



# health dept.

## GOOD VIBES

With Madonna, Kylie Minogue and Elle Macpherson all reportedly jumping on board, the vibrating platform of the

Power-Plate is the hottest news in fitness at the moment.

But for those of us who don't want to get jiggly in front of everyone else, the my5 home use model has arrived. Sleek and stylish, the machine comes with preset toning and firming workouts for short, sharp sessions, or users can download visual exercises to a video iPod to get in shape like a star.

