



## Keeping body and mind active

TAKING regular exercise can play a crucial role in keeping both mind and body active and in shape as we grow older, claims the team at The Green Apple Wellness Centre, Bald Hills.

Making the time or having the ability to exercise is not always easy, but it's now simpler with a Power Plate machine, a fitness machine that delivers the equivalent of a full body workout in 15 minutes, they said.

"Just three short sessions on the machine has a positive effect with benefits including improvements in muscle tone, overall body strength, circulation, flexibility and bone mineral density (thus helping to prevent osteoporosis).

"The machine training encourages hormone release which speeds up the body's

natural ability to recover and repair itself, helps reduce the appearance of cellulite and increases release of growth hormones to encourage production of collagen which keeps skin looking younger and fresher.

"Training on the machine is low impact enabling anyone, regardless of age or fitness levels to benefit without putting strain on joints or other part of the body.

"Acceleration training also stimulates the mind and improves concentration, contributes to an overall feeling of well-being and help eliminate the effects of stress.

"Different exercise positions are held on the machine's vibrating platform with vibrations transferred to muscles, causing them to contract in a reflect action."

For more information phone 3261 1249.