium found that people who trained just 10 minutes a day, three times per week on the Power Plate – performing a brisk set of lunges, squats and push-ups – benefited nearly as much as those who did conventional strength exercises for nearly an hour, three times per week. It can also benefit bone density and decrease cellulite, according to two scientific studies.

For information about buying a Power Plate machine, or finding a studio in your area, tel 1800 633 009.